

Human Rights: 10 Point Action Plan

1 Accept personal responsibility for change, no matter how small.

Don't assume that someone else will do it. Don't be complacent. Even small things like refusing to laugh at a racist joke can make a difference.

2 Reflect on your own behaviour.

Reflect on the cultural practices or beliefs that you find confronting or difficult. It is healthier to name and discuss the issues that you find difficult, than to try and be saintly.

3 Identify what you have got to give.

It may be time. It may be specific expertise. It may be a shoulder to cry on, or a sympathetic ear. It may be money. Everyone can do something and this may change at different times in your life.

4 Act in your own context. For example, has anybody in your workplace raised the desirability of a workplace code of values and ethics? If not, perhaps you could do it. Once people have discussed desirable ways in which people should treat each other in the workplace, it is a short step to raising human rights more broadly.

5 Collaborate. There is strength in partnerships and strategic alliances.

6 Join. Network. Lobby. Advocate. Tell politicians what you think. To recycle an old slogan: keep the bastard honest. Sign petitions. Write letters. If you can, make use of the internet and email to reach people.

7 Treat everyone with respect. Respect is more important than compassion or sympathy, because respect is based on familiarity and understanding. And respect ensures that people retain dignity.

8 Be inclusive. Once you have a good relationship with people, it becomes easier to think about how social justice and human rights issues can be raised.

9 Maintain your rage. Also maintain your hope, your optimism and your sense of humour.

10 And finally, celebrate your successes. Not only does this make you feel good but it also energises you for more work!

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