Human Rights- Moment of Reflection

-Masterpiece Living

Directions:

Take 10-20 minutes to read the statement below and reflect with curiosity on the questions that follow. You may journal your response, chat about them with someone in your home or via video chat, or simply let them rest in your conscious and sub-conscious.

*Human rights are rights inherent to all human beings, whatever our nationality, place of residence, sex, national or ethnic origin, color, religion, language,*

*or any other status. We are all equally entitled to our human rights without discrimination. These rights are all interrelated, interdependent, and indivisible.*

*Here are a few examples: freedom of expression, fair treatment, be seen as an individual, safety, marriage and family, own possessions, gather in groups.*

Questions:

1. For those who live in democratic countries, we often take human rights for granted. Which of your human rights do you value the most? Write a few sentences about the role they plan in your life.

2. How might your life be different without human rights?

3. Share gratitude for what you have by writing or sharing about the simple things you have as a citizen of the United States.

4. What might you do to ensure others in the US and outside have their human rights respected?