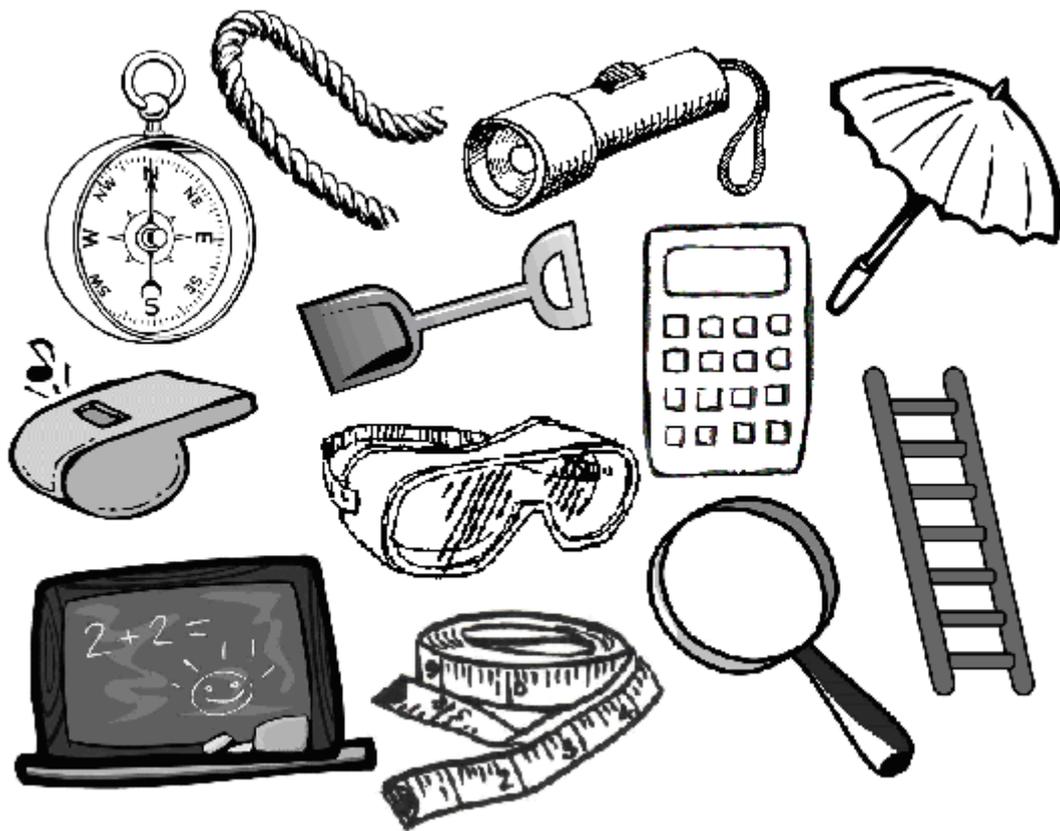


Training Session Plan

Human Rights Tools



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

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Cover: clipart, various sources.



Learning Objectives

- To gain perspective on practical ways in which the human rights approach can be used to address health issues



Target Group

Individuals with an interest in human rights



Duration

35 – 45 minutes



Materials

- Masking tape
- Optional: different tools (see training aid 1)



Training Aids

1. List of possible tools
2. Pictures of tools



Session Plan

This is a very versatile session which can be used in combination with other sessions to create a new perspective among participants on the different uses of the human rights framework. During the session actual tools are used as a symbol for the practical application of human rights to health issues. The session can be used both during a general health and human rights training as well as a training which addresses a specific theme. This session plan describes how this method can be used in combination with a session during which an overview of the human rights framework is created such as in 'Health as a Human Right – The Basics'.

Preparation

Print two sets of the pictures of tools (Training Aid 1) on coloured paper and cut them out. Optional: Collect a variety of actual tools to be used instead of one set of pictures. Add more pictures or tools if necessary.

Step 1 Introduction & Explanation (5 minutes)

Tell the participants that during this session they will get the opportunity to share their own ideas and opinions about how human rights can be used to address health issues. Elaborate that this session will be an experiment in thinking out of the box.

Depending on the size of the group and the number of tools used participants can be divided into pairs or small groups. Each pair or group should come up with a health issue in one of their countries that can also be seen as a human rights issue. If this session is being carried out during a thematic training ask everyone to focus on an aspect of the theme.

Every pair or group will receive one of the tools from Training Aid 1 as a picture or an actual tool. Explain to the participants that they have to think about the normal function of their tool,

imagine how human rights could have a similar function, and then brainstorm how this 'human rights tool' could be used to address the health issue that they have identified.

To illustrate how this works provide the participants with two examples. If the training focuses on one theme use this in the examples, otherwise any health issue can be used as an example. The examples below are general and do not refer to a health issue.

Example 1: Flashlight

A flashlight is generally used to shine a light. Human rights can be used to shine a light on health issues that would otherwise remain hidden and not receive necessary attention from the government.

Example 2: Rope

A rope can be used to tie things together. Human rights can be used to tie together different perspectives of health workers and patients to create stronger arguments to address a health issue.

Step 2 *Brainstorm (10 minutes)*

Provide the participants with some time to brainstorm about their tool. Encourage them to be creative and to name anything useful they can come up with.

Step 3 *Sharing Ideas (10 – 20 minutes)*

Give each pair or group a few minutes to explain how they think their tool shows a way in which human rights can be used to address the health issue identified.

If there is time left participants can also be asked to come up with other tools to symbolize how human rights can be used to address health issues.

Thank participants for their input.

Optional: When using this session plan in combination with another session the other session should be carried out at this point.

Step 4 *Outcome (10 minutes)*

The outcome of this session can be used in various ways. It can be used to generate a discussion about the practical use of human rights in relation to health. The ideas that come out of this session can also provide helpful illustrations during further sessions.

One way to come back to the outcome of this session is to use the tools again at the end of the session 'Health as a Human Right – The Basics'. When the complete framework of health as a human right is hanging on the wall again hand out the pictures of the tools among the participants. Provide the participants with a few minutes to think about how their 'human rights tool' can be applied to the framework before them. Next, ask each group to explain their ideas and paste the picture of the tool on the part of the framework where it is most relevant. See page 5 for a photograph of the result.

Training Aid 1 – List of possible tools

This list contains examples of the type of tools that can be used for the session. There are many more possibilities; use your imagination or make use of ideas from previous participants! Pictures of these tools can be found in Training Aid 2.

- Compass
- Whistle
- Measuring tape
- Magnifying glass
- Calculator
- Protective goggles
- Blackboard
- Flashlight
- Shovel
- Rope
- Ladder
- Umbrella

Photograph of the tools pasted in the framework of health as a human right:



Training Aid 2 – Pictures of tools

