



My Rights & I

Workshop Book



courage

The Child Protection
Community Programme

Welcome

The My Rights & I programme has been developed by the Courage Child Protection Team.

The aim of the programme is to help young people understand their rights and responsibilities.

It will also help you to develop your own personal identity or brand.

Each mini workshop should take no more than 3 hours and focusses on the following areas:

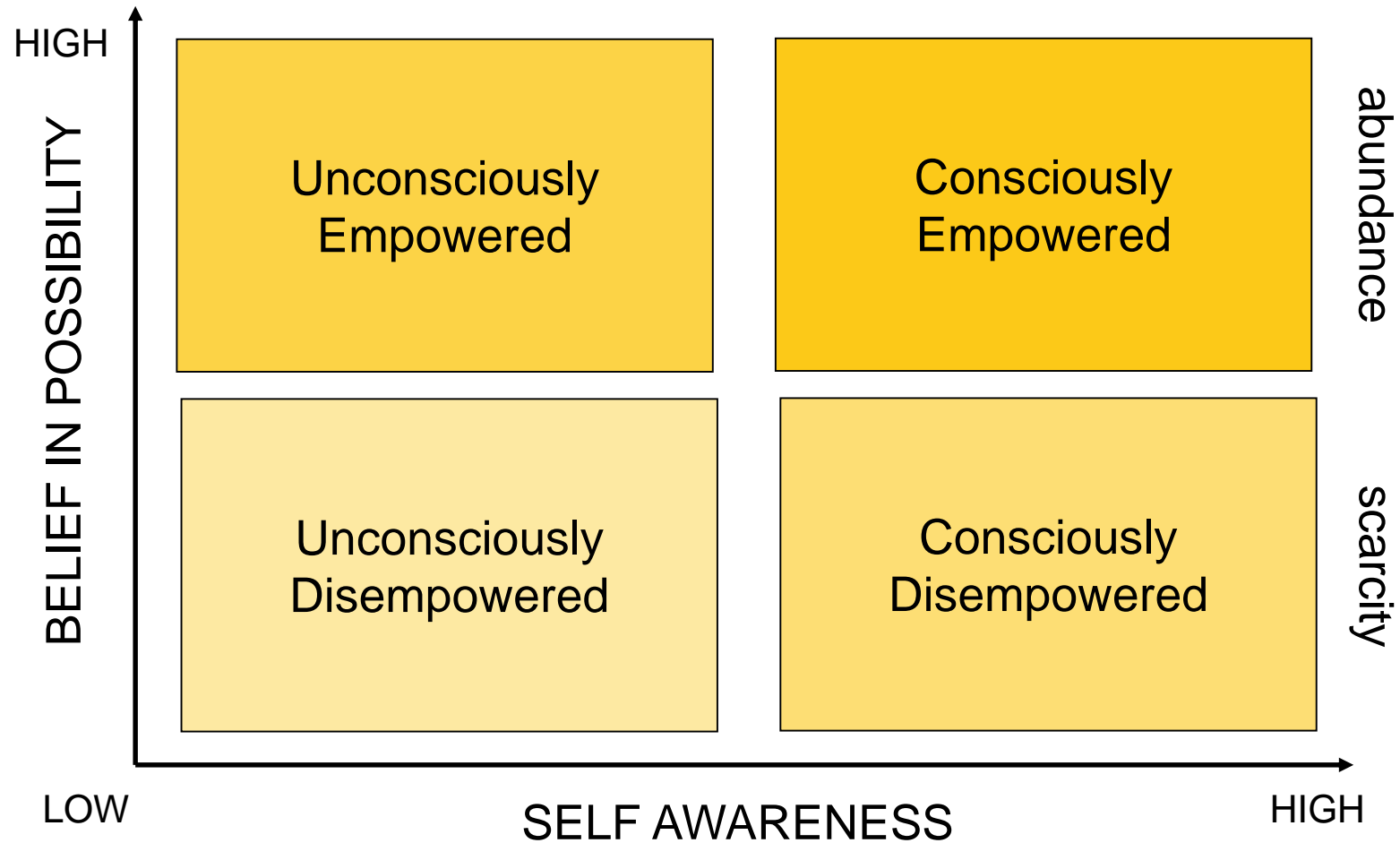
- My rights and I in the world
- My rights and responsibilities in my community
- My rights to be me (a personal identity and possibility plan)



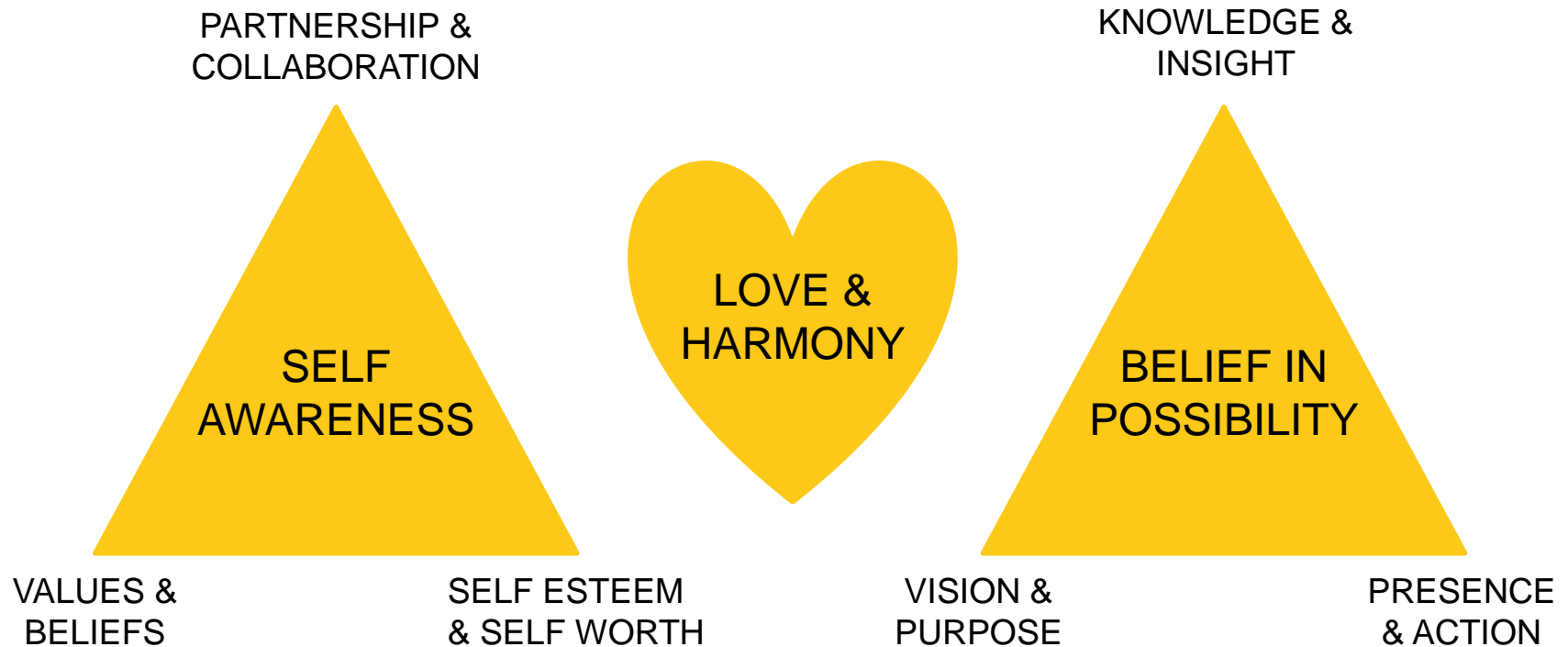
Lesson plan overview

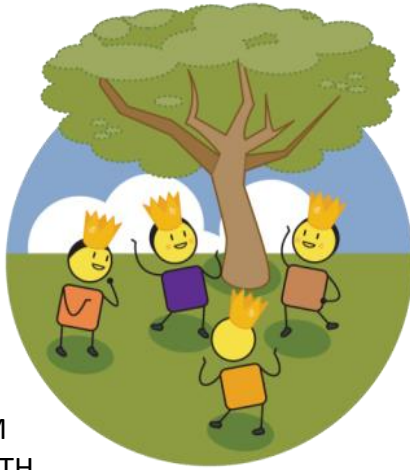
Time (Mins)	My Rights & I in the world	My Rights & Responsibilities in my community	My Rights to be Me (Personal ID & Possibility Plan)
30	What does it mean to be human? • Creative drawing exercise	Me in my community? • Teambuilding exercise	Me as a superhero? • Creative drawing exercise
45	Exploring the Rights & Needs Map: • Which development stage am I at and what are my needs? • What are my rights? • How can my rights be violated? • Rights assessment.	Exploring the Community Map: • Where are rights not being met in this Community Map? • Who can you talk to or who can help you if this happens to you? • Developing a partnership plan.	Exploring personal Insight and creating a Vision: • Personal Insight exercise. • Personal Vision exercise. • Creating brand me.
30	BREAK	BREAK	BREAK
15	Love & Forgiveness warm up exercise.	Rights & Responsibilities warm up exercise.	Self Esteem warm up exercise.
45	Role play exercise: • A world of rights play. • A world of no rights play.	Building Win/Win Partnerships: • Win/Win partnerships • Personal Win/Win partnership plan	Values & Action Planning Exercise: • Personal Values exercise • Stop, Start, Continue Pledge
15	What did we learn today exercise.	What did we learn today exercise.	What did we learn today exercise.

The importance of personal empowerment

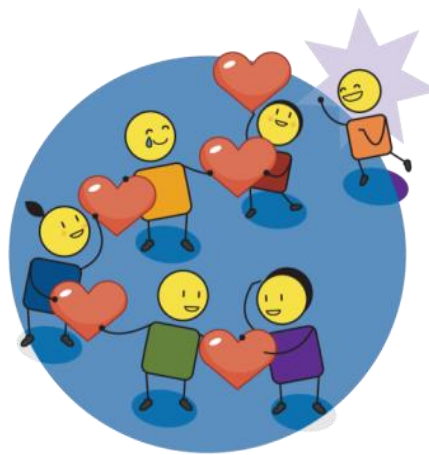


How do we create personal empowerment?





SELF ESTEEM
& SELF WORTH



LOVE & HARMONY



VISION & PURPOSE

The drivers of personal empowerment?



PARTNERSHIP & COLLABORATION



KNOWLEDGE & INSIGHT



VALUES & BELIEFS



PRESENCE & ACTION

What does it mean to be human?

(Draw a picture that illustrates this in the space below)





Full Happy Life



Belong To Community



Unique Identity



Physical, Mental & Emotional Development



Moral Development

the rights you need to live



Education



Leisure Recreation



Community Participation



Justice



Freedom Of Thought, Expression, Association & Religion



Cultural Roots

the rights you need to learn



Honour Respect & Dignity



Privacy



Family



Registration, Name, ID & Nationality



Parental Care & Love

the rights you need to love



Special Needs Support



Legal Protection



Health



Security

the rights you need to live



A World of Rights



Unhappy Life



No Belonging Or Identity



Isolated & Ignored

rights to leave a legacy violated



No Development



No Play



No Justice



No Education

rights to learn violated



Refugees



No Care



Armed Conflict



Race, Gender, Age & Sexual Discrimination



Harmful Cultural Practises

rights to love violated



Child Labour



Rejection & Neglect



Child Abuse



Child Trafficking



Sexual Abuse



Drug & Alcohol Abuse



rights to live violated

A World of No Rights




My partners in my community


(Fill in your personal community partners in the spaces below and then rank your relationship strength from 1 to 5)

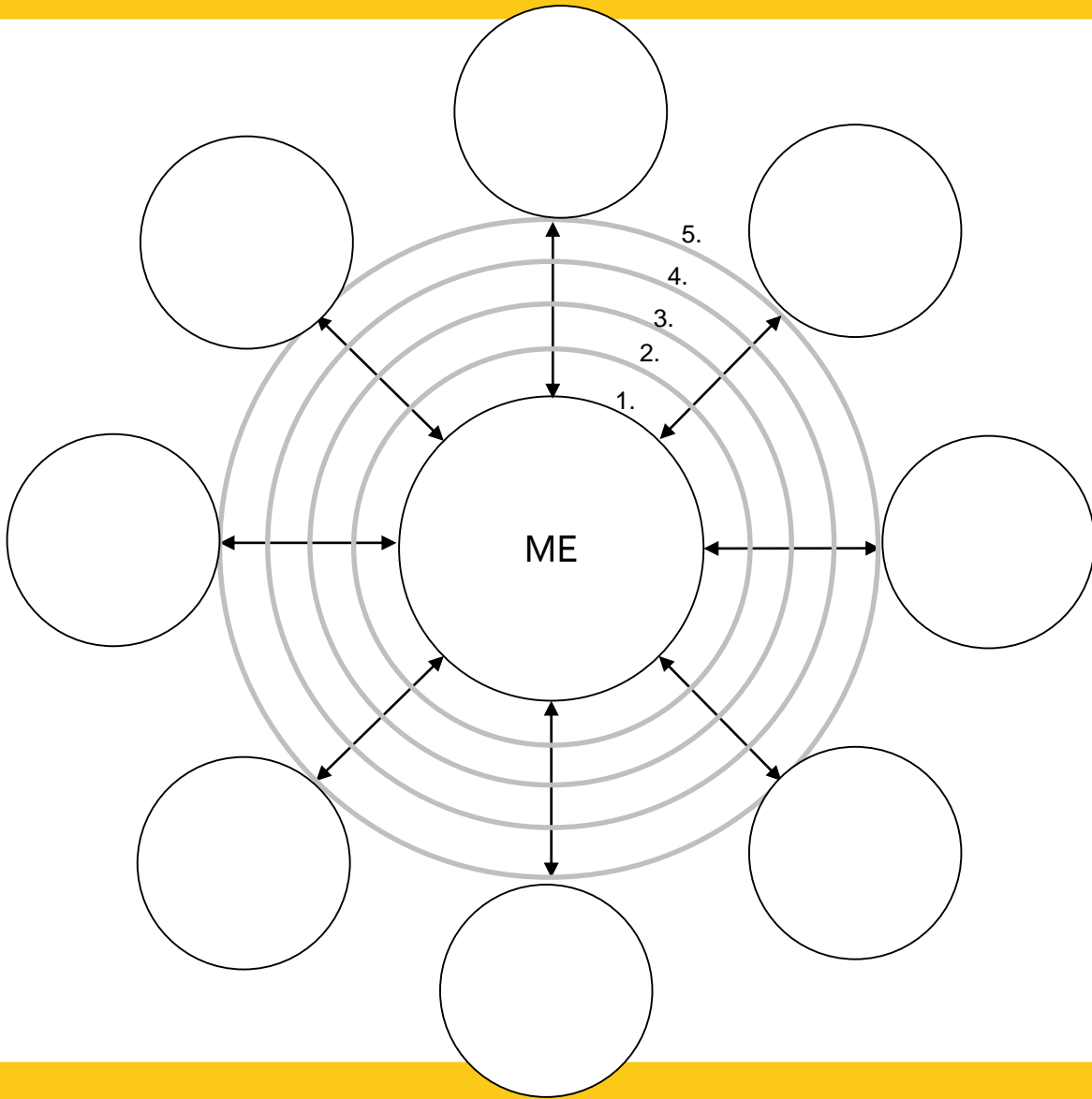

5.
EXCELLENT


4.
GOOD


3.
OK

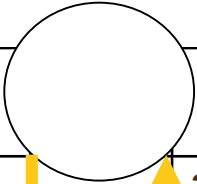
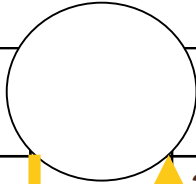
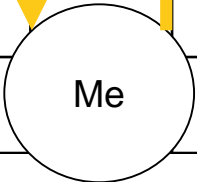
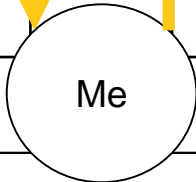

2.
NOT GREAT

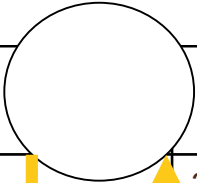
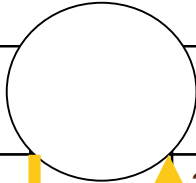
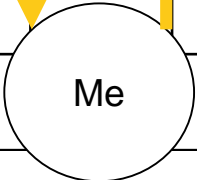
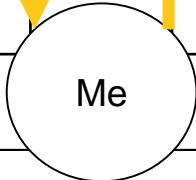

1.
NOT GOOD AT ALL



My win/win partnership plans

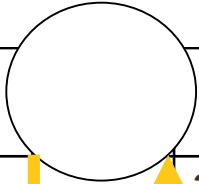
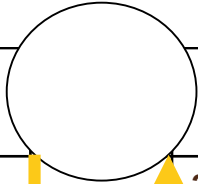
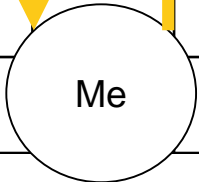
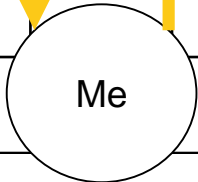
(Fill in your what you want vs what you are willing to give to each partnership below)

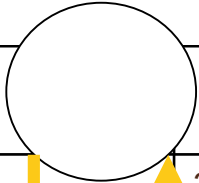
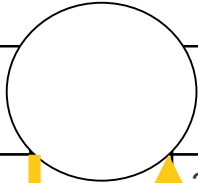
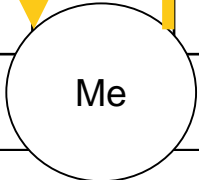
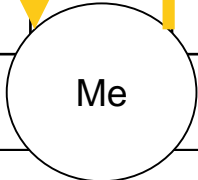
What do I need to get?		What do I need to get?	
1.		1.	
2.		2.	
3.		3.	
	 Me		 Me
	What do I need to give?		What do I need to give?

What do I need to get?		What do I/we need to get?	
1.		1.	
2.		2.	
3.		3.	
	 Me		 Me
	What do I need to give?		What do I need to give?

My win/win partnership plans

(Fill in your what you want vs what you are willing to give to each partnership below)

What do I need to get?		What do I need to get?	
1.		1.	
2.		2.	
3.		3.	
			
	What do I need to give?		What do I need to give?

What do I need to get?		What do I/we need to get?	
1.		1.	
2.		2.	
3.		3.	
			
	What do I need to give?		What do I need to give?

Me as a Superhero

(Use the template below to draw yourself as a Superhero – identify your unique talents/abilities and tools in the blocks provided)

My talents:



My tools:

Superhero Name: _____

Personal Insight

(Write or draw your answers to the questions in the blocks below)

What are the things I am good at?

What are the things I need help with?

What do I want to be when I grow up?

What do I worry about?



Personal Vision

(Write or draw your answers to the questions in the blocks below)

The world would be a better place if...

I am going to help make this happen by...

When people see me they will think...

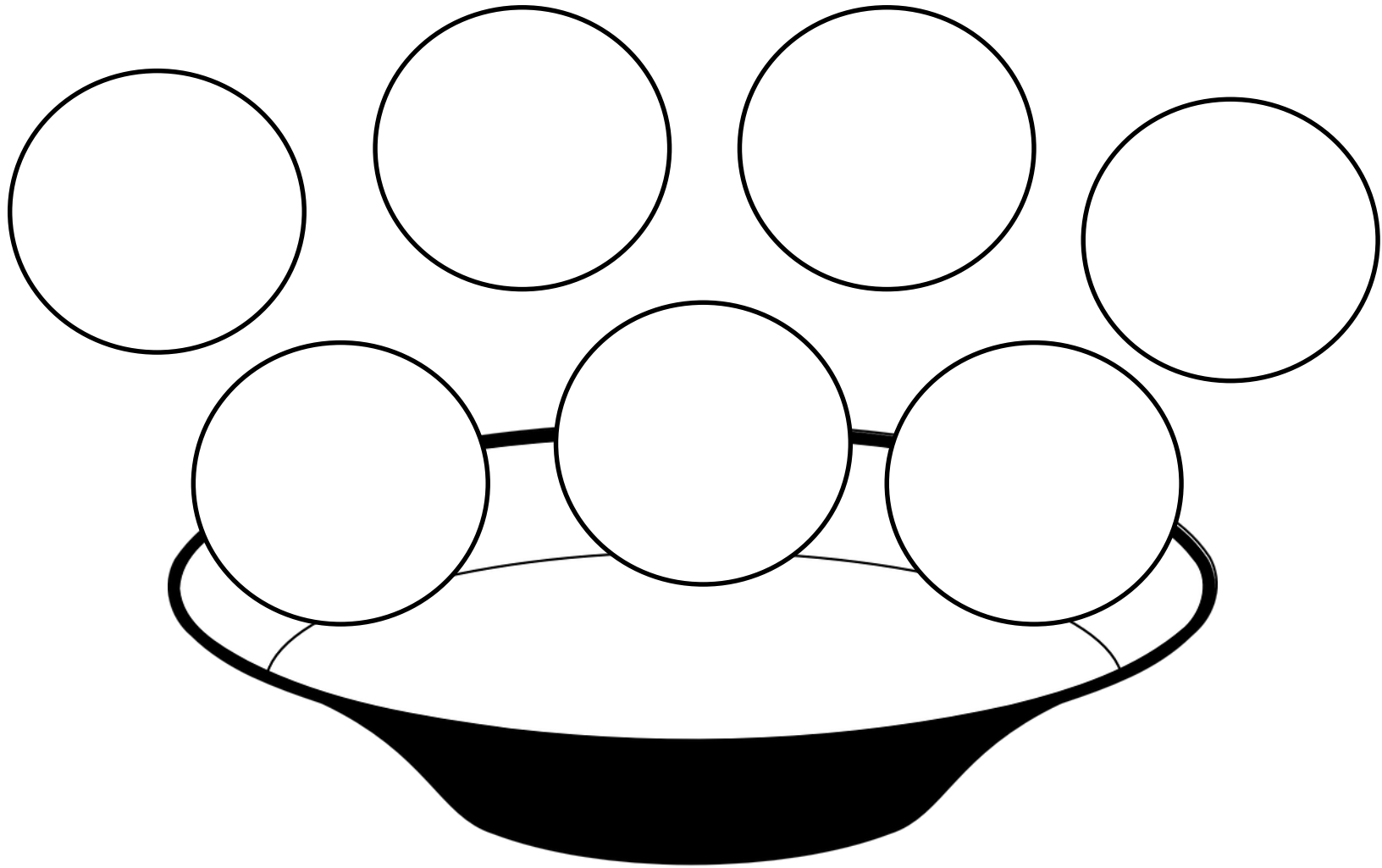
My Future World

(Use pictures and words to create the world you would like to live in, in the future)



Self Esteem – What makes me special?

(Fill in what makes you special in the circles below and fill your bowl)



Personal Values

(Write or draw your answers to the questions in the blocks below)

Empowerment

Creativity

Teamwork

Cleanliness

Respect

Integrity

Community

Family

Reliability

Honesty

Love

Commitment

Punctuality

Delivery

Partnership

Possibility

Caring



Personal Action Plan & Pledge

(Write or draw your answers to the questions in the blocks below)

From today I will START

From today I will STOP

From today I will CONTINUE

Signed: _____



