

Squirrels



Rights
Challenge
Badge
Resource Pack

BEAVERS

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About the Children and Young People's Commissioner

The Children and Young People's Commissioner promotes and protects your rights if you're under 18, or up to 21 if you're in care or care experienced.

The job was created by the Scottish Parliament when they wanted to create a champion for children.

The Commissioner works to make sure the laws that affect your lives are fair. They challenge people in power to keep the human rights promises they've made to you that make sure you have all you need to grow up in an environment of happiness, love and understanding.

The Commissioner helps you understand how valuable and important your rights are. That understanding means you can demand change when your rights – or the rights of others – are not being respected.

They make sure adults in Scotland know more about your rights so that they see where they need to make changes.

And they put you at the heart of their work and will listen to, and learn from, you.

[Learn more about the Commissioner at www.cypcs.org.uk](http://www.cypcs.org.uk)

About the Rights Challenge Badge

The activities to complete this badge help children and young people learn more about their own human rights and their connection to the rights of others. This badge links to other badges.



What you will need

There are four activities and we have included some templates for those. We have a rights poster that you can [download](#) and a story book that you can download or you can order a hard copy.

We have included an evaluation template of faces which you can use at the beginning and end of the activities. You could put each face in a different part of the room and ask the group to run towards the one that matches their rights knowledge level. Otherwise, please use whatever evaluation method that the group enjoy.



This is a chance for the group to get their rights to cultural and artistic freedom, anything goes!



20 minutes



Activity 1a:

What are human rights?

HUMAN
RIGHTS

Purpose:

- Support the group to understand the human rights of children and young people
- Connect human rights and everyday experiences
- Explore the right to an identity

Activity:

The group will come together to enjoy a story full of characters, fun and brilliant illustrations. The story will help the group understand human rights, what they are and why they are important

What you need: info sheets on the Commissioner (p3) and on rights (p9) and the story book.

How to facilitate:

The session can be run just like any Storytime activity; somewhere the group can all hear the story, see the illustrations and ask questions at the end.

- 1 Everyone sits around in a circle.
- 2 Prompt thinking about the right to identity. Names are given at birth. The Scouts Badge is an identity. These are important because they tell people who you are and what group you belong to.
- 3 Everyone is asked to write their name and/or draw a self-portrait. Once they have done this, ask them to share their drawing or writing.
- 4 Introduce the role of the Children and Young People's Commissioner Scotland. All children and young people in Scotland have a Commissioner whose job it is to promote and protect their human rights. Give them time and space to ask any questions.
- 5 If you have time, you can run our 'Do you have the right to?' activity, on the next page, as part of this session.

Leaders' notes:

This session is designed to get the young people thinking about rights and to make links between their experiences and how rights fit in to the world around them.

You can get a free copy of Let's Explore Our Rights by emailing administration@cypcs.org.uk or printing off a copy from www.cypcs.org.uk



Activity 1b:

Do you have the right to?



15 minutes



This activity will get the group moving around, working together to build a blanket fort and will promote sharing and respect.

Leaders' notes:

This session is designed to encourage the group to think about rights and make links between their experiences and how their rights fit in to the world around them.

What you need: blankets to create a fort, healthy snacks, scarves and hats.

How to facilitate:

Share with the group that everyone has the right to be safe and have a home where they are warm and have hot, nutritious food to eat. They also have the right to learn, to be healthy, be heard and to play. This activity will involve imaginative play and learning about their rights. This activity is about the right to an adequate standard of living and the right to be heard.

HOME – Everyone to stand in a large circle. Place the blankets in the centre of the room.

Everyone to run into the centre of the circle and work as a team to build a blanket fort, somewhere they have shelter and can feel safe. Ask the group who or what else protects them. You can ask them what they need day-to-day to have a good standard of living. Introduce the right to be warm and have hot, nutritious food. Next, you are going to play some games in and around the fort to demonstrate this.

WARM – Everyone to form a circle around the fort. Place scarves and hats in the fort.

Ask the group to run into the fort and share out the warm clothing so that everyone has something cosy and comfortable to wear.

NUTRITIOUS FOOD – Everyone to form a large circle around the fort. Place healthy snacks inside the fort.

Everyone to run into the fort and share out the snacks so that they can enjoy something nutritious to eat.

BE HEARD – Everyone to form a circle around the fort. One by one, tap them on the shoulder. They will run into the fort and shout out their name (identity) or a right that they have learned about. It could be "a home", "clothing", "food", or a right they learned about at Storytime.

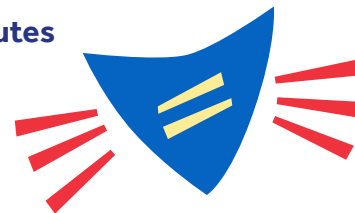
PLAY AND REST – To finish this session, you can tell the group that the United Nations Convention on the Rights of the Child ([UNCRC](#)) says that children and young people have the right to rest. Ask the group to have a little lie down and to relax. The UNCRC also says they have the right to play in the way they want to, whether by playing sports, watching films, or doing something else entirely, like building a blanket fort! Before you take it down, be sure to take some photos or a video and share with the Commissioner's office.



20 minutes

Activity 2:

Creating human rights shields



Purpose:

- Support the group to identify their individual rights
- Enable creative thinking and exchanging of ideas
- Produce a visual representation of rights in a shield

Activity:

In small groups the children will discuss and engage in a creative activity to develop their own shield that represents their rights. This will involve conversations with friends, listening, and using their imagination. The group can also come together to create one collective shield.

What you need: information sheet on rights (p9), a shield template, rights symbols (link to poster, or use the icons in the template) and creative materials. Reuse and upcycle where you can. Magazines and newspapers can be effective to use, instead of using symbols or icons.

Leaders' notes:

This session is designed to support young people to think about the rights that really matter to them. It's likely that they will discuss or identify some rights or areas more than others (for example, family, friends, playing sports). Although the shield represents the rights that they are passionate about, you can remind them that all rights are important.

When the group comes together to create one shield, the UNCRC can be used as a good reference point, as nearly every country in the world has signed up to it, despite having very different governments, economic situations, and priorities. Creating the collective shield is a process where everyone is heard, has a say and can come to an agreement. These are the principles which underpin the creation of the UNCRC.

If asked, or if you want to proactively get the group to guess, the USA is the only country in the world not signed up to the UNCRC.

How to facilitate:

- 1 Using either the template provided or one of your own, ask the group to think about what a shield is and what it means to them. For example, what does a shield do? What might they use one for? Explain that shields can be seen as a way to protect someone, just like their rights protect them.
- 2 Everyone can make their individual shield, being as creative as possible, and using all materials available. The shield represents what's important to them in their lives.
- 3 Everyone to form a circle with their shields. They can share something about their shield with the group. Link what is on the shields with their human rights, for example, the right to family life, to meet with friends, to learn, to have fun, to be kept safe.
- 4 You can attach a short piece of string or elastic to the back of each shield so the children can hold them or wear them on their sleeve. Group photos can be shared with the Commissioner's office.
- 5 Alternatively, the group can work together to create one shield using everyone's ideas. Everyone can choose what to stick on the shield. Display the finished shield with pride, take a photo or video and share with the Commissioner's office.





20 minutes



Activity 3:

What needs to change?

Purpose:

- Support the group to think about issues that need to change. At a local level these could be things like uneven pavements, lack of cycle paths or unsafe parking outside their school. At an international level these could be things like climate change, child refugees and children affected by war (link to Community Impact Badge).
- Understanding the role of "local superheroes" such as teachers, police officers, firefighters and volunteers who help them and their community to make positive change possible (link to Squirrels Local Superhero badge).
- Understanding the role of governments and councils as people whose job it is to make sure that children get their human rights.

Activity:

It's Snot Fair! This fun interactive game will help you work with the group to agree on local or international issues that need to change. This activity will get them thinking about the role models who could help them. It will encourage them to be young human rights defenders who challenge the people whose job it is to make sure that children get their human rights.

What you need: Unhappy face template, snot outlines template, pens and pencils, scissors, Blu Tac or glue.

Leaders' notes:

You can lead this activity in one large group or in small groups.

How to facilitate:

- 1 Draw a large picture of a miserable face with a cold (or print out the one provided) on A3 paper.
- 2 In small groups ask everyone to think about what is not fair or 'snot fair'! Ask everyone to write a word or draw a picture to illustrate their thoughts on green 'snot-shaped' paper and stick these all over the miserable face!
- 3 Now turn this into a positive activity by discussing how the things identified as 'snot fair' could be done better and how we can support everyone to make sure their voices are heard.
- 4 Take a photo of the snotty face and send it to the Commissioner's office along with some of the issues and ideas the young people expressed. The Commissioner's office will learn about what matters to you and will collate your views to inform their work.
- 5 To make this activity extra memorable for the group, why not create some snotty slime? You can find lots of fun, cheap and safe recipes online. We like this one:

SLIME RECIPE

This method makes a ball of flexible slime close to silly putty in texture. It stays clean in your hands, making it a good choice for younger age groups.

Makes 1 small ball

Takes 10 minutes

100ml PVA white glue (children's craft glue or CE marked glue)

½ tsp bicarbonate of soda

green gel food colouring

1 tsp contact lens cleaning solution

1. Squeeze the glue into a mixing bowl (look for a bottle in a 100ml size if possible so you won't have to measure it out). Add the bicarbonate of soda and mix well.

2. Add a drop or two of green gel food colouring. Less colouring gives a pastel colour; the more you add, the brighter the colour. Mix until well incorporated.

3. Add the contact lens solution and mix. The slime will begin to form, going stringy before coming away clean from the bowl into a ball.

4. Once it has formed, take it out and knead it with your hands. It will be sticky at first but after about 30 seconds you'll have a smooth and pliable ball.

Store in a pot with a lid.



Activity 4:

Clootie Tree

Purpose:

- Support the group to engage in tradition and culture
- Fun, creative and artistic learning about rights connections
- Celebrate collective efforts in completing the badge

Activity:

A Clootie Tree is a combined Scottish and Tibetan custom. In Scotland, Clootie Trees (often Hawthorn trees) were traditionally created beside spring wells. 'Clootie' means a strip of cloth or rag, and these are tied to the branches of trees near a well. The Clootie Tree is believed to have special healing powers. The Commissioner's office in Edinburgh has a Clootie Tree painted onto a wall and children and young people write messages and wishes on it.

What you need: information sheet on rights (p9), rights symbols or icons, ribbons or rags, large paper to draw a tree on (optional).

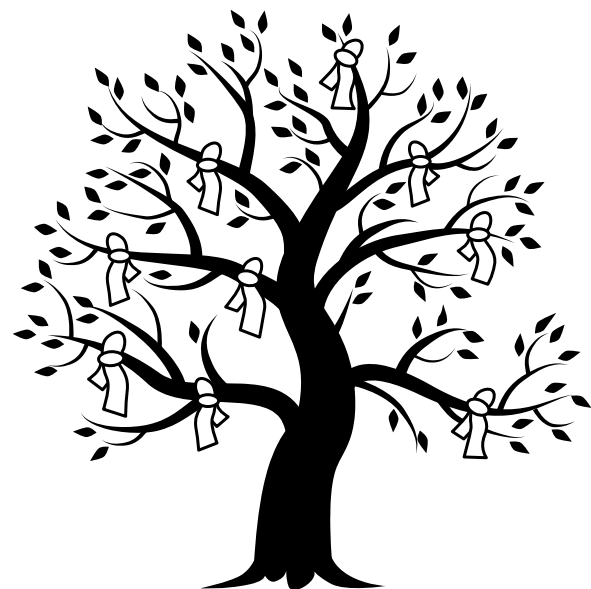
How to facilitate:

- 1 Introduce the background to the origins of the Clootie Tree. Everyone then separates into smaller groups, where they'll make their own tree together.
- 2 Everyone can draw a large tree together on paper or have this already prepared. Ask everyone to think about their rights and what message about children's rights they would like to add to their tree. They can use icons too, rather than writing.
- 3 Everyone to decorate the tree. If you take photos of the tree and send it to us by email or tag us in on twitter, we'll add it to our Clootie Tree in the Commissioner's office in Edinburgh for everyone to see.
- 4 Alternatively, find a large branch or tree near your meeting place - in a local park, outside your hall, or bring a branch into your hall. Talk about the origins of the Clootie Tree and the symbolism of tying a strip of cloth or rag to the branches of trees. Ask each member of the group to tie a ribbon or rag to the tree and to shout out the right that they have chosen, to make sure their voice is heard. We'd love to see a photo or video of this activity so please share this with us. If you use a tree in a public place, it is important to tidy up and remove everything at the end.

On completing this activity, your group has successfully achieved their Rights Challenge Badge. Each member of the group can take home their Certificate of Achievement.

Leaders' notes:

The tree will represent the children individually and their collective rights, interests and power. This links strongly to the UN Convention on the Rights of the Child, the law that contains rights for under 18s. Although there are 54 rights in the UNCRC, they are all connected and depend on each other. Talk to the children about how Scotland is working towards the UNCRC becoming part of our domestic law (see information sheet), which means that people in power must uphold children's rights.



Rights information sheet

What are Human Rights?

Everyone in the world has human rights, including you.

Human rights are a list of things that all people – including children and young people – need in order to live a safe, healthy and happy life. You have them no matter where you are from, how old you are, what you believe, or how you choose to live your life.

Governments cannot pick and choose which rights to honour. Your rights can't be taken away from you. Adults must respect and protect your human rights when they plan services, make policies, and make decisions.

The United Nations Convention on The Rights of the Child (UNCRC)

Children have more rights than adults. These human rights for children and young people are in an international treaty called the UN Convention on the Rights of the Child. It exists especially for everyone who is under 18. As a person, you have rights that apply to everyone in the world.

The UNCRC is divided into a lot of parts called articles. Each of these articles says something different about your human rights.

Some of the rights these articles talk about are:

- **your human right to have opinions adults take seriously**,
- **your human right for adults to think about what's best for you**, and
- **your human right to play, rest and relax**.

No one can take your rights away.

What are Scotland's promises to children under the UNCRC?

By signing the UNCRC, Scotland and the UK agree that the rights of children should be protected and promoted in all areas of their life, including their rights to:

- **education**
- **freedom from violence, abuse and neglect**
- **be listened to and taken seriously**
- **a proper house, food and clothing**
- **relax and play.**

More about the UN Convention on the Rights of the Child (UNCRC) in Scotland

What is Incorporation of the UNCRC?

The Scottish Parliament passed a Bill to incorporate the UNCRC into domestic law. This will mean more protection for children's and young people's rights. It means that when rights are not upheld, this can be legally challenged. It means that decision-makers must make sure that they take children's rights into consideration when they make rules and policies.



More info: www.cypcs.org.uk/rights/uncrc/

The badge design

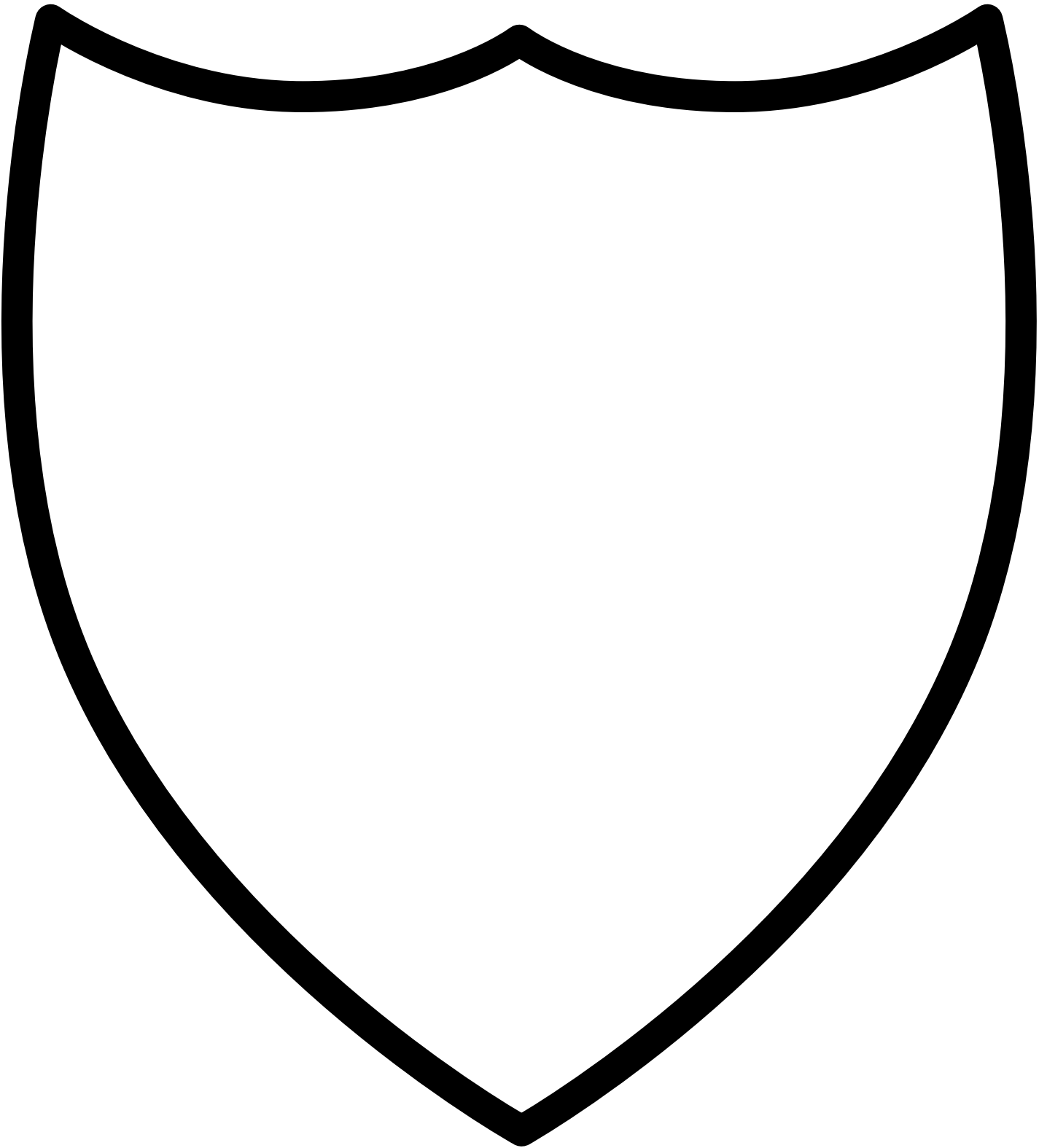


All Scouts Scotland youth members of all ages had the opportunity to come up with a creative design that would be used on the badge. The final design was created by Christopher, a Scout from Clyde Region. Christopher said: **"My design**

put the Human Rights logo at the centre of the badge, as it is already a recognised symbol. Like every Scout badge, my design has the Fleur de Lis on it. I also chose to put a map of the world in the background, because children from across the world all have rights. I hope all Squirrels and Beavers like my design and are all looking forward to earning the Rights Challenge Badge."



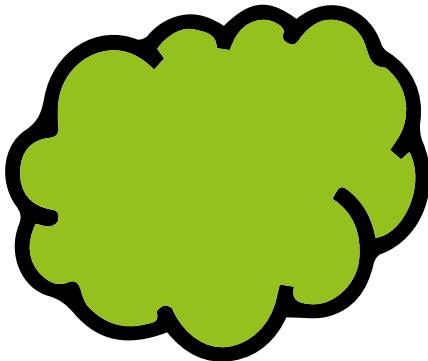
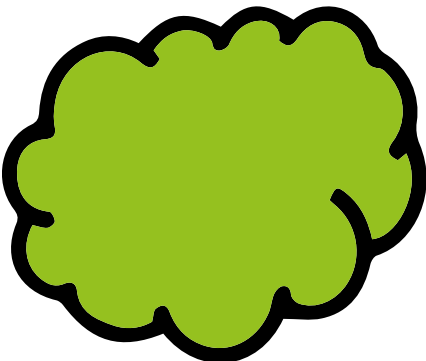
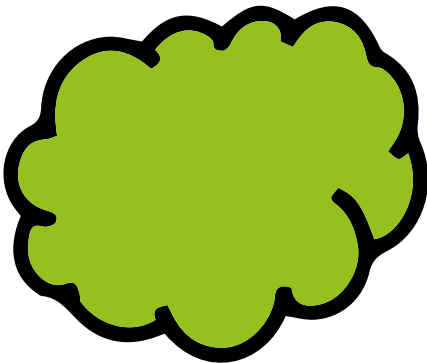
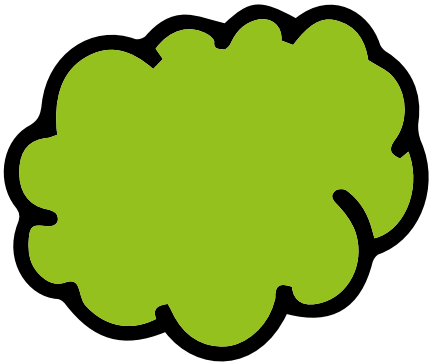
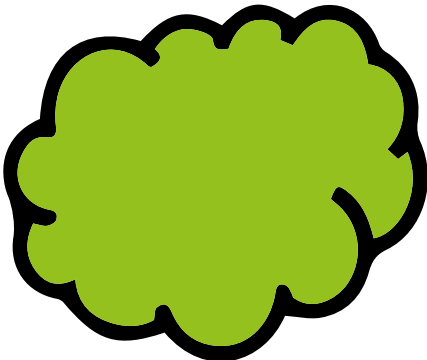
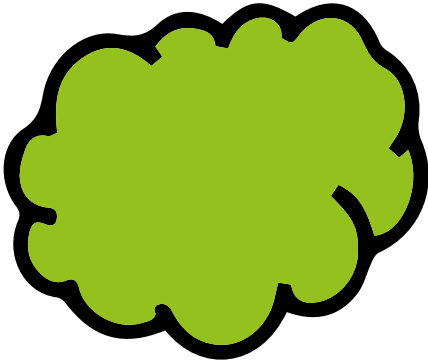
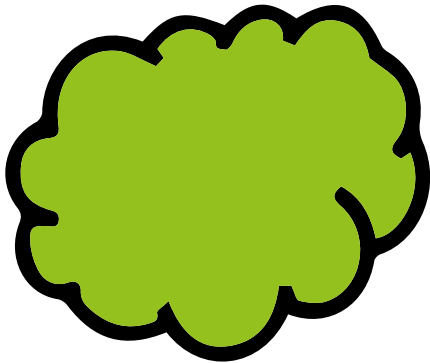
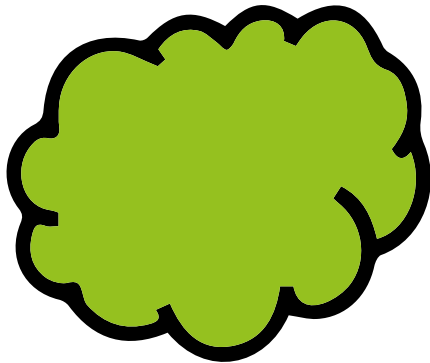
Shield template



Face template



Snots



Icons



Icons



Icons



Icons



Icons



Icons



Icons



Evaluation





CERTIFICATE OF ACHIEVEMENT

This award goes to

for taking action to learn more about human rights
and completing the Rights Challenge Badge



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Please let us know about all you're doing to complete your Rights Challenge Badge by tagging us in on social posts and using the hashtag #RightsBadge