

# UNDERSTANDING YOUR HUMAN RIGHTS



**Nova Scotia Human Rights Commission**

## Message from the Minister

I am pleased to be able to deliver this message on behalf of all Nova Scotians. Education is both a valuable resource and a powerful tool. Human rights education will help guide you forever. Be kind to your fellow students and never forget that each and every person deserves to be treated with respect and understanding.

Sincerely,

**Ross Landry**

Attorney General & Minister of Justice

## Message from the CEO

On behalf of the NS Human Rights Commission I offer our very best thoughts and wishes to all children, parents and educators who read this pamphlet. Equality and respect start with you. What you learn in school about human rights will stay with you for the rest of your lives. Each and every one of us belong to the human family.

Sincerely,

**David W. Shannon**

Director & CEO - NS Human Rights Commission





# What are Human Rights?

## HUMAN RIGHTS

We all have human rights! They ensure dignity for all. Dignity is the sense of self-worth we are born with. The rights that apply to you also apply to others and all of us have a responsibility to respect the rights of others!

The Universal Declaration of Human Rights sets out human right principles for everyone to follow. A convention or treaty, unlike the declaration, has the force of law for all those countries who sign on.

Adapted from United Nations Cyber School Bus [www.un.org/Pubs/CyberSchoolBus](http://www.un.org/Pubs/CyberSchoolBus)

Human rights education is necessary for the promotion of respect for human rights and fundamental freedoms for all.

Adapted from Article 1 (2) United Nations Declaration of Human Rights Education and Training, 2011

## HUMAN RIGHTS EDUCATION IN SCHOOLS CAN:

- Reduce bullying and teasing
- Increase positive interactions with peers and teachers
- Increase participation
- Increase self esteem

Covell and Howe researches published in: Rights, Respect and Responsibility: Final Report on the County of Hampshire Rights Education Initiative, Children's Rights Centre Cape Breton University (2008)



# Universal Declaration of Human Rights

1. We Are All Born Free & Equal
2. Don't Discriminate
3. The Rights to Life
4. No Slavery
5. No Torture
6. You Have Rights No Matter Where You Go
7. We're All Equal Before the Law
8. Your Human Rights Are Protected by Law
9. No Unfair Detainment
10. The Right to Trial
11. We're Always Innocent Till Proven Guilty
12. The Right to Privacy
13. Freedom to Move
14. The Right to Seek a Safe Place to Live
15. Right to a Nationality
16. Marriage and Family
17. The Rights to Your Own Things

18. Freedom of Thought
19. Freedom of Expression
20. The Right to Public Assembly
21. The Right to Democracy
22. Social Security
23. Workers' Rights
24. The Right to Play
25. Food and Shelter for All
26. The Right to Education
27. Copyright
28. A Fair and Free World
29. Responsibility
30. No One Can Take Away Your Human Rights

Youth for Human Rights International: What are Human Rights? [YouthforHumanRights.org](http://YouthforHumanRights.org)





# Convention on the Rights of the Child

The Convention outlines in 54 articles and two optional protocols the universal rights that children have.

## **THE FOUR BASIC PRINCIPLES OF THE CHILDREN'S RIGHTS CONVENTION:**

### **PLAYING A PART:**

Our Right to Participate

### **REACHING OUR POTENTIAL:**

Our Right to Develop who we are

### **LIVING WELL:**

Our Right to Survival

### **BEING FREE FROM HARM:**

Our Right to Protection

Say it Right! The Unconventional Canadian Youth Edition of the United Nations Convention on the Rights on the Child





## HUMAN RIGHTS IN NOVA SCOTIA

The Nova Scotia Human Rights Commission (NSHRC) has a unique role within Nova Scotia to protect human rights and help build inclusive communities. The NSHRC protects human rights by the rule of law; all laws are outlined in the Human Rights Act. The NSHRC is committed to engage with Nova Scotians of all ages to help further human rights education and prevent discrimination.

### RESTORATIVE APPROACH

Restorative approach is a model used to resolve conflict and restore relationships. The restorative model is based on human rights principles, such as dignity, respect, building relationships and honoring the responsibilities we have to each other as human beings. Restorative methods, such as restorative meetings or talking circles, allows people to discuss the impact something or someone has had on you and to solve the problem by working together.



### FUTURE OF HUMAN RIGHTS

We all have a role to play in creating communities free from discrimination, racism and bullying. We resolve to live in communities where everyone feels safe, free to be him or herself and to participate regardless of gender, race, religion or socio-economic status. Let's work together to create a future where everyone can thrive.



**NOVA SCOTIA**

**Nova Scotia Human Rights Commission**

For further information please contact:

**NOVA SCOTIA HUMAN RIGHTS COMMISSION**

**[www.gov.ns.ca/humanrights](http://www.gov.ns.ca/humanrights)**

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**Peaceful Schools International**