

PRINCIPLES

HUMAN DIGNITY LESSONS AND VALUES

HUMAN DIGNITY

Week 1

Human dignity is the belief that all people hold a special value that's tied solely to their humanity. It has nothing to do with their class, race, gender, religion, abilities, or any other factor other than them being human. Respecting the dignity of all human beings serves as the foundation of freedom, justice, and peace in the world. (Preamble to UDHR)

HUMAN RIGHTS

Week 2

Human dignity is the source from which all human rights and freedoms flow. (APHDEE 5). There are nine basic rights that will be addressed in this course: freedom, equality, family, education, religion, safety, work, expression, and service. (UDHR, CRC, APHDEE)

FREEDOM

Week 3

All people have the right to live and to be free. You cannot control all circumstances, but you can make choices to help yourself, your family, and your community. (UDHR 3)

EQUALITY

Week 4

All people, regardless of gender, race, ethnicity, or ability, should be treated with respect and without discrimination. (UDHR 1, UDHR 2)

EXPRESSION

Week 5

You have the right to find out things and share what you think with others. Talking, drawing, writing and dancing are just a few examples of expression. We have the right to express ourselves as long as it does not harm others. (UDHR 19, CRC 13)

EDUCATION

Week 6

All people have the right to attend school and receive an education. It is important to improve our lives and communities through education. By learning new things, we are rich, because we always have something to share. (UDHR 28, CRC 29)

RELIGION

Week 7

We all have the right to our own thoughts, beliefs or religion. We can teach or practice or worship as we wish, and we are free to change our religion or belief. (UDHR 15)

SAFETY

Week 8

All people should be able to live in safe communities without fearing harm for themselves or their families. (UDHR 3)

FAMILY

Week 9

Families are the fundamental building blocks of society. All of us have the right to marry whom we choose and start a family. Family relationships should be defined by love and respect. (CRC Preamble)

WORK

Week 10

All people have the right to work, to choose their work and to work in good conditions. People who do the same work should get the same pay. All people should be able to earn a salary that allows them to live and support a family. Children should be protected from child labor. (UDHR 23, CRC 32)

OUTREACH PROJECT

Week 12+

Teach what you have learned to your friends, family and community.



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