

## **Topic: Human Rights Principles and Vision (105 mins)**

**Goal:** The primary goals of this session are to present the idea of the human rights framework as a way to articulate our vision for a different kind of world and to increase our understanding of the principles. The idea is to “exercise the muscle” in our brains that helps us think about these principles structurally and apply them to actual needs, situations, or policy proposals.

### **Topic Flow at a Glance:**

- **Defining Human Rights and the Principles (45 mins)**
- **Small Groups Applying the Principles (60 mins)**

### **Defining Human Rights and the Principles (45 mins)**

**Goals:** The goal of this section is to frame the basic concept of Human Rights, provide definitions of the HR Principles, and provide examples of their application through healthcare.

### **Exercise Flow at a Glance:**

- Transition from crisis
- Rights rise from needs
- Human Rights and struggle
- Defining the Human Rights principles
- Human Right to healthcare example

### **Materials Needed:**

- Handout with definitions of the principles
- Butcher Paper with chart showing principles on one side (Universality, Equity, Accountability/Transparency/Participation) and the categories on the other side (Current System, False Solutions, Meeting the Principle).

### **Step by Step:**

- Transition from crisis
  - Recap the morning and the key point that our communities are in crisis
  - Read Merriam-Webster definition of crisis: “an unstable or crucial time or state of affairs in which a decisive change is impending” and offer that idea that part of the nature of crisis is that things must change and that the course of that change has not yet been determined.
  - Some people are offering ideas of what direction to change in-austerity, privatization, etc. But that we are contending for the vision of how things must change.

- We use this concept of Human Rights to help articulate our vision for where this change should be headed, and to help us not settle or fall for false solutions.
- Say that we will start by thinking about where this idea of Human Rights comes from.
- Rights rise from needs
  - Ask people about what are all the things they need to live dignified lives and list them up on the board or butcher paper.
  - Ask who can meet all those needs by themselves.
  - Of course nobody can, this is why we live in communities, to be able to meet all of these needs.
  - Each of these needs gives rise to rights. Rights are rights because we need them to live lives with dignity- and they are not individual responsibilities because none of us can actually ensure them alone.
- Human Rights and struggle
  - There are no human rights without struggle-- they are neither **recognized** nor **realized** without struggle
  - Historically- human rights that we have are there because of centuries of struggle... both struggling to live without these rights and struggling collectively for them to be recognized and then continuously for them to be realized.
  - Uniting- The struggle for Human Rights unites us with other struggling across the world and throughout history-- even if others are struggling for a right to housing, or political human rights like the right to vote, the concept of human rights unites us.
- Defining the Human Rights principles
  - Pass out the principles handout
  - We use a set of principles to help us define what ensuring our rights would actually look like.
  - Ask for people to read each of the 5 principles and definitions
  - Also bring up the principle of “Indivisibility”
- Human Right to healthcare example
  - Practice thinking about how these principles actually work by going through the chart for healthcare. Use VHAP/Catamount as the example for the “false solution”

#### Facilitation Tips:

- This whole section will feel like you are doing a lot of the talking, so it is helpful to identify ahead of time a few places you can add in questions from the group.

- When doing the healthcare example, it is OK to facilitate heavily- you are showing an example, and people will have a chance to do it themselves next. But if we are all over the place with the example, it will be difficult to do it in the small groups.

### Small Groups Applying the Principles (60 mins)

Goals: The goal of this section is to deepen our understanding of the principles and get in to the practice of applying them to various rights and issues.

Exercise Flow at a Glance:

- Small group discussions by Human Right
- Report back
- Large group discussions

Materials Needed:

- 1 Butcher paper for each group with chart showing principles on one side (Universality, Equity, Accountability/Transparency/Participation) and the categories on the other side (Current System, False Solutions, Meeting the Principle).

Step by Step:

- Small group discussions by Human Right
  - Before getting started, make a plan with the 3 facilitators for each of you to anchor one group. Select ahead of time which 3 rights/issues you are going to focus on. The anchor for each group should get comfortable with the topic ahead of time.
  - Go over the chart with the principles on one side and categories on the other.
  - Split everyone into small groups (3-5 people per group).
  - Let the groups work through applying the principles for about 25 minutes.
- Report back
  - Give each group 5 minutes to report out about what they came up with.
- Large group discussion
  - Lead a discussion for about 15 minutes.
  - Discussion Questions
    - Were there common themes across the groups?
    - Did anyone find it hard to talk about this Human Right without including changes to other systems relating to other rights?
    - Why do people think these principles are a useful tool?
- Key Concepts:
  - On the surface it might seem like we can address housing, or healthcare, or environmental issues separately- but it is clear that the ways that our

current system does not meet the principles help show the systemic and connected ways that these problems are related and share common root causes.

- By fighting for change in any one of these areas using the principles, we can advance the other rights as well, but that is not necessarily true for winning concessions without structural, principled demands.
- Using these principles is part of how we build for the long haul while fighting campaigns in the shorter term.
- Facilitation Tips:
  - Keep in mind that the purpose of this exercise is to practice thinking using the principles, not necessarily to arrive at specific correct answers.