AMNESTY INTERNATIONAL HUMAN RIGHTS DEFENDERS



1.1.6 COURSE GOALS

What do you hope to gain from this course?

Have you ever stood up against injustice big or small? Or wished that you had? Describe the situation.

What made you speak out or take action?

1.2.5 1.3.6 1.4.5 **MY ISSUES ASSESSING MY RISKS MY PERSONAL SKILLS** What human rights issue(s) are you Briefly describe your context as it What reflections stood out to you interested in addressing? List up to 3. relates to the protection of human during your self-assessment? rights defenders. Why are these issues important to you and/or what change would you like to see? What specific risks do you need to What 3 main abilities will you focus be mindful of before taking action on as a human rights defender? to defend human rights?

1.5 MY MANIFESTO

What deeply held belief is motivating you?

What will you focus on changing?

What is the current state of the issue you seek to address?

What needs to change?

What can you do to make a difference?

What will you do next?

Make a specific pledge to your family, friends, or community.

My Human Rights Defender Manifesto

2.2.6 **CREATING COUNTER NARRATIVES**

'	What are 1 or 2 examples of smear campaigns that you are aware of?
	What concrete actions can you take to create a counter narrative?

at concrete actions can you take to c	create a counter narrative?	
		What are 3 things you v to spread that message
OTECTING YOURSELF ONLINE		
ow these 7 guidelines to evaluate an ure you are safe online.	nd amend your online presence to	
Update apps and firmware on all your devices	Bookmark Jitsi Meet for secure video conferencing	
Change weak password across the web	Review Security-in-a-box website, then bookmark it	
Setup two-factor authentication on your accounts (Gmail, Yahoo, etc.)	Additional notes:	
Install HTTPS Everywhere extension		
Install an end-to-end encryption		

2.3.6 PROTECTIN

messenger (Signal, Whatsapp, Etc.)

7 Keys to On

Follow these 7 ensure you are

"Disclaimer: This course is intended to provide you with an introduction to ways you can speak up and take action as well as the associated risks. It is not meant to provide you with a comprehensive assessment of the opportunities and risks you may or may not face when standing up for human rights. Should you choose to take action, please ensure you are comfortable with the context you are acting in."

2.4.4 **SPEAKING UP** FOR HUMAN RIGHTS

What is the message about your

issue(s) that you want to communicate?

What are	-	-	

3.3.5 PREPARING FOR COLLECTIVE ACTION

Based on what you learned in Module 3, create your own checklist for what you will do before participating in collective action.

Additional Not	es		
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3.4.3 WORKING WITH OTHERS FOR HUMAN RIGHTS

What collective action will you organize or participate in? First describe the action.Then, write down the steps that you will need to take.

Action #1

Action #2			
Action #3			

4.4.2 CONTACTING KEY INFLUENCERS TO TAKE ACTION

Explore recommendations listed on the <u>UPR-info</u> website, and craft your plan to get an influencer to take action.

Alternatively, you can use the official website of the UPR and choose key recommendations from the <u>Amnesty International Briefing on Human</u> Rights Defenders.

Research recommendations

Description

Which country made the recommendation?

How did your country respond?

Identify a key influencer

Get in touch

What is the best way to reach your influencer?

What is the purpose of your meeting with this influencer?

What is your course of action?

REFLECT AND SHARE

After writing a letter to your influencer, share your plan to take action with other course participants in the forum, and join in on the discussion.

ADDITIONAL NOTES