



Things Anyone Can Do for Human Rights

1. Show someone UNITED (on the DVD). Talk about it. Ask who they want to show it to. Tell them about Youth for Human Rights' website so they can learn more: youthforhumanrights.org
2. Give someone the booklet, *What Are Human Rights?* Ask them to read it.
3. Get a copy of the "30 Rights, 30 Ads" public service announcements and show at least three of them to family, friends and as many people as possible.
4. Write letters to the leaders of your city and country stating that you would like to see the Universal Declaration of Human Rights go into full use. Ask what they intend to do to make this happen and how you and your friends can help.
5. Teach someone about their 30 human rights in the United Nations Universal Declaration of Human Rights.
6. Volunteer some time to support your local library, reading center or school newspaper and help bring greater knowledge to others.
7. Find and read a storybook about a humanitarian to a younger person. Talk about the human rights violation in the story and how it was solved.
8. Take care of your environment so that you and others can enjoy good health, as well as leisure outdoors. For example, plant a tree or pick up trash.
9. Give your help at a food bank or homeless shelter. You could, for instance, start a food drive at school or in your neighborhood.
10. Start a Youth for Human Rights Club to teach human rights to others and do human rights projects with friends.



THINGS ANYONE CAN DO FOR HUMAN RIGHTS

11. If you see someone being teased over what he is saying, speak up for his right to share his opinions.
12. When someone else has something you would like to use, ask if they are willing to share and offer them something that you are willing to share in return. If they do not want to share, respect their right to own and control their own things.
13. Make a drawing, skit, song, video, poem or essay about one of the 30 human rights or the subject of human rights in general and share it with others.
14. Speak up if someone says damaging things to make another person look bad. Ask him to communicate directly to the person involved so that any misunderstandings, untruths or valid complaints can be remedied.
15. Know your rights by heart and don't let anyone take them away. Tell others about their human rights. Talk about human rights with your friends. Show them some websites with information about human rights.
16. Make an appointment with a leader in your community and show them UNITED and then 3–5 of the visual stories (public service announcements). Usually the best PSAs to show someone are 1–3 and 29 in addition to any that are of particular interest. Ask the leader's help to show the PSAs to as many people as possible.
17. If you are old enough to vote, be sure to do so. Encourage others to vote and to take part in public affairs.
18. Let people know how you feel about mistreatment of others in your community, your country or the world. For example, you can speak out at community events or public meetings, write letters for publication in your local newspaper or send letters to your elected representatives according to the laws in your country.
19. If you see or know of someone who has downloaded music from the Internet without paying for it and violated copyright laws, speak up and let them know they are in violation of the law and also violating the rights of others and their artistic creations.
20. Support human rights organizations or groups that work to safeguard one or more of the 30 human rights.
21. Do at least one of the above and encourage your friends and family to do the same.