

# Human Dignity

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## Overview

Students will learn about Human Rights and why it is important to respect the dignity of all individuals.

## Goals

The students will:

- Be able to define and explain human dignity
- Be able to define human rights
- Be familiar with the UN Universal Declaration of Human Rights
- Be able understand why food is considered a right in the UN Universal Declaration of Human Rights
- Consider why hunger can be considered an injustice

## Materials Needed

- Copy of the UN Declaration of Human Rights (can download from internet at <http://www.un.org/Overview/rights.html> or see <http://www.unhchr.ch/udhr/lang/eng.htm>)
- Gum
- \$20 bill

## Instructions

For homework (prior to the day of the activity), have young adults read different sections of the United Nations Universal Declaration on Human Rights.

Lead students in a discussion on the UN Universal Declaration on Human Rights." Specifically, consider asking, "Why is food considered a human right?"

After discussion of document, begin exercise.

Take a \$20\* bill. Crinkle it up. Ask the young adults, "Who still wants it?"  
Throw it on the ground. Ask the young adults, "Who still wants it?"  
Spit on it or stick gum to it. Ask the young adults, "Who still wants it?"

Following the short exercise, engage students in a discussion on the worth of a \$20 bill and why they all still want the money despite what it looks like and what it's been through. The answer of course is that the worth is still the same. The result of the discussion is to help students perceive that the same is true for people: It doesn't matter what a person looks like, where they've been or what they've been through.

*\*If using a \$20 bill seems too extravagant for this activity, a smaller denomination can be effective as well.*

### **Evaluation Questions**

1. What is human dignity?
2. Define human rights.
3. What do you know about the UN Universal Declaration of Human Rights?
4. Why is "food" considered a right in the UN Universal Declaration of Human Rights?
5. Why can hunger be considered an injustice?