

Stand Up for Your Rights (1)

SITUATION

You are taking part in a civic education event organised by a youth organisation. You have been asked to give a short presentation about the **importance of human rights**.

MONOLOGUE

Give a short presentation on **What Human Rights Are**.

1. Explain the concept of human rights and describe their purpose according to Text 1.
2. Describe why human rights are important in modern societies.

DIALOGUE

1. Do you think people today are aware of their human rights?
2. Discuss why protecting human rights is important for democratic societies.

Text 1

“Human rights are basic rights and freedoms that belong to every person. These rights include freedom of expression, equality before the law, and protection from discrimination. Human rights are designed to protect human dignity and ensure that all individuals are treated fairly. International organisations and national governments often create laws and agreements to protect these rights.

However, protecting human rights requires constant attention and cooperation between governments, institutions, and citizens.”

Exam tips:

- Read the text and underline or highlight the important words you need to use in your presentation
- Spend 1-2 minutes thinking about the answers, creating full sentences in your mind
- Choose key words which help you remember what you want to say
- Write down notes with your keywords, not full sentences

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Stand Up for Your Rights (2)

SITUATION

You are participating in a discussion about **civil rights** at a community event.

MONOLOGUE

Give a short presentation on **Civil Rights in Society**.

1. Explain what civil rights are according to Text 1.
2. Describe how civil rights protect individuals in everyday life.

DIALOGUE

1. Do you think civil rights are equally protected in all countries?
2. Discuss why civil rights movements have been important in history.

Text 1

“Civil rights refer to the legal protections that ensure individuals are treated equally within a society. These rights often include freedom of speech, freedom of religion, and protection against discrimination. Civil rights laws aim to ensure that all citizens have equal opportunities regardless of their background. Throughout history, many civil rights movements have worked to expand equality and challenge unfair laws or social practices.”

Exam tips:

- Read the text and underline or **highlight** the important words you need to use in your presentation
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Stand Up for Your Rights (3)

SITUATION

You are speaking at a public debate about **political rights**.

MONOLOGUE

Give a short presentation on **Political Participation**.

1. Explain what political rights are according to Text 1.
2. Describe why participation in democratic processes is important.

DIALOGUE

1. Do you think voting is an important responsibility in a democracy?
2. Discuss whether young people are interested in politics today.

Text 1

“Political rights allow citizens to participate in the political system of their country. These rights often include voting in elections, joining political organisations, and expressing political opinions. Political participation allows citizens to influence government decisions and public policies. Democratic systems rely on active citizens who participate in elections and public discussions. When people engage with political processes, governments become more accountable to society.”

Exam tips:

- Read the text and underline or **highlight** the important words you need to use in your presentation
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Stand Up for Your Rights (4)

SITUATION

You are giving a presentation at a social policy workshop about **social and economic rights**.

MONOLOGUE

Give a short presentation on **Social and Economic Rights**.

1. Explain the meaning of social and economic rights according to Text 1.
2. Describe examples such as access to education, healthcare, and employment.

DIALOGUE

1. Do you think social rights are as important as political rights?
2. Discuss whether governments should guarantee certain social services.

Text 1

“Social and economic rights aim to ensure that people have access to basic living conditions and opportunities. These rights often include access to education, healthcare, housing, and fair working conditions. Supporters argue that these rights help individuals live with dignity and participate fully in society. Governments often implement policies and programmes to support social and economic rights, although the level of support varies between countries.”

Exam tips:

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Stand Up for Your Rights (5)

SITUATION

You are participating in a discussion about **freedom of expression**.

MONOLOGUE

Give a short presentation on **Freedom of Speech**.

1. Explain why freedom of expression is important according to Text 1.
2. Describe the challenges associated with protecting free speech.

DIALOGUE

1. Do you think freedom of speech should have limits?
2. Discuss whether social media has changed how people express their opinions.

Text 1

“Freedom of expression allows individuals to share ideas, opinions, and information without unnecessary restrictions. This right is considered fundamental in democratic societies because it supports open discussion and public debate. However, freedom of speech can also create challenges when speech harms others or spreads misinformation. Governments often attempt to balance the protection of free expression with the need to protect individuals from harm.”

Exam tips:

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Stand Up for Your Rights (6)

SITUATION

You are speaking at a workshop about **protecting rights in everyday life**.

MONOLOGUE

Give a short presentation on **Standing Up for Your Rights**.

1. Explain how individuals can defend their rights according to Text 1.
2. Describe the role of legal systems and institutions in protecting rights.

DIALOGUE

1. Do you think people always know how to defend their rights?
2. Discuss whether education about rights should be taught in schools.

Text 1

“Understanding personal rights allows individuals to recognise unfair treatment and seek protection when necessary. Legal systems provide mechanisms such as courts, legal advice, and public institutions that help enforce rights. Civil society organisations also play an important role in raising awareness about rights and supporting individuals who experience injustice. Education about rights helps people understand their responsibilities as well as their freedoms.”

Exam tips:

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Stand Up for Your Rights (7)

SITUATION

You are participating in a youth conference about **protest and activism**.

MONOLOGUE

Give a short presentation on **Peaceful Protest and Social Change**.

1. Explain why peaceful protests occur according to Text 1.
2. Describe how protests can influence social and political change.

DIALOGUE

1. Do you think protests are an effective way to create change?
2. Discuss whether governments should always allow peaceful demonstrations.

Text 1

“Peaceful protest is one way citizens express disagreement with government decisions or social conditions. Throughout history, many social movements have organised demonstrations to demand political reform, equality, or environmental protection. When protests remain peaceful, they can attract public attention and encourage political dialogue. However, governments must balance the right to protest with the need to maintain public safety.”

Exam tips:

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Stand Up for Your Rights (8)

SITUATION

You are speaking at an international discussion about **global human rights protection**.

MONOLOGUE

Give a short presentation on **International Human Rights Organisations**.

1. Explain the role of international organisations mentioned in Text 1.
2. Describe how these organisations promote human rights globally.

DIALOGUE

1. Do you think international organisations can effectively protect human rights?
2. Discuss whether countries should cooperate more closely to protect human rights.

Text 1

“International organisations play an important role in promoting and protecting human rights worldwide. These organisations monitor human rights conditions, publish reports, and encourage governments to respect international agreements. They also provide support for individuals and communities facing discrimination or injustice. While international organisations cannot always enforce decisions directly, they often influence global discussions and encourage countries to improve human rights protections.”

Exam tips:

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Stand Up for Your Rights (9)

SITUATION

You are presenting at a law and society seminar about **rights and responsibilities**.

MONOLOGUE

Give a short presentation on **Balancing Rights and Responsibilities**.

1. Explain the relationship between rights and responsibilities according to Text 1.
2. Describe why respecting the rights of others is important in society.

DIALOGUE

1. Do you think people sometimes focus more on rights than responsibilities?
2. Discuss how societies can balance individual freedom with social responsibility.

Text 1

“Rights and responsibilities are closely connected in democratic societies. While individuals have the freedom to express opinions and make personal choices, they must also respect the rights and freedoms of others. Responsible citizenship includes following laws, participating in democratic processes, and treating others fairly. When rights and responsibilities are balanced effectively, societies can maintain stability and mutual respect.”

Exam tips:

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Stand Up for Your Rights (10)

SITUATION

You are participating in a public discussion about **the future of human rights**.

MONOLOGUE

Give a short presentation on **Human Rights in the Future**.

1. Describe the future challenges for human rights mentioned in Text 1.
2. Explain how societies may continue to protect rights in changing times.

DIALOGUE

1. Do you think new technologies create new challenges for human rights?
2. Discuss whether human rights protection will become more important in the future.

Text 1

“Human rights continue to evolve as societies change. New technological developments, global communication, and political challenges can create complex questions about privacy, freedom, and equality. Governments and international organisations must adapt laws and policies to address these issues. Many experts believe that promoting education, cooperation, and respect for human dignity will remain essential for protecting rights in the future.”

Exam tips:

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