FEMALE EMPOWERMENT COHORT

BECOMING A CHANGEMAKER

The Power of Choice & Your Rights

Produced by The Vidya Project
www.thevidyaproject.org
The Power of Choice & Your Rights

INTRODUCTION

LESSON 1: HUMAN RIGHTS & GENDER EQUALITY
Gender Equality is

EQUAL RIGHTS, RESPONSIBILITIES AND OPPORTUNITIES OF WOMEN AND MEN AND GIRLS AND BOYS.

This means:

EVERYONE regardless of age, sex, race, religious beliefs is entitled to basic Human Rights, but every right always comes with a responsibility.

- I have a right to feel safe. I have a responsibility to behave in a way that will keep myself and others safe.
- I have a right to speak freely & express my opinions. I have a responsibility to be respectful of other people’s opinions even if they are different to mine.
- I have a right to be treated the same as everyone. I have a responsibility to treat others equally, without discrimination no matter their age, religion, or gender.

KEY TERMS TO KNOW:

**United Nations**

International organization formed in 1945 to increase political and economic cooperation. Sierra Leone is a member of the United Nations.

**Gender Equality Index**

Developed by the United Nations, a measure of reproductive health, empowerment and the labour market between Men & Women.

**Human Rights**

Every human’s right to life and liberty, freedom from slavery and torture, freedom of opinion and expression, the right to work and education, and many more.

Fact

Sierra Leone ranks #184 out of 187 on the Gender Equality Index. **This is one of the lowest country ranks in the world. In the lessons ahead, let’s learn more about what YOU can do to create change.**
HUMAN RIGHTS FOR ALL

We ALL have 30 Human Rights. Do You Know Them?

In 1948, the United Nations developed The Universal Declaration of Human Rights & identified 30 Basic Human Rights for every global citizen. Sierra Leone has committed to adopting these rights.

In the images below, identify the Human Right that is applicable to men & women, girls & boys — regardless of age, nationality or religious belief. Reference the 30 Rights at the bottom of the page for guidance.

The Universal Declaration of Human Rights

**Article 1** — We are all born free and equal
**Article 2** — Human rights belong to everyone
**Article 3** — Everyone has the right to life, liberty and security.
**Article 4** — No-one shall be held in slavery
**Article 5** — No-one has the right to torture you
**Article 6** — The right to be treated as human in the eyes of law
**Article 7** — Everyone is equal before the law
**Article 8** — Everyone has the right to be protected by the law
**Article 9** — No-one shall be arrested without a good reason.
**Article 10** — Everyone has the right to a fair and public trial
**Article 11** — Everyone is innocent until proven guilty
**Article 12** — Everyone has a right to privacy
**Article 13** — Everyone has the right to freedom of movement
**Article 14** — Everyone has the right to seek asylum from persecution
**Article 15** — Everyone has the right to a nationality

**Article 16** — Everyone has the right to marry and raise a family
**Article 17** — Everyone has the right to own property
**Article 18** — Everyone has the right to freedom of religion
**Article 19** — Everyone has the right to freedom of expression
**Article 20** — Everyone has the right to freedom of assembly
**Article 21** — Everyone has the right to participate in government
**Article 22** — Everyone has a right to social security
**Article 23** — Everyone has the right to work and fair conditions
**Article 24** — Everyone has the right to rest and leisure
**Article 25** — Everyone has the right to a decent standard of living
**Article 26** — Everyone has the right to education.
**Article 27** — Everyone has the right to participate in culture
**Article 28** — Everyone has the right to live in a free and fair world
**Article 29** — Everyone has a responsibility to protect human rights
**Article 30** — Your human rights cannot be taken away
Our Classroom Rights

DEVELOP YOUR DOCTRINE OF "RIGHTS"

List 10 basic rights applicable to everyone in your class

1. Treat all with equal respect
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 
The Power of Choice & Your Rights

INTRO TO CHANGEMAKERS

LESSON 2: WHAT IS A CHANGEMAKER & HOW CAN YOU BECOME ONE?
Defining a Changemaker (n): one who desires CHANGE in the world and, by gathering knowledge and resources, makes that change HAPPEN.

Who are changemakers within your own life and community?
INTERVIEW A CHANGEMAKER

Choose someone in your life who has made an impact. You can ask them the questions listed below and/or create your own. This interview will be featured on your online blog!

Name: __________________________
Age: __________________________
Occupation: _____________________
Date: __________________________

What is a problem you see in the community? How are you changing this?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What do you find rewarding about your work? Why do you do this?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What are the challenges you see as a changemaker?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
My Self Portrait

Think about everything that makes you, you. What are your interests? Where do you live? What do you hope to achieve in the future? What makes you unique? Draw these elements in the portrait below. You can use color, drawings, short phrases, etc. Creativity is most important :)