

# 12 DAYS OF

## ACTIONS FOR HUMAN RIGHTS

# CHRISTMAS

### DAY 12: ALL HUMAN BEINGS ARE FREE AND EQUAL



Action: Choose a group you feel connected to and share a note in the spirit of brotherly or sisterly love.

### DAY 11: NO DISCRIMINATION

Action: Write a note on your favourite social media platform about a discrimination you've witnessed and wish to change.



### DAY 10: NO TORTURE AND INHUMANE TREATMENT



Action: Find 2 examples of inhumane treatment, one by the government of your country and one of another country.

### DAY 09: EQUAL BEFORE THE LAW

Action: Find a similar legal case or situation where 2 different people of a different race or gender were not treated the same before the law.

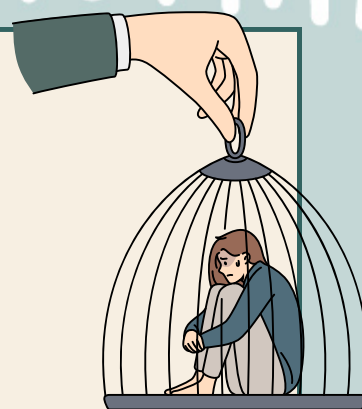


### DAY 08: NO UNFAIR DETAINMENT

Action: Find a case of someone in your region who has been illegally detained and is still fighting to be freed. Determine what you can do to help.

### DAY 07: INNOCENT UNTIL PROVEN GUILTY

Action: Make a list of police actions that enable the illegal detention of someone who has yet to be proven guilty. ie. no knock warrant



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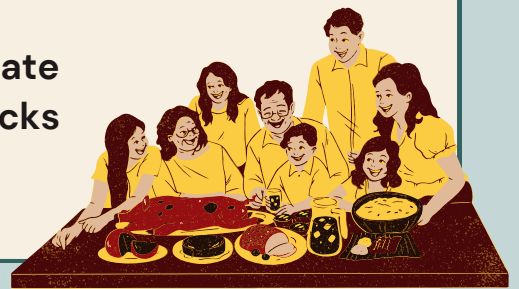
### DAY 06: FREEDOM TO MOVEMENT AND RESIDENCE



Action: Read the Act in the Canadian Charter of Rights and Freedoms that pertains to moving freely.

### DAY 05: RIGHT TO MARRY AND TO FOUND A FAMILY

Action: Find an example of a new law or mandate that does not protect the family but rather attacks one's right to build, support and care for the unit.



### DAY 4: FREEDOM OF EXPRESSION

Action: Find a current example of someone being cancelled, penalized or defamed for holding a minority opinion and seeking to impart information freely.

### DAY 03: FREEDOM OF ASSEMBLY

Action: Read about the Freedom convoy in Canada and determine if the truckers were denied their rights and not allowed to assemble freely.



### DAY 02: RIGHT TO WORK

Action: Research and find a group of people in your community being underpaid. Reach out and ask them how you may be able to help bring awareness to their cause.



### DAY 01: RIGHT TO EDUCATION

Action: Determine what existing laws hinders children's right to an education and/or fail to strengthen the respect for human rights and fundamental freedoms in it's curriculum.



### HUMAN RIGHTS CAN'T BE TAKEN AWAY

Action: What are you going to do to ensure that you do not engage in or support any activity aimed at the destruction of any of the rights and freedoms in this declaration?

