



## SPEAK UP STOP DISCRIMINATION

### HUMAN RIGHTS DAY 2010

One of the key authors of the *Universal Declaration of Human Rights*, **Eleanor Roosevelt**, said: “Where, after all, do universal human rights begin? In small places, close to home - so close and so small that they cannot be seen on any maps of the world. Yet they are the world of the individual person; the neighborhood he lives in; the school or college he attends; the factory, farm, or office where he works. Such are the places where every man, woman, and child seeks equal justice, equal opportunity, equal dignity without discrimination. Unless these rights have meaning there, they have little meaning anywhere. Without concerted citizen action to uphold them close to home, we shall look in vain for progress in the larger world”.



As **December 10, 2010** draws near we are invited to examine our *small places, close to home* to determine what human rights need to be defended now, and how can we *speak up* and *stop discrimination* in our world today.

#### Suggested Actions

1. Discover your human rights by reading the small booklet entitled The Universal Declaration of Human Rights: [www.un.org/en/documents/udhr/](http://www.un.org/en/documents/udhr/). Over the sixty years since this document was written, various other human rights have been added to the declaration, including one this in July year – a human right so basic it probably didn't even occur to Eleanor Roosevelt at the time – the right to clean water.
2. Check out the website: [www.un.org/cyberschoolbus/](http://www.un.org/cyberschoolbus/) which has suggestions on how to teach human rights to young people.
3. Look at *Education for Justice* linked to the *Centre of Concern* [www.coc.org/](http://www.coc.org/), an organization which fosters understanding of Catholic Social Teaching and human rights issues.
4. Visit the website of the UN *Office of the High Commissioner for Human Rights*: [www.ohchr.org/](http://www.ohchr.org/) for information on human rights and the events scheduled for 10 Dec 2010.
5. Learn about forms of discrimination and limitations on human rights in your own country and its region.
6. Express solidarity with someone who has experienced abuse or restriction of his or her human rights
7. Watch the video on water by Jay-Z <http://www.youtube.com/watch?v=1VvmrgreNb0>.

