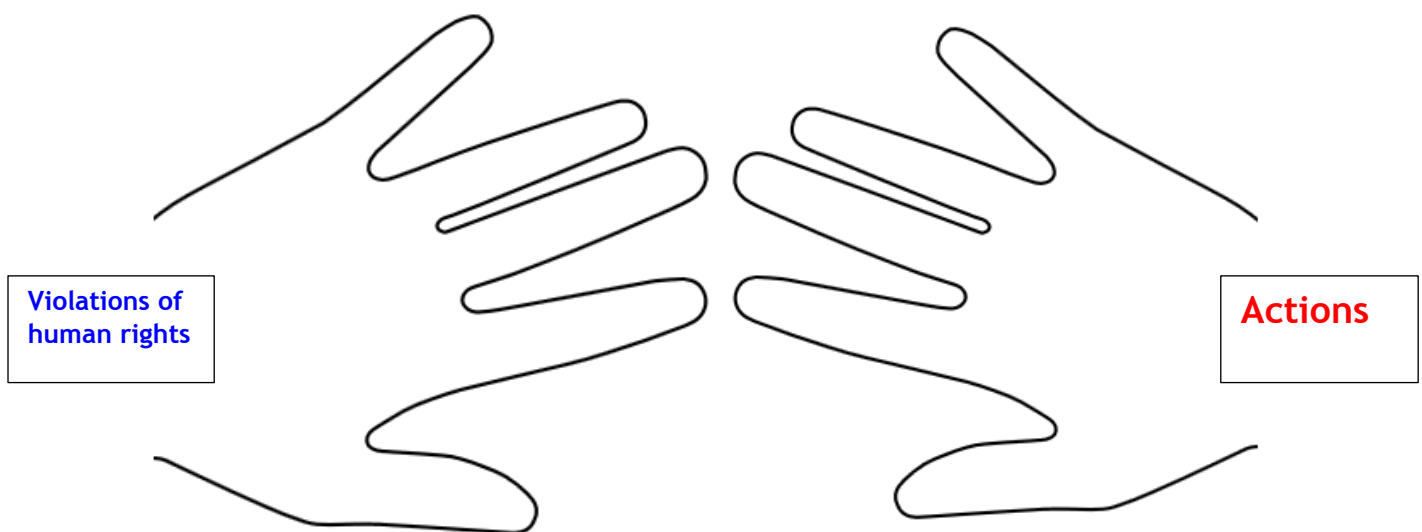


Worksheet and Tips: Let's join forces & what to do when rights are violated?

1. DO: let's join forces!

Write in each of the left hand fingers: What practices are violations of human rights that you want to stop in your own country? (think about the examples mentioned in the presentation and make sure that examples for both girls and boys are presented)

Write in each of the right hand fingers: what actions could you or your group of peers undertake to stop those harmful practices that are violations of human rights?



2. Tips: What can you do when you feel that your rights or someone else's rights are violated?

Step 1: Report to your parents, guardian or another trusted adult.

Step 2: Seek **counseling** in your school, with trusted adults, at faith-based organizations, etc.

Step 3: Take actions following your decisions made with your counselor.

Step 4: If the case requires it (e.g. when you have been sexually abused), **report to appropriate institutions** like the police, human right organizations, etc.

Step 5: If the case requires it, **seek medical attention**.