

Stand Up for Your Rights

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 the basic rights and freedoms that belong to every individual, regardless of nationality, gender, ethnicity, or social status. These rights are universal and are designed to protect human dignity and ensure fair and equal treatment for all people. Examples of human rights include freedom of expression, equal access to legal protection, and protection from discrimination.

The main purpose of human rights is to create a framework in which individuals can live safely, freely, and with respect. They establish clear standards that governments and institutions are expected to follow in order to protect their citizens. Human rights also promote justice and prevent abuse of power by ensuring that individuals have legal protection.

In modern societies, human rights are particularly important. When people’s rights are respected, they are more likely to participate actively in society, express their opinions, and contribute to their communities.

However, protecting human rights is not automatic. International organisations and national governments create laws and agreements to support these rights, but effective protection requires continuous effort. Cooperation between governments, institutions, and citizens is essential to ensure that human rights are respected and maintained. In general, human rights form the foundation of fair and democratic societies and play a critical role in promoting equality and justice worldwide.”

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 & write down notes with your keywords, not full sentences

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Stand Up for Your Rights

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 is an important step in protecting yourself against unfair treatment. When individuals are aware of their rights, they are better able to recognise situations in which those rights are violated and take appropriate action. This awareness empowers people to defend themselves and look for support when necessary.

There are several ways individuals can stand up for their rights. One option is to get legal advice or use formal systems such as courts to address unfair situations. Legal systems play a central role in protecting rights by providing clear procedures and ensuring that laws are applied fairly.

In addition to legal structures, civil society organisations contribute to the protection of rights by raising awareness and advocating for change. These organisations often support vulnerable groups and promote equal treatment in society.

Education is another key factor. When people learn about their rights and responsibilities, they are more confident in defending themselves and supporting others. This knowledge helps create a society in which individuals are informed, active, and responsible citizens.

Overall, protecting rights requires both strong legal systems and individuals who are willing and able to take action when necessary.”

Exam tips:

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Stand Up for Your Rights

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 an important way for citizens to express disagreement with government decisions, social conditions, or political systems. It allows individuals and groups to make their voices heard and draw attention to issues they believe require change. Throughout history, many social movements have used peaceful demonstrations to demand equality, justice, and reform.

Protests often occur when people feel that their rights are not being respected or that existing systems are unfair. By organising demonstrations, marches, or public campaigns, individuals can highlight problems and encourage wider public discussion. When protests remain peaceful, they are more likely to gain public support and attract media attention, which can increase pressure on decision-makers.

Peaceful protests can influence social and political change by encouraging dialogue between citizens and authorities. Governments may respond to public pressure by introducing new policies or reviewing existing laws. In this way, protest can become a powerful tool for democratic participation.

However, governments must balance the right to protest with the need to maintain public order and safety. While peaceful demonstrations are a fundamental part of democratic societies, authorities may need to regulate them to prevent disruption or conflict.”

Exam tips:

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