

This time with human rights defender Zafar from Pakistan!

WHO DEFENDS THE HUMAN RIGHTS DEFENDERS?

Third version



Course material for 15/16 year old high school students

Scholengroep Nijmegen



COLOPHON

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Version 1: This time with human rights defender Placide Ntole from Congo!

Version 2: This time with human rights defender Lydia from Kenya!

Version 3: This time with human rights defender Zafar from Pakistan!



'Who defends the human rights defenders?' is meant for 15/16 year old high school students.

Free download on <http://www.amnestynijmegen.nl>

or <http://amnestynijmegen.antenna.nl/index.php/educatie/lesmateriaal>

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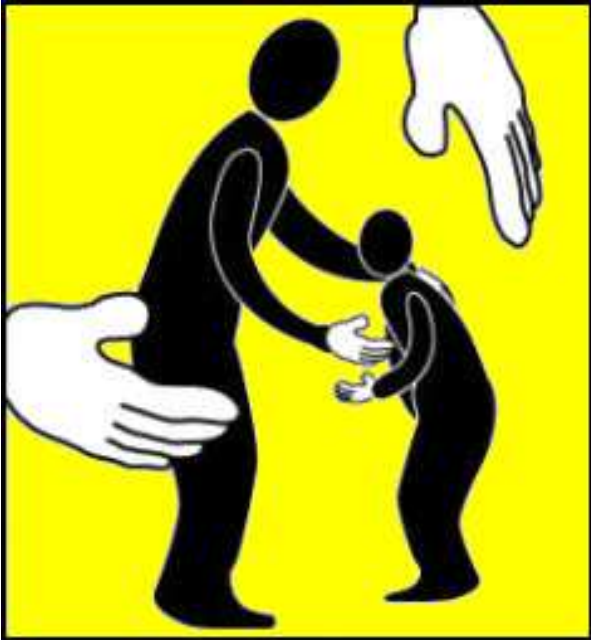
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WORKSHEETS



**Who defends the
human rights defenders?**

Human rights

All countries of the world have agreed that everyone in the world whether you are a man or a woman, young or old, poor or rich and no matter what skin color, has the same rights. This agreement was made in the *Universal Declaration of Human Rights* on the 10th of December 1948 (UDHR). The rights named in the UDHR are called human rights.



The logo of the UDHR

In this short YouTube-movie some of these human rights are mentioned:



Human Rights - Ministry of Foreign Affairs



Assignment

1. What human rights do you recognize in the movie?
2. What other human rights that were not mentioned in the movie do you know?



You probably already know that not everyone respects human rights. In that case, we speak of human rights violations. Some violations are easy to prevent, others are more difficult to find a solution for.

A human rights violation that can easily be prevented, is torture. If the government of a country prohibits torture and enforces the law, torture can be banned.



Assignment

3. Give another example of a human rights violation that can easily be prevented.
4. Give an example of a human rights violation that cannot be prevented easily.



Prohibition on torture

Freedom of expression

One of the most important human rights is freedom of expression. If you cannot express your opinion, you cannot oppose human rights violations either.

Martin Luther King was publicly opposing discrimination of people with a dark skin color. His only 'weapon' was freedom of expression. Partly because of his famous speech 'I have a dream' (in front of about a million people) he realized equality of law for everyone in his country.



In some countries you have to be careful in the way that you act or about the things that you say. That is especially true for people with the following professions:

- Artist
- Journalist
- Moviemaker
- Union leader



Protest of a union in Belgium



A piece of art of Chinese artist Yue Minjun

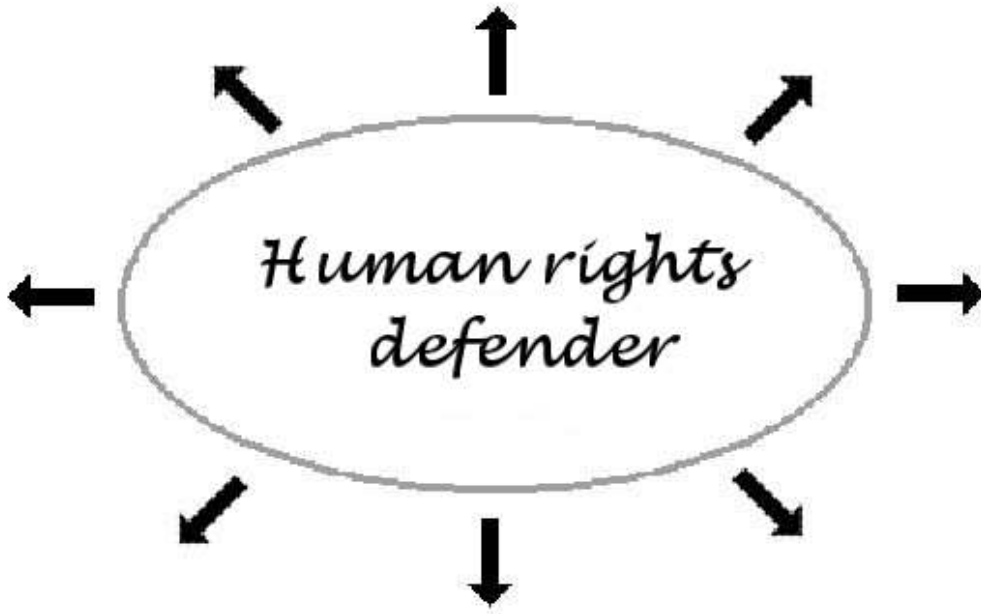


5. Explain for each of the four professions mentioned above why these people should be extra careful according to you.
6. What do these professions all have in common?
7. Name a profession -not mentioned above- that could also be in the category of extra vulnerable professions.
8. Write your own text for a protest against a current wrong on the protest sign of Yue Minjun.

Human rights defenders



9. Write down as many words as you can that come to your mind when you think about 'human rights defender'. Does a person like that have any special characteristics according to you? If so, which ones?



A human rights defender is not superman. What is a human rights defender according to you?



10. Try to think of your own definition of 'human rights defender' together with your neighbour.

A 'human rights defender' is someone who

Extra vulnerable

Human rights defenders stand up for human rights, individually or in an organisation, without using violence. Unfortunately they cannot always do that in freedom. Protection of civilians is most needed in times of armed conflict or war. A human rights defender who exposes violations committed by political leaders or armed militias are often accused of partisanship and get threatened.

Since 9-11 a lot of countries adopted rules to oppose terrorism. This often means that the work of human rights defenders is criminalized.

Amnesty asks special attention for female human rights defenders, who often work under more difficult conditions than men and are extra vulnerable because of that. They are often not taken seriously by their surrounding society because of prevailing about women.

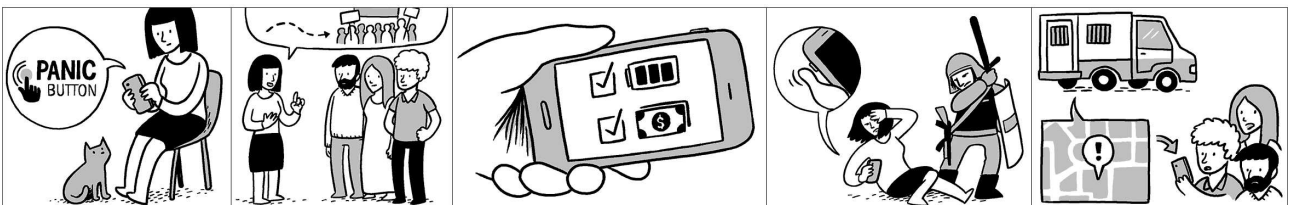


Some governments see the work of human rights organisations of women as not important and unlawful.

Female human rights defenders are more at risk to be threatened because of their gender and are more likely to become victim of sexual harassment and rape.

Amnesty launched a special application in 2014 that human rights defenders can use to call out for help, if they are at risk of being kidnapped, attacked or tortured. The Panic Button-app is a silent alarm and can be activated in case of emergency.

By pressing the button, fellow-activists are alarmed if a colleague is in danger. This will fasten the process of providing help. In the first hours of the arrest, the human rights defender's network can act fast to get their colleague released. For example they can overwhelm the police station with phone calls, organise a protest or warn lawyers and organisations like Amnesty.



11. What is meant by 'criminalizing human rights defenders'?
12. In what way the Panic Button-app works, is explained by the above pictures. What is missing, is English explanation. Write the five steps down together with you neighbour.

Assignment

Who defends human rights defenders?

Human rights defenders stand up for the rights of others. This often puts them in danger. They also need protection.



Assignment

13. Who should protect human rights defenders according to you? Explain.

Different international organisations stand up for the rights of human rights defenders. The two most important ones are the United Nations and the European Union.

United Nations

In 1999 the UN adopted the *Declaration on Human Rights Defenders**. The official name of the declaration* already shows that everyone has an obligation to protection human rights defenders.

Article 12 of the declaration pays special attention to the obligations of States:



Article 12

1. *Everyone has the right, individually and in association with others, to participate in peaceful activities against violations of human rights and fundamental freedoms.*
2. **The State shall take all necessary measures** to ensure the protection by the competent authorities of everyone, individually and in association with others, against any violence, threats, retaliation, de facto or de jure adverse discrimination, pressure or any other arbitrary action as a consequence of his or her legitimate exercise of the rights referred to in the present Declaration.
3. *In this connection, everyone is entitled, individually and in association with others, to be protected effectively **under national law** in reacting against or opposing, through peaceful means, activities and acts, including those by omission, attributable to States that result in violations of human rights and fundamental freedoms, as well as acts of violence perpetrated by groups or individuals that affect the enjoyment of human rights and fundamental freedoms.*

* Officially: *Declaration on the Right and Responsibility of Individuals, Groups and Organs of Society to Promote and Protect Universally Recognized Human Rights and Fundamental Freedoms*



European Union

In 2004 the EU adopted the *Guidelines on Human Rights Defenders*. Embassies of member States and EU-missions must provide protection to human rights defenders by visiting, observing processes and where needed undertake action against governments. They must also help guarantee that human rights defenders have free access to (foreign) financial donations.



Assignment

14. The UN Declaration and the EU Guidelines (it already explains in the name) have one important disadvantage. What could that be? What could the UN and the EU do to further strengthen the protection of human rights defenders?

Next to States, private organisations can offer help to human rights defenders. We name a few, but there are more!

Amnesty International

One of the main tasks of *Amnesty International* is the protection of human rights defenders. Amnesty realizes that by protests, publicity, arranging visits and contacts, education and training, lobbying and sometimes financial support.



For example by supporting protests and by writing letters, you can participate yourself in the protection of human rights defenders.

#Idefend

#Idefend is an initiative of the delegation of the EU in the UN.



The goal of *#Idefend* is to show solidarity to human rights defenders and to improve their commitment and work for human rights for people all over the world. Maybe you have seen this on social media, like Facebook (<https://www.facebook.com/idefend>). You can support the initiative yourself by social media.

Justice and Peace



This Dutch organisation stands up for the protection and training of human rights defenders. *Justice and Peace* created several projects that support the work of human rights defenders..



Justice and Peace Netherlands

- *The Hague Training Course* provides training on digital security mechanisms and policy influencing.
- *Connet2Protect* connects human rights defenders with members of the parliament, lawyers and journalists.
- *Temporary Relocation* temporarily relocates human rights defenders from Africa and Asia in those continents.
- *Shelter City* is a European project. You can read more about that on the next page.



15. Next to legal rules - for example by referring to antiterrorist regulations - the movie mentions another way to obstruct the work of human rights defenders. What is that?
16. Which four ways of threatening a human rights defender are named in the movie?

Shelter City Nijmegen

The movie of Justice and Peace showed that human rights defenders can be put to silence, arrested and tortured and sometimes even disappear. If their situation allows it, they can benefit a lot from temporary shelter. Based on an initiative of the European Parliament, Shelter Cities have been created in all of Europe.

How does Shelter City work?

Shelter City started by recruiting cities in Europe. Shelter Cities in the Netherlands (or soon to be) are: Amsterdam, Den Haag, Groningen, Maastricht, Middelburg, Nijmegen en Utrecht. After The Hague and Middelburg, Nijmegen was the third Shelter City of the Netherlands.

The next step is the selection of human rights defenders. They are chosen by a national selection committee, composed of representatives of Justice and Peace, the Ministry of Foreign Affairs, de Faculty of Law of the University of Amsterdam, Hivos en Free Press Unlimited.



Every Shelter City provides a human rights defender a safe environment for three months. In that period, the human rights defenders can recharge so that he or she can return with new found energy.

The human rights defenders will go back to their own country, empowered by a larger network and with more knowledge to better do their work. If desired, the human rights defenders can participate in education or training. Meetings with politicians in The Hague and Brussels will also be arranged.

An interaction should be created between the human rights defenders and civilians of the Shelter Cities. He or she will be part of events in the city (like Music Meeting and the Four Day Marches in Nijmegen). In their turn, the human rights defenders can participate in debate or have a speech on human rights in his or her country.



The human rights defender 'from Nijmegen'

Zafar is a journalist from Pakistan. He has written more than a thousand columns for the Daily Wahdat on human rights (violations) in his country. He also works for the radio Free Europe Radio Liberty for which he speaks about violations against children, women and minorities. He also investigated the murder on human rights defender Sabeen Mehmood and several 'disappearances' of people. In short: a very occupied man, to exasperation of the Pakistani secret service. He has been abducted and tortured by this service and interrogated extensively on his work for human rights. Even after his release he was being followed and received strange phone calls of people who wanted to interrogate him. For his own safety he was in hiding for a while. In Nijmegen he wants to recover from all of this and take courses on ways to enhance his safety.



17. Shelter City does not just have advantages. What disadvantage(s) of the Shelter City project could you think of?
18. Imagine you would be in Zafar's position. What practical matters could come up for a human rights defenders in Nijmegen?

Human rights in Pakistan

Pakistan is a South-Asian country with neighboring countries Iran, Afghanistan, China and India.

Pakistan has a state religion: the Islam. Muslims, followers of the Islam, have more rights and less obligations than followers of other religions.

Non-Muslims are suffering from blasphemy laws in Pakistan. They are discriminated and can be prosecuted for blasphemy. They are easily arrested for mocking or insulting the Islam or the Prophet.



In 2010 Asia Bibi's law case drew worldwide attention, a process that is still enduring. The Christian Asia would have offended the Prophet and was found guilty of blasphemy after an oral testimony and was sentenced to death in 2012. In 2015 her death penalty was confirmed in appeal. At this moment, Asia can only be acquitted by the Pakistani High Court.



Asia Bibi, Tears of grief

People who want blasphemy laws to be adjusted, put their lives at risk. In 2011 the governor of the province Punjab and the catholic minister for minorities was murdered after she had expressed her disagreement with these laws.

Second-rate citizens

Women are often seen as second-rate civilians in Pakistan. Over 6,5 million children (especially girls) do not go to school. Poverty is often the cause of this; instead they have to work in factories to earn money for their family. Almost 40 percent of the girls between 15 and 24 years old cannot read or write.

Pakistani Malala (Yousafzai) stood up for the right to education for girls in a weblog and almost died because of it.



Malala Yousafzai - The answer of a muslim

Child marriages

In Pakistan, one in five girls marries before her 18th birthday. Sometimes the groom is a minor himself, but often he is a lot older. It is common in Pakistan for parents to choose the husband or wife for their child. It is also not rare for the future husband and wife not to meet before getting married.

These forced marriages often have severe consequences. Girls usually have to stop school. They get pregnant at a very young age and encounter several physical complaints. Unfortunately they also regularly become victims of domestic abuse.



Freedom of expression

According to the Pakistani Constitution freedom of expression is subject to 'reasonable legal limitations in the interest of the glory of the Islam'. These limitations include for example the prohibition to speak or write negatively about the Islam and its Prophets. Every year numerous people – often only on the basis of a(n) (oral) accusation – are being arrested and indicted.



Protest against the limitations of freedom of expression

Especially journalists have to endure a lot in Pakistan. A journalist who raises awareness of misconducts, often gets the verdict of acting against the glory of the Islam. The Pakistani government often suppresses the media to prevent critical reporting. Intimidation and violence against journalists by secret services and political parties for example are not uncommon. Have a look at this video that illustrates the issue:



Freedom of the press under pressure

Pakistan belongs to the five most dangerous countries in the world for journalists (the other countries are Syria, Somalia, Mexico and Brazil). In 2010 Pakistan was even number one by far! Every year about ten journalists are killed in Pakistan.



Assignment

19. Does the Netherlands have a state religion? Explain.
20. What human rights of Asia Bibi are violated?
21. Name another reason –besides poverty– why girls are not going to school.
22. Why is it important for girls to be able to go to school?
23. What are the consequences of the limitations of freedom of expression for journalists? And for Pakistani civilians?

Extra course material

As a preparation for the meeting with human rights defender Zafar we came up with some questions you can ask him. Of course you can think of some question on your own that you want to ask. What would you like to know?

- * Against what human rights violations is he fighting?
- * Why do these violations take place and what can he do about it?
- * What successes has he achieved in his work?
- * He is threatened for opposing violations. How does that affect his work? Is he not scared?
- * What does the future of Pakistan look like?



Text in picture: Are there any question?

Notes

INSTRUCTIONS



**Who defends the
human rights defenders?**

Introduction

The course material 'Who defends the human rights defenders?' is developed by the Education group of Amnesty Nijmegen in cooperation with Shelter City Nijmegen.

Shelter City is a national initiative of Justice & Peace in cooperation with Dutch cities and the Ministry of Foreign Affairs to protect human rights defenders as initiated by a motion of the European Parliament. Human rights defenders that risk their own lives by fighting for human rights, will be provided temporary shelter in European cities.

Shelter City Nijmegen is realised by a cooperation between different organisations from Nijmegen, under which Amnesty Nijmegen, Radboud University, Council of Beliefs and Religion Nijmegen, the municipality of Nijmegen and Driestroom. Qader Shafiq of Driestroom coordinates the project, qadershafiq@driestroom.nl.

Between 2015 and 2017 four human rights defenders will come to Nijmegen. The third one is Zafar* from Pakistan, who was in Nijmegen from 8th of March until 6th of June 2016.

* For his safety we can not disclose his name.

Structure

The course material 'Who defends the human rights defenders?' takes two lessons of 50 minutes.

Lesson 1: worksheets 1-5

Lesson 2: worksheets 6-10

The course material can be used by the teacher independently as well as by guest teachers from Amnesty Nijmegen. For guest lessons you can contact the head of the Education group: Harry de Ridder, amnestynijmegen@gmail.com.

As a follow-up, you can ask Placide himself to tell his story as long as he still is in Nijmegen. For that you can also contact Harry de Ridder, amnestynijmegen@gmail.com.

As preparation for a possible meeting we have prepared some question and ask the students to prepare some questions as well before the meeting.

Preparation of the meeting: worksheets 11-12

Four versions

In 2015–2017 four different versions of the course material 'Who defends the human rights defenders?' will be created. Each version will be connected to the individual story and backgrounds of the human rights defenders that come to Nijmegen. The first one and a half part of the material will not change, only the last half on the human rights defender will be adapted every time. As soon as we know the identity of the following human rights defender, we will publish the next version of the course material.

General notions	Lesson 1 and the first half of lesson 2 (worksheets 1-8)
Human rights defender	Second half of lesson 2 (worksheets 8-12)

Goals

- The student will be introduced to human rights and human rights violations.
 - The student knows that the human right 'Freedom of expression' is connected to opposing human rights violations.
 - The students know that people with certain professions have to more careful than others.
 - The students can explain their own definition of a human rights defender.
 - The student knows that human rights defenders are extra vulnerable and know why female human rights defenders are at even greater risk than their male colleagues.
 - The student can tell who stands up for the rights of human rights defenders and can name some international and private organisations that protect their rights.
 - The student knows about Shelter City.
 - The student knows about the selection procedure of human rights defenders that come to one of the Shelter Cities of the Netherlands.
 - The student knows human rights defender Zafar and his background.
 - The student can name some human rights violations in Pakistan and explain why these violations mostly occur in his country.
-
- The student will meet and converse with human rights defender Zafar.

Movie material

In the course material 'Who defends the human rights defenders?' five short movies are showed:

YouTube-movies:

- * Human rights of the Ministry of Foreign Affair (2.22 min.)
<https://www.youtube.com/watch?v=5eRCogmiGfA>
- * Justice and Peace Netherlands (3.02 min.)
<https://www.youtube.com/watch?v=IK1jAIJ0AcM>
- * Asia Bibi, Tears of grief (3.19 min.)
<https://www.youtube.com/watch?v=d6-8Ymsu8Aw>
- * Malala Yousafzai - The answer of a muslim (3.57 min.)
https://www.youtube.com/watch?v=bmwaZC_DQQM
- * Freedom of the press under pressure (4.15 min.)
<https://www.youtube.com/watch?v=ouoNtRY1Y1U>

MP4-movies:

- * Human rights of the Ministry of Foreign Affair (2.22 min.)
<http://amnestynijmegen.antenna.nl/download/Mensenrechten-BuZa.mp4>
- * Justice and Peace Netherlands (3.02 min.)
<http://amnestynijmegen.antenna.nl/download/justice-and-peace-netherlands.mp4>
- * Asia Bibi, Tears of grief (3.19 min.)
<http://amnestynijmegen.antenna.nl/download/asiabibi-tranenvanverdriet.mp4>
- * Malala Yousafzai - The answer of a muslim (3.57 min.)
<http://amnestynijmegen.antenna.nl/download/MalalaYousafzai.mp4>
- * Freedom of the press under pressure (4.15 min.)
<http://amnestynijmegen.antenna.nl/download/PressFreedomPakistan.mp4>

The movies are (also) in English available. The first movie is in Dutch. We have translated it into English:

Movie: Human rights of the Ministry of Foreign Affairs

Everyone is equal and has the same rights... or is that not true?

Everyone has the right to peace and freedom... or is that not true?

Everyone has the right to freedom of expression... or is that not true?

Everyone has the right to believe what they want... or is that not true?

Everyone has the right to live with who they want... or is that not true?

Justice - Equality - Solidarity - Humanity

In a humane society everyone enjoys equal rights. For that reason there is a foreign policy on human rights.

Human rights - For everyone - Always - And everywhere

Human rights

The lesson starts with discussing what human rights and human rights violations are.



1. Everyone is equal, everyone has equal rights, everyone has the right to develop in a good standard of living, everyone has the right to live in freedom and safety, everyone has the right to sufficient food and water, there is a prohibition on the use of child soldiers, nobody can be arbitrarily arrested without the family of the person knowing where they are (prohibition on disappearances), everyone has the right to life, everyone has the right to freedom of expression, torture is prohibited, everyone has the right to believe, everyone has the right to live together with whom he or she want, everyone has equal rights.
2. -
3. For example: prohibition on slavery, prohibition on the use of child soldiers.
4. Some economical, social and cultural rights are less easy to realize, think of: the right to labour. Every society copes with unemployed people.

Freedom of expression

In this part of the course material we further discuss the human right 'Freedom of expression', a condition to be able to oppose human rights violations (of others).



5. Artist: if you show art that exposes the government or makes fun of it, you risk being arrested.
Journalist: he can expose corruption or other wrongs which the risk of being arrested.
Moviemaker: similar to the journalist, but not with words but with images. A moviemaker can make fun of the government as well.
Union leader: he or she stands up for the rights of workers and stands up against the wishes of employers
6. They do not just stand up for their own opinion, but also for the rights of others.
7. A writer, blogger, cartoon artist, comedian.
8. -

Human rights defenders

We are discussing a self-made definition of human rights defenders and their characteristics.



9. After the students' opinion. A human rights defender is not superman, but someone who is not afraid to stand up for the rights of others. It takes some courage, or at least someone who is willing to take on his own fear.
10. For example: A human rights defender is someone who stands up for the rights of others (in a situation where he operates himself and where human rights are violated; someone from Amnesty who stands up for human rights in a safe environment are not called human rights defenders). A human rights defender can only be called a human rights defender if he or she does not use violence.

Extra vulnerable

Human rights defenders are at great risk, especially women. Amnesty's application can help with that.



11. The work of human rights defenders is criminalized to silence them.
12. Step 1: Take the time to install the Panic Button-application in a calm situation.
Step 2: Think of the people who should be informed when action needs to be undertaken. Step 3: Check that your phone is on, sufficiently charged and with sufficient credits (for a prepaid or contracted phone).
Step 4: Press the button of the application in case of emergency.
Step 5: Your network will be notified by text and indicate your location so that people from your network can help you fast.

Who defends the human rights defenders?

Mensen die opkomen voor de rechten van anderen lopen zelf ook gevaar en hebben zelf ook bescherming nodig.



13. According to the declaration basically everyone: individuals, groups, organisations and official institutions.
14. Both are not treaties with legal force, but declarations with no more than official promises. If the UN and the EU would contain that protection in a treaty, we could take on violators with the law or treaty in place.
15. Defamation (violate someone's honour or good name on purpose) with the goal of degrading the human rights defenders and taking away their credibility.
16. 1) physically (physical intimidation or direct threats).
2) online (digital surveillance and online threats).
3) family (physical intimidation or direct threats of family members).
4) mobile phone (surveillance of mobile phones and threats by text).

Shelter City Nijmegen / The human rights defender 'from Nijmegen'

In this part of the course material we further discuss the how and why of the Shelter City project and the human rights defender who came to Nijmegen..



17. It could be: the human rights defenders do not want to go back to their own country or the situation in their country has become so badly in those three months that they cannot go back. It could also be personal: for example when a person got into a relationship in the city where he or she temporarily lived.
18. Think of things like: a place to live, a place to work or take a course, the use of a computer, telephone, public transport card, a budget to their expenses, but also: people around them to accompany and help them.

Human rights in Pakistan

A short lesson on (the violations of) human rights in this country: blasphemy laws, oppression of women, child marriages and freedom of expression.



Assignment

19. Unlike in Pakistan, the Netherlands has no state religion. In the Netherlands we have a separation of church and state.
20. Freedom of expression, freedom of religion, right to a fair trial.
21. Education for girls is in many countries seen as less important (culture, tradition).
22. If all the girls were educated, both infant mortality and population growth will decline. At school pupils learn a lot of things that promote good health. Girls who have been to school marry later and they learn what family planning is; they have their own income and they can better stand up for themselves.
23. *Journalists*
They may be afraid to bring the real news when this can cause problems. Journalists can not perform freely their right to freedom of the press.

Civilians

Quality and independence of the media leave much to be desired. When only the less critical news appear the public don't get an objective picture of the government and the public is not informed of the problems involved. They have to deal directly with censorship.

Literature

http://www2.nijmegen.nl/mmbase/attachments/1549721/Shelter_City_Nijmegen_Initiatiefvoorstel_februari_2014.pdf (in Dutch)

Pakistan

Human Rights Watch - world report 2015: Pakistan

<https://www.hrw.org/world-report/2015/country-chapters/pakistan#eaa21f>

Amnesty International Annual Report Pakistan 2015/2016

<https://www.amnesty.org/en/countries/asia-and-the-pacific/pakistan/report-pakistan/>

Web links

- <http://www.justiceandpeace.nl/mensenrechtenverdedigers-en-veiligheid/shelter-city>
- <http://www.driestroom.nl/Sheltercity.aspx>
- <http://www.amnestynijmegen.nl>



Who defends the human rights defenders?

Course material for 15/16 year old high school students developed by the Education group of Amnesty Nijmegen and Shelter City Nijmegen

Scholengroep Nijmegen

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