



AMNESTY INTERNATIONAL

HUMAN RIGHTS DEFENDERS

TOOLKIT

1.1.6

COURSE GOALS

What do you hope to gain from this course?

Have you ever stood up against injustice big or small? Or wished that you had? Describe the situation.

What made you speak out or take action?

1.2.5

MY ISSUES

What human rights issue(s) are you interested in addressing? List up to 3.

Why are these issues important to you and/or what change would you like to see?

1.3.6

ASSESSING MY RISKS

Briefly describe your context as it relates to the protection of human rights defenders.

What specific risks do you need to be mindful of before taking action to defend human rights?

1.4.5

MY PERSONAL SKILLS

What reflections stood out to you during your self-assessment?

What 3 main abilities will you focus on as a human rights defender?

2.2.6

CREATING COUNTER NARRATIVES

What are 1 or 2 examples of smear campaigns that you are aware of?

What concrete actions can you take to create a counter narrative?

2.3.6

PROTECTING YOURSELF ONLINE

7 Keys to Online Security

Follow these 7 guidelines to evaluate and amend your online presence to ensure you are safe online.

- | | |
|--|---|
| <input type="checkbox"/> Update apps and firmware on all your devices | <input type="checkbox"/> Bookmark Jitsi Meet for secure video conferencing |
| <input type="checkbox"/> Change weak password across the web | <input type="checkbox"/> Review Security-in-a-box website, then bookmark it |
| <input type="checkbox"/> Setup two-factor authentication on your accounts (Gmail, Yahoo, etc.) | |
| <input type="checkbox"/> Install HTTPS Everywhere extension | |
| <input type="checkbox"/> Install an end-to-end encryption messenger (Signal, Whatsapp, Etc.) | |

Additional notes:

2.4.4

SPEAKING UP FOR HUMAN RIGHTS

What is the message about your issue(s) that you want to communicate?

What are 3 things you will do to spread that message?

CONTACTING KEY INFLUENCERS TO TAKE ACTION

Explore recommendations listed on the [UPR-info website](#), and **craft your plan to get an influencer to take action**.

Alternatively, you can use the [official website of the UPR](#) and choose key recommendations from the [Amnesty International Briefing on Human Rights Defenders](#).

Research recommendations

Description

Which country made the recommendation?

How did your country respond?

Identify a key influencer

Get in touch

What is the best way to reach your influencer?

What is the purpose of your meeting with this influencer?

What is your course of action?

REFLECT AND SHARE

After writing a letter to your influencer, share your plan to take action with other course participants in the forum, and join in on the discussion.

ADDITIONAL NOTES
