

# € TRAINING

Human Rights





# Human Rights

## Introduction:

Human rights are the basic rights and freedoms that all humans are entitled to, regardless of their race, sex, nationality, ethnicity, language, religion, or any other status. Human rights include the right to life and liberty, freedom from slavery and torture, freedom of opinion and expression, the right to work and education, and many more.

## Program Objectives:

At the end of this program the participants will be able to:

- Define human rights
- Explain the history of human rights
- Identify the major human rights abuses
- Describe the role of human rights defenders
- Discuss the importance of promoting and protecting human rights

## Targeted Audience:

- The program is particularly relevant for human rights defenders, lawyers, activists, educators, and students.

## Program Outlines:

### Unit 1:

#### Introduction to Human Rights

- What are human rights?
- The history of human rights
- The Universal Declaration of Human Rights

### Unit 2:

#### Major Human Rights Abuses

- Torture

- Slavery
- Discrimination
- Violence against women and girls
- Child labor

### Unit 3:

#### The Role of Human Rights Defenders

- Who are human rights defenders?
- The importance of human rights defenders
- The challenges faced by human rights defenders

### Unit 4:

#### Promoting and Protecting Human Rights

- How to promote human rights
- How to protect human rights
- The role of the international community

### Unit 5:

#### Conclusion

- The importance of human rights
- The future of human rights