

WHAT IS HUMAN RIGHTS EDUCATION?

Human rights education is not just something to be learned at school. It includes what we experience at home, in our communities, with friends and peers.

Empowerment through human rights education is more than just content; it can only be achieved if the educational process also includes participatory learning methods and is relevant to the daily lives and lived experiences of learners.

This lived knowledge and awareness of human rights principles builds a “culture of human rights”—that is, a society in which each of us is encouraged and empowered to take the initiative to respect, protect and promote the full spectrum of human rights for all.

“ Human rights education builds **knowledge, skills and attitudes** prompting behavior that upholds human rights. It is a process of empowerment which helps identify human rights problems and seek solutions in line with human

rights principles. It is based on the understanding of our own responsibility to make human rights a reality in our community and society at large. ”

Navi Pillay, former United Nations High Commissioner for Human Rights



*Human rights education is learning **about, through and for** human rights.*

LEARNING ABOUT HUMAN RIGHTS

Gaining knowledge and understanding of human rights standards, principles and values; and learning about the systems and mechanisms available to protect human rights

LEARNING THROUGH HUMAN RIGHTS

Learning and teaching in a way that respects the rights of both educators and learners

LEARNING FOR HUMAN RIGHTS

Empowering individuals to enjoy and exercise their rights and to respect and uphold the rights of others

Human rights values of dignity, respect, inclusion and equality must be an integral part of the process of human rights education.

