



MICROLEARNING - 10 MINUTES TO EXPAND YOUR KNOWLEDGE

HUMAN RIGHTS DAY 2022

*Disclaimer-
topics of
discrimination,
abuse, slavery .
Wellbeing
support provided
[here](#) *

Human Rights Day is observed every year on 10th December — the day the United Nations General Assembly adopted, in 1948, the Universal Declaration of Human Rights (UDHR). The UDHR is a document proclaiming that everyone is entitled to all the rights set in the document- regardless of race, colour, religion, sex, language, political or other opinion, national or social origin, property, birth or other status.

We hope to celebrate Human Rights Day by learning about how we can become active allies for those who may be discriminated against and understanding the history of all our identities.

ARTICLES



- [Universal Declaration of Human Rights](#) (7-minute read)
- [Human Rights Day 2022](#) (Interactive website)

VIDEOS



- [What are the universal human rights? - Benedetta Berti](#) (5-minute video) **Top Pick of the Week**
- [Mandate of the UN Independent Expert on sexual orientation and gender identity](#) (2-minute video)

Actions for the week

1. Learn more about [St Mary's Bhakita Centre on Modern Slavery](#) by reading about the members, current projects and publications.
2. Try to become more accepting of other's identities by understanding our differences and learn about the history of other identities.
3. Celebrate Human Rights Day by [donating](#), to make a difference and fund vital activities that protect human rights across the world.

Join our [EDI Staff Networks](#) (LGBTQ+ Network, Carers Network, BAME and Allies Network, Women's Network, Interfaith Network, Disability, Network).

Thank you joining us in this week's
Microlearning!

LONGER ACTIVITIES TO FURTHER EXPAND YOUR KNOWLEDGE



- [Convention on the Rights of the Child: Educational Resource](#) (9-minute video)
- [What is Modern Slavery?](#) (11-minute video)