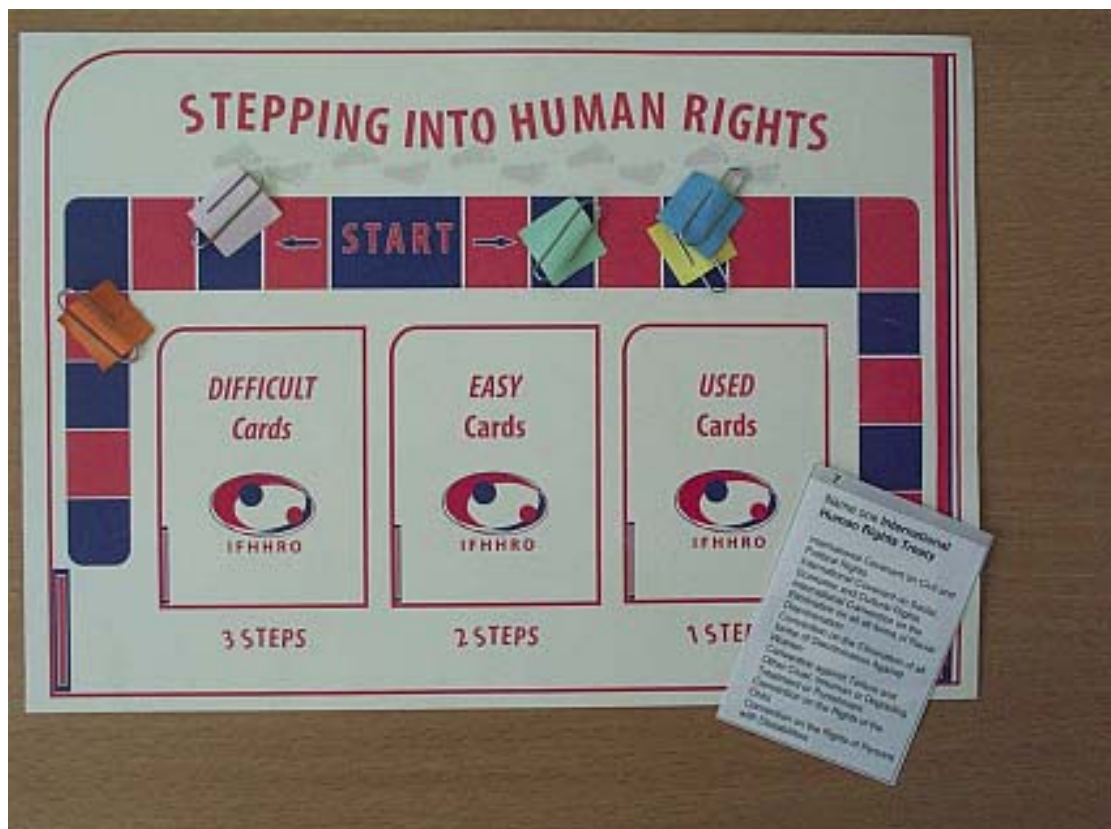


Adaptation of material belonging to

Training Session Plan

**‘Stepping into Human Rights’**  
**An introductory board game**  
**With a regional emphasis**



Original developed by: Alicia Dibbets  
Adapted by: Law and Health Initiative at OSF

## **The International Federation of Health and Human Rights Organisations (IFHHRO)**

*IFHHRO forms a unique network of active organisations committed to the protection and promotion of health related human rights. Members and observers are human rights groups which address health-related rights violations, medical associations involved in human rights work, and organisations that have been created specifically to mobilize health workers for human rights protection.*

*For more information visit our website: [www.ifhhro.org](http://www.ifhhro.org)*

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Copies of the session plan in a different format can be requested.

More information: [ifhhro@ifhhro.org](mailto:ifhhro@ifhhro.org)

Cover: game board

**Adapted material**

This is an adaptation of the materials used in one of the introductory sessions about human rights in relation to health: 'Stepping into Human Rights'- An introductory board game. This session can be found online in the IFHHRO training manual "Human Rights for Health Workers at [www.ifhhro-training-manual.org](http://www.ifhhro-training-manual.org)

In this adaptation the emphasis is on the regional treaties, procedures and mechanisms. It only contains the revised set of cards used during the game.

For the game board and instructions download also the original session using the following link: <http://www.ifhhro-training-manual.org/index.php?r=training/view&sid=6>

## **Training Aid 1 - Question and Answer Cards**

Print the following pages double sided and cut into separate cards. It is recommended to print them on a bit thicker paper, especially if you want to use them more than once. If possible print the Game board and the Question and Answer cards to A3 size.

1	2	3	4
<p>Human Rights are <b>universal</b> this means...</p> <p>... they apply to everyone everywhere.</p>	<p>Human Rights cannot be taken away from a person: TRUE or FALSE</p> <p>TRUE Human Rights are <b>inalienable</b>: every individual is entitled to their human rights by virtue of being human.</p>	<p>Where can individuals direct complaints of human rights violations?</p> <p>a) Courts b) Treaty Monitoring Bodies c) Special Rapporteurs d) All of the above</p> <p>d) All of the above.</p>	<p>There is a requirement to seek all available avenues for national redress before submitting an individual complaint to a regional or international tribunal: TRUE or FALSE</p> <p>TRUE. This is called "exhaustion of domestic remedies."</p>
5	6	7	8
<p>Individuals may submit complaints to the African Commission on Human and Peoples' Rights. TRUE or FALSE</p> <p>TRUE</p>	<p>In what West European city is the <b>European Court of Human Rights</b> located?</p> <p>Strasbourg, France.</p>	<p>In what West African city is the <b>African Commission on Human and Peoples' Rights</b> located?</p> <p>Banjul, The Gambia.</p>	<p>Name three ways in which human rights are translated into national law and practice:</p> <ul style="list-style-type: none"> <li>• Through legislation</li> <li>• Through incorporation into national constitutions</li> <li>• Through court decisions</li> <li>• Through human rights-based policies</li> <li>• Through human rights education</li> </ul>

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<p><b>9</b></p> <p>Are domestic courts in countries that have ratified the Convention for the Protection of Human Rights and Fundamental Freedoms (European Convention on Human Rights) obliged to apply the Convention and interpretations by the European Court of Human Rights?</p> <p>Yes</p>	<p><b>10</b></p> <p>Governments report annually on the treaties they ratify: TRUE or FALSE</p> <p>FALSE. Governments submit periodic reports according to a schedule specified by the particular treaty.</p>	<p><b>11</b></p> <p>An independent NGO submission to a treaty monitoring body to help it assess a state's compliance with that treaty is called:</p> <p>A Shadow Report.</p>	<p><b>12</b></p> <p>What is the name for the recommendations by a treaty monitoring body on the actions a state should take in ensuring compliance with the treaty's obligations? <i>Hint: The initials are C.O.</i></p> <p>Concluding Observations.</p>
<p><b>13</b></p> <p>A <b>Human Rights Treaty</b> is a binding agreement between two or more nations in which human rights are legally protected. What are two other terms for Treaty that mean the same?</p> <p>a) Declaration and Covenant b) Covenant and Convention c) Convention and Declaration</p> <p>b) <b>Covenant and Convention</b></p>	<p><b>14</b></p> <p>A government can indicate that it agrees with the principles contained in a treaty and that it has the intention of becoming legally bound by it in the future. The treaty has then been:</p> <p>a) signed b) accepted c) ratified</p> <p>a) <b>signed</b></p>	<p><b>15</b></p> <p>A government becomes legally bound by a treaty after it has been formally approved at the national level. The treaty has then been:</p> <p>a) signed b) accepted c) ratified</p> <p>c) <b>ratified</b></p>	<p><b>16</b></p> <p>Individuals appointed by the Human Rights Council to investigate human rights violations and present an annual report with recommendations for action are called:</p> <p>Special Rapporteurs, Special Representative of the Secretary-General, or Independent Expert.</p>

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<p><b>17</b></p> <p>A government should refrain from forcefully evicting people from their houses. This is an example of the human rights obligation to</p> <ul style="list-style-type: none"> <li>a) respect</li> <li>b) protect</li> <li>c) fulfil</li> </ul> <p>a) Obligation to <b>respect</b> human rights.</p>	<p><b>18</b></p> <p>A government should facilitate or provide a water system that is accessible to everyone. This is an example of the human rights obligation to</p> <ul style="list-style-type: none"> <li>a) respect</li> <li>b) protect</li> <li>c) fulfil</li> </ul> <p>c) Obligation to <b>fulfil</b> human rights.</p>	<p><b>19</b></p> <p>A government should ensure that employers do not force people to work under hazardous conditions This is an example of the human rights obligation to</p> <ul style="list-style-type: none"> <li>a) respect</li> <li>b) protect</li> <li>c) fulfil</li> </ul> <p>b) Obligation to <b>protect</b> human rights.</p>	<p><b>20</b></p> <p>Which of the following treaties has a special protocol on the rights of women?</p> <ul style="list-style-type: none"> <li>a) International Covenant on Civil and Political Rights</li> <li>b) African Charter on Human and Peoples' Rights</li> <li>c) Convention for the Protection of Human Rights and Fundamental Freedoms (European Convention on Human Rights)</li> </ul> <p>b) African Charter on Human and Peoples' Rights.</p>
<p><b>21</b></p> <p>Which of the following treaties protects the right to the highest attainable standard of health?</p> <ul style="list-style-type: none"> <li>a) International Covenant on Civil and Political Rights</li> <li>b) African Charter on Human and Peoples' Rights</li> <li>c) Convention for the Protection of Human Rights and Fundamental Freedoms (European Convention on Human Rights)</li> </ul> <p>b) African Charter on Human and Peoples' Rights.</p>	<p><b>22</b></p> <p>Which countries can go before the <b>African Court on Human and Peoples' Rights</b>?</p> <ul style="list-style-type: none"> <li>a) Countries that ratified the African Charter on Human and Peoples' Rights</li> <li>b) Countries that ratified the Protocol to the African Charter on Human and Peoples' Rights on the Establishment of an African Court on Human and Peoples' Rights</li> <li>c) Countries that ratified both treaties</li> </ul> <p>c) Countries that ratified both treaties.</p>	<p><b>23</b></p> <p>What is the name for the <b>treaty body</b> that monitors implementation of the European Convention for the Prevention of Torture and Inhuman or Degrading Treatment or Punishment?</p> <p>European Committee for the Prevention of Torture and Inhuman or Degrading Treatment or Punishment (often referred to as CPT).</p>	<p><b>24</b></p> <p>Which <b>regional system</b> has a convention focused on social and economic rights?</p> <ul style="list-style-type: none"> <li>a) the African human rights system</li> <li>b) the European human rights system</li> <li>c) the Inter-American human rights system</li> </ul> <p>b) The European system.</p>

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