Make a Plan
To Stand Up for Human Rights

Problem:

Goal:

Who has the power to make these decisions?

What I find hard about standing up for human rights:

How I’ll make my point:
- Take notes about the problem
- Gather paperwork
- Get support letters from family, friends, doctors, etc.
- Take pictures
- Stay calm, be clear, and be respectful

Ways to make it easier to stand up for human rights:
### How I’ll Speak Up:

- Write a letter
- Send an email
- Make a phone call

### What I’ll try if this doesn’t work:

- Change my goals
- Try a new strategy
- Talk to different decision-makers
- Get help from different people

### Who can I go to for support?
Include at least one organization.

―Jack Layton

> “My friends, love is better than anger. Hope is better than fear. Optimism is better than despair. So let us be loving, hopeful, and optimistic. And we’ll change the world.”

- Jack Layton