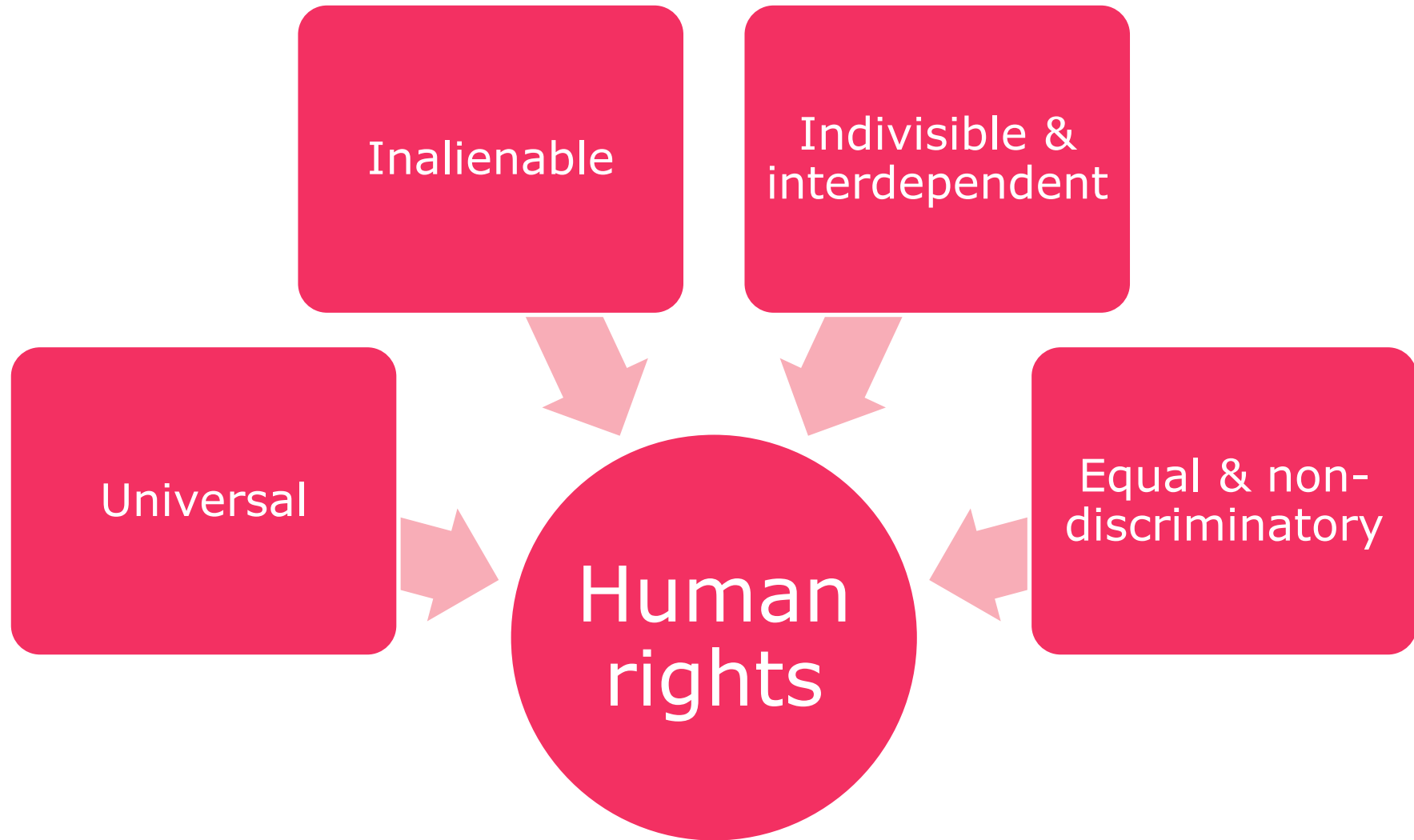


Handout nr. 1: human rights principles



Handout nr. 2: human rights obligations

RESPECT

The obligation to respect means that States have to refrain from interfering with or curtailing the enjoyment of human rights.

PROTECT

The obligation to protect requires States to protect individuals and groups against human rights abuses.

FULFIL

The obligation to fulfil means that States must take active steps (or 'positive action') to facilitate the enjoyment of human rights by the rights holders.

Handout nr. 3: international human rights treaties

| | | |
|---------------|---|------|
| ICERD | International Convention on the Elimination of All Forms of Racial Discrimination | 1965 |
| ICCPR | International Covenant on Civil and Political Rights | 1966 |
| ICESCR | International Covenant on Economic, Social and Cultural Rights | 1966 |
| CEDAW | Convention on the Elimination of All Forms of Discrimination against Women | 1979 |
| CAT | Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment | 1984 |
| CRC | Convention on the Rights of the Child | 1989 |
| ICMW | International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families | 1990 |
| CPED | International Convention for the Protection of All Persons from Enforced Disappearance | 2006 |
| CRPD | Convention on the Rights of Persons with Disabilities | 2006 |

Handout nr. 4: human rights monitoring

Treaty Bodies

CESCR

CEDAW

CRPD

CCPR

CERD

CAT

CRC

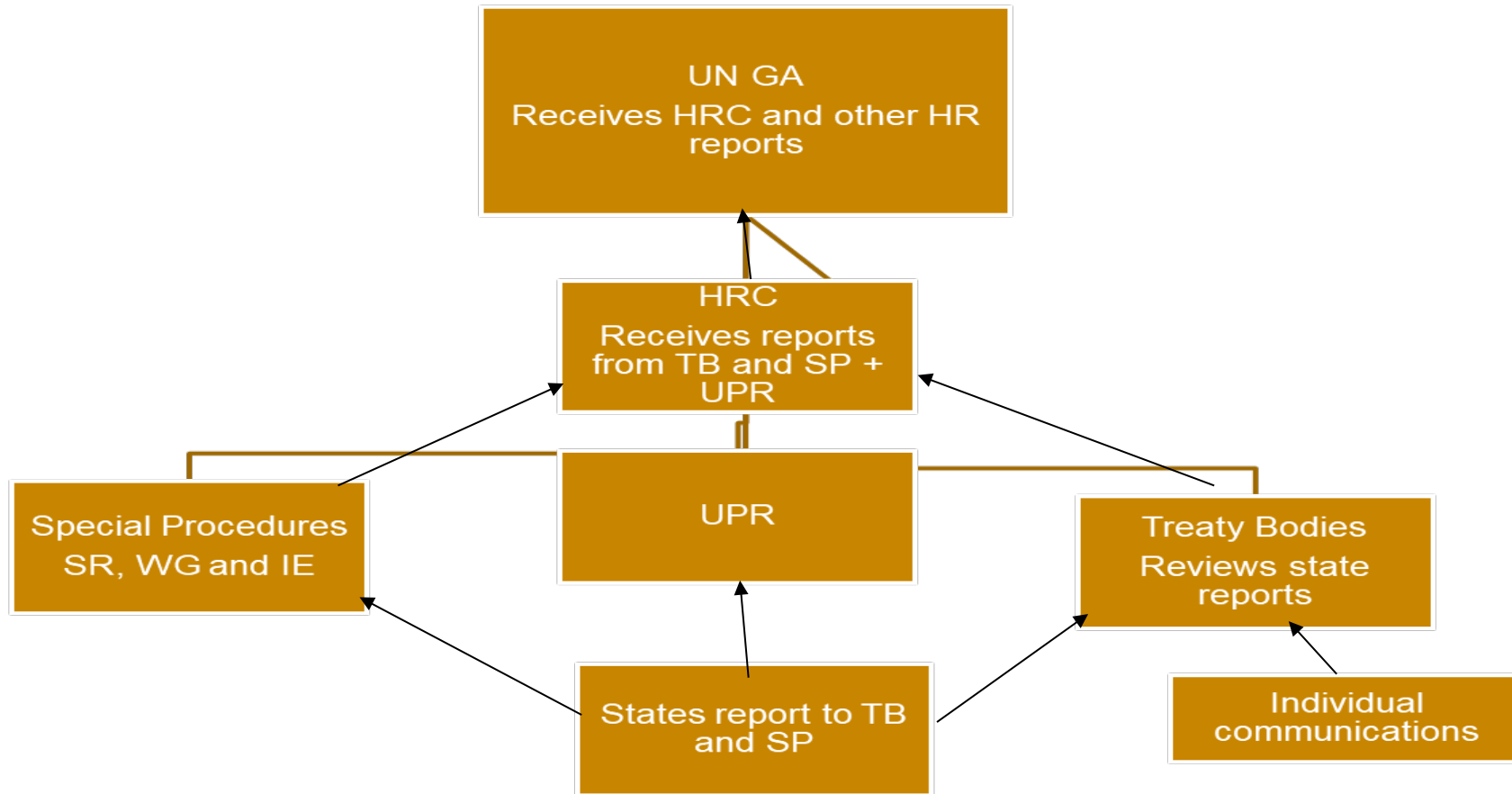
CMW

CED

Human Rights Council

Universal
Periodic Review

Special
Procedures



The **Office of the High Commissioner for Human Rights** (OHCHR) acts as the secretariat for all mechanisms.

Handout nr. 5: Regional human rights systems

| Region | Organisation | Main human rights instrument(s) | Main monitoring mechanism(s) |
|-----------------|---------------------------------|---|---|
| Africa | African Union | African Charter on Human and Peoples' Rights | African Commission on Human and Peoples' Rights African Court on Human and Peoples' Rights |
| Americas | Organisation of American States | American Declaration of the Rights and Duties of Man American Convention on Human Rights | Inter-American Commission on Human Rights Inter-American Court of Human Rights |
| Europe | Council of Europe | European Convention on Human Rights Revised European Social Charter | European Court of Human Rights European Committee of Social Rights |
| | European Union | EU Charter of Fundamental Rights | European Court of Justice |

Handout nr. 6: Exercise – the right to health

Everyone has the right to the enjoyment of the highest attainable standard of physical and mental health (article 12 CESCR).

What can be expected of the Government to respect, protect and fulfil this fundamental right?

RESPECT:

PROTECT:

FULFIL:

Handout nr. 7: Quiz

Question 1. Which of the following is not a human rights principle?

- Interdependent
- Interconnected
- Inalienable
- Indeterminate
- Inherent

Question 2. True or false? Civil and political rights are considered more important than economic, social and cultural rights?

- True
- False

Question 3. The right to work includes an obligation for the State to adopt national laws or take other measures to ensure equal access to work for everyone. This is part of the State's obligation to:

- Respect human rights
- Protect human rights
- Fulfil human rights

Question 4. True or false? Legally binding human rights norms can only be found in international human rights treaties.

- True

False

Question 5. Name one of the ways that UN Treaty Bodies contribute to the protection and monitoring of human rights.

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