

Everybody Has Rights/is Right?! Trainings for Everyday Life Together

Name of organization:
Zentrum *polis* – Politik Lernen in der Schule
(Centre for Citizenship Education in Schools)

Everybody has Rights?! Unit



“Everybody has Rights?!” Is based on 5 units; each unit covers a specific topic for each day related to dealings with the others

“Fighting together” (non-violent conflict management and communication)

“Respect all” (Esteem and self-esteem)

“Borders: lost?” (Dealing with personal and structural limits)

“We are a class?!” (Issues of class community and the team-building)

“It brings diversity?!”(Dealing with diversity, similarities and differences as well as with the foreign and the familiar)

The modules can be individually selected (with the exception of the module “responsibility” that is no longer offered), as well as combined in some free sequence, e.g., with one class developing the topic “Respect all” and the following day addressing “Fighting together.” It is even possible to work on the same topic for a second time, because our backing team trainers can rely on a rich group of methods that after specific workshops will be put on record and logged for private use. These logs help us to secure the quality of the project, exchange experiences, and keep them in a class, to once again participate in a content and in a methodology to the last linked theme.

Brings diversity?! Unit

With this unit we want to arouse curiosity and interest in diversity — that is, similarities and differences — in children and adolescents. What about everybody’s differences add to the diversity in the classroom (e.g., languages)? Which “strange feeling” have the pupils already experienced? And how should the pupils deal with them?

Diversity characterizes our lives, such as the confrontation with the unusual calls, and maybe fear. Taking a position quickly and making (pre-)judgments, although seemingly bring relief, obstruct a person from taking the view of the foreign in strangers. And they prevent us from engaging with others.

In this workshop, the pupils have the chance to creatively answer to these questions, learning to know and to trust others.

We are a class?! Unit

The unit “We are a class?!” strengthens the cooperation in the class community and helps “mixed” classes make teams. Through interactive and participatory methods, the students have the opportunity to participate in exercises where they learn about their differences and their similarities.

The unit is aimed especially at younger children who are in the process of developing knowledge. The module can also be used with other classes from the 5th grade.

A school is made up of people from different backgrounds together — primarily of children and young people - with whom they all are “together.” Often the hectic school day leaves too little time for a constructive group to promote education since school pressure and competition make a relaxed cooperation even more difficult. The fact that a class develops into a working group, under these circumstances is by all means hard, but is especially challenging for younger-aged classes.

Other points of the module concern learning in the fields of communication and cooperation.

The contents are adapted to the respective age group. The workshops are led by one trainer and a coach from an experienced and trained team of educators, psychologists, political scientists, sociologists, and drama-pedagogues.

Borders: lost? Unit



The freedom and the rights to recognize my fellow human beings without having to renounce my own, is the heart of the “Borders: lost” module. The workshops aim to (re)discover our own borders and learn something about other people, emphasizing our limits in order to respect others.

By participating in these exercises, the participants learn how we can succeed, and how to protect themselves, without excluding and discriminating against others. In a trust framework there is an exchange on the following questions: “Where do I put borders in order to protect me? Where I have overcome borders, because I found it useful?”

The content and exercises are adapted to each age group. The workshops are led by one trainer and a coach from an experienced and trained team consisting of educators, psychologists, sociologists, and drama-pedagogues.

The exercises focus on violations, and a feeling and an experience of closeness and distance in observations, regarding making groups and setting limitations.

Respect all Unit



In everyday life we learn again and again, how respectful and undignified people meet each other and treat each other. Human dignity is a fundamental right to all equally, but everybody knows situations in which this law is flouted. Self esteem and respect for the needs and feelings of others are in the heart of the unit “Respect all.”

As noted in Article 1 of the Universal Declaration of Human Rights (a simplified version of Amnesty International), “When children are born, no matter how different they are, they are equal in dignity and rights. They should always be treated fairly so that they learn how to use each other kindness and respect.”

Sample exercises

Among the most important principles of our workshop series is that the key content on the behavior by our trainers teams is reflected in the pupils. Children will hopefully show that they have developed the skills necessary to recognize and appreciate others. The participants can rely on very different ways to be involved — through role playing, pantomimic still images, collages, even songs written (e.g., raps), or by the design of an advertising campaign on the theme “respect all.” This activity increases individual self-esteem and shows pupils how diverse the strengths of their respective class are. In the course of the workshop, a stage area set-up is also used by the coaches for a worthy part in the presentation of small group work.

Fighting together Unit



A kind of content development on the topic of responsibility will focus on “Fighting together.” We ask pupils about deadlock patterns, especially when we quarrel and ask how it actually comes to conflicts and why they so often escalate. In the training, the pupils are shown the patterns to make them aware of the situation and the ways to find a conclusion to such a conflict peacefully and to appreciate the other person — despite all the disagreement.

The workshop will include a discussion of rules, showing how to ensure dignity within confrontation and how to help prevent the dispute from becoming about winners and losers. Even a sensitive use of language is discussed in the thematic workshop.