Session 9
Let's Talk Rights

Time Required: 40 – 45 Minutes





Let's Learn

In the previous sessions we learnt about differences, discrimination, qualities, dreams, talents and skills. We also learnt how discrimination is an obstacle in our path to fulfil our dreams. Skills help us fulfil our dreams. Therefore, we must learn various skills like active listening and expressing our thoughts clearly and effectively, while also being mindful of other people's feelings.

Today we will explore,

01 **Our fundamental rights.**

02 **Safeguarding our own rights and ensuring we do not violate anyone else's rights.**

Let's Do It!

Today we will learn about rights. To know more about them, we will make a big tree on the board, complete with roots and leaves (please refer to the image). Leaves of the tree should be left blank so that we can write on them.

Instructions:

Ask the students

- What do we understand by rights?
- Who has rights?

  Boys ( ) Girls ( ) All ( )
- What rights should we all have? Write them in the leaves of the tree in your workbook.
- Who grants us these rights? Write your answer on the trunk of the tree.
- If we don't have rights or if someone violates our rights, who ensures them for us? Or, where do rights come from? Write your answer in the roots of the tree.



Just like a tree needs different things like sunlight, water and fertiliser to thrive, similarly, our rights are just as important to our well-being.

The trunk of the tree distributes the nutrition to the rest of the tree. Similarly, our parents, family, law, educational institutions, hospitals, NGOs, etc. help us access our rights.

Different types of rights provide us with necessary resources, various opportunities and entitlements at various points in our lives.

Along with rights, there are also certain duties that we must be aware of. Our rights stop where the rights of others begin. Therefore, we should neither let anyone violate our rights, nor violate the rights of others.

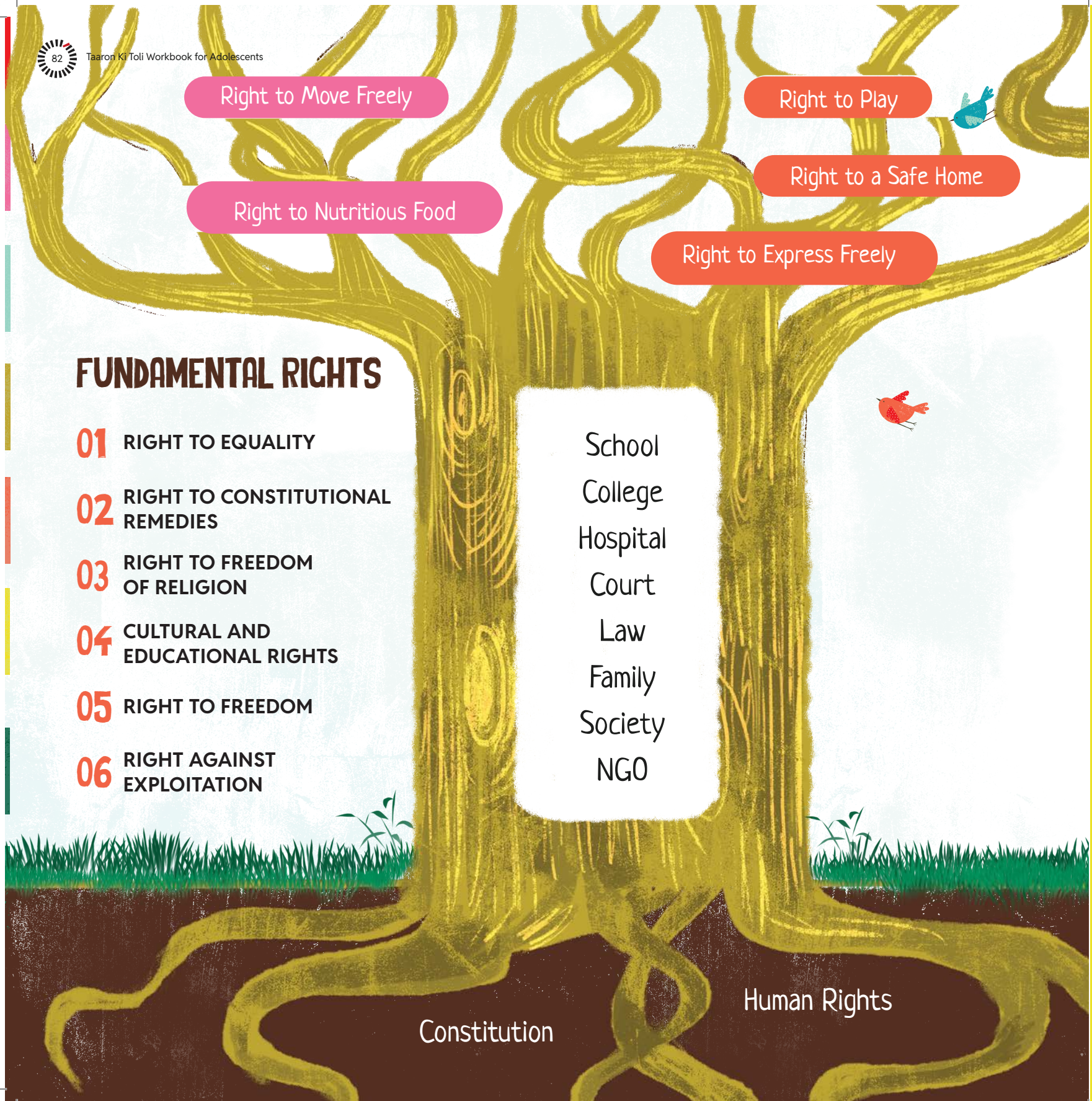
The way roots absorb nutrition from the ground and transport it to the trunk, similarly, our constitution guarantees our rights.

Rights: Rights are basic freedoms and protections that every person has. They ensure fairness, dignity, and equal treatment in society.

Rights are equal for all genders.

That is why it is very important for us to know and understand rights. It is equally important to understand who provides us with them and what are the processes or mechanisms to safeguard these rights.

When everyone has access to rights, then only the world will be a happy place where everyone is living their lives to the fullest.


Right to Move Freely
Right to Play
Right to a Safe Home
Right to Nutritious Food
Right to Express Freely
FUNDAMENTAL RIGHTS
01 RIGHT TO EQUALITY
02 RIGHT TO CONSTITUTIONAL REMEDIES
03 RIGHT TO FREEDOM OF RELIGION
04 CULTURAL AND EDUCATIONAL RIGHTS
05 RIGHT TO FREEDOM
06 RIGHT AGAINST EXPLOITATION
School
College
Hospital
Court
Law
Family
Society
NGO
Constitution
Human Rights

Let's Think

- Today we learnt what rights are and how important they are for each of us. Everybody is entitled to these rights by the virtue of being human. Irrespective of our gender everyone is equally entitled to these rights.
- If we don't have access to these rights, we will never get to discover our true potential and we will not be able to live our lives fully.
- We also learnt that along with rights, there are also certain duties that we must be aware of. It is very important for us to know and understand our rights. It is equally important to understand who provides us with them and what are the processes or mechanisms to safeguard our rights.
- No right in our life is small or big. We are born with equal rights, but we also get some rights as we grow up (such as right to vote, right to work, driving licence, etc).
- Regardless of gender, rights need to be equal for everybody.
- Rights are important for all of us. Education, health, freedom, and equality are crucial for our well-being.
- We need to know our rights and try to access them. Moreover, we need to respect the rights of others and be careful that other people's rights are not violated.

Let's Remember



- Rights are equal for everyone, whether it is a boy or a girl, these rights are opportunities and entitlements for us which our constitution has given to us, but the beliefs and discrimination spread in the society deprive some of us of these rights.
- The rights of all of us will be ensured only when these opportunities are provided equally and this will happen only when the misconceptions and discrimination spread in the society are stopped and opposed. Let us support each other and not let anyone be deprived of their rights.

Let's Share

How did you feel while doing this activity?
Tick all the options that apply to you.

☐ **I liked it!** ☐ **I did not like it** ☐ **I am confused** ☐ **I am excited!**



We are meeting next on

Date: _____ **Time:** _____

A Thank You GIFT!

Today we will give a thank you gift to our parents! Our parents do a lot for us, but often we forget to thank them because we get used to it and start thinking that all the things they do for us they do because it is their responsibility. Today, we will think about things that our parents do for us. We will think of all those moments where they have helped us or stood by our side.

Through this gift, we will tell our parents that we appreciate all that they do for us. In the letter, we will write the things that we want to say to our parents. This letter will carry our feelings to our parents.

Instructions

- Sometimes it can be difficult for us to talk to our parents and family members and thank them. Here are a few things to keep in mind to feel less hesitant about it.
- Give the thank you gift when the family members are free and have some time to look at your gift and talk about it.
- Tell them about this activity while giving them the gift.



GREETING CARD

Instructions

Make a Thank You card for your mother by cutting along the dotted lines marked with a scissor symbol.



GREETING CARD

Instructions

Make a Thank You card for your mother by cutting along the dotted lines marked with a scissor symbol.



Dear Mummy,

This greeting card is to say thank you! You do

_____

_____

_____

_____ for us.

Thank you for doing so many things for us.

Yours,
Name _____

GREETING CARD

Instructions

Make a Thank You card for your father by cutting along the dotted lines marked with a scissor symbol.

THANKYOU
PAPA!



GREETING CARD

Instructions

Make a Thank You card for your father by cutting along the dotted lines marked with a scissor symbol.



Dear Papa,

This greeting card is to say thank you! You do

_____

_____

_____

_____ for us.

Thank you for doing so many things for us.

Yours,
Name _____

How did you feel after talking to your parents?



Let's Share

How did you feel while doing this activity?
Tick all the options that apply to you.

- ☐ I liked it!



- ☐ I did not like it



- ☐ I am confused



- ☐ I am excited!



SOME MEMORABLE STORIES

Session 10
Captain Fantastic

Time Required: 40 – 45 Minutes

Let's Learn

In the previous session, we learnt about our fundamental rights that are guaranteed to us by our constitution. We also understood that despite having these rights, inequality still exists between girls, boys and transgender people solely on the basis of their gender.

Today we will explore,

01 **Leadership as a skill**

02 **The qualities of a leader or a mentor and how we can become one!**

Let's Do It!

Part 1: Instructions

- We would need ample space in the classroom for this fun activity. We would also need a few volunteers.
- There will be 2–3 teams. The team has to discuss and decide on one leader/mentor and one volunteer for this activity. Whoever is chosen as the leader/mentor, has to go to the facilitator and listen to the rules for the activity.



Instructions

- The facilitator must set up obstacles across the room.
- Volunteers will be blindfolded. They must listen carefully to the leader's instructions. The leader would lead the volunteer from point A to point B without touching or bumping into any obstacle.
- For every obstacle crossed by the volunteer, the team will get one point. However, for every obstacle that the volunteer touches or bumps against, one point will be deducted from that team.
- The volunteer has to reach from point A to point B by following the leader's instructions. If the instructions are not clear, then the volunteer can also ask the leader to explain.
- Every volunteer has to cross the obstacles as quickly as possible. Other team members can help, but they cannot disturb the activity.
- As soon as the facilitator says "Ready, Steady, Go", the leaders have to start giving directions to the volunteers. The volunteers have to finish the race by listening to their leader's instructions. Remember that whatever obstacles there are, you have to cross them, not make them fall, you have to save your volunteer and take them to the destination.

Part 2

- **Who do we think of as leaders/mentors? Write a few names in the box as examples.**

- **Should everyone get an equal chance to be a leader?**

☐ **Yes** ☐ **No**

- **What should we do to make this possible?**

Let's Think



- Today we learnt that leadership abilities are made up of many qualities. Some of these important qualities are trust, communication, coordination, empathy, and care for others. Today we also learnt that everyone has the capability to become a leader regardless of their gender.

- Leadership is an important skill that helps us fulfil our dreams. Everyone should get the opportunity to be a leader and we should be able to take advantage of such opportunities as well. For example, today when we asked people to come forward to become a leader or a volunteer, only a few people came forward. Such opportunities help us build our leadership abilities and we must use them to our advantage.

- We all have learnt something from each other. We can build upon each other's abilities to become better together, just like the volunteer could not have reached the destination without the help from their leader. When they coordinated and helped each other they could reach their destination easily. Interpersonal communication, support and trust are the most important aspects that made it possible.

- One of the roles that a leader plays is to take care of the needs of people around them, like their siblings, friends, classmates, etc. We have to encourage them and give them the opportunity to develop leadership abilities within themselves so that they can fulfil their dreams too! To achieve this, we must communicate continuously with each other and with our family members, parents, and siblings as well.

Let's Remember

It is true that there is equal opportunity available to all of India's citizens. But it is also a harsh reality that half our population is made up of women, and yet only 10.5% of women are leaders/political leaders. This can also be seen at the village level where there is provision for a woman sarpanch, but mostly we see that the husband of the woman sarpanch is the actual leader. Why is this the case?

How did you feel after talking to your parents?



Let's Share

How did you feel while doing this activity? Tick all the options that apply to you.

☐ **I liked it!**



☐ **I did not like it**



☐ **I am confused**



☐ **I am excited!**



Responsibility

Try to learn more about this issue by talking to people around you and knowing their opinions on this.

Use this space to take notes, write or draw something about this class!

We are meeting next on

Date: _____ **Time:** _____



My Fun CORNER

You can do this fun activity with your parents anytime!

Instructions

Pinky and Pankaj have taken Rs. 50 from their piggy bank! Let us go and talk to their parents about what they can do with Rs. 50. Will you help them and their parents to figure out what can be done with this money?







Breakthrough

RISING AGAINST GENDER-BASED VIOLENCE

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