

SESSION 1

**Human needs – Human rights
– Human responsibilities**

**The soup of life**

Human needs cards



|  |  |
| --- | --- |
| I need…**freedom.** | I need…**equality. No discrimination!** |
| I need…**to be alive.** | I need…**freedom from slavery.** |
| I need…**safety from torture.** | I need…**to have an identity.** |
| I need…**the law****to treat me equally and fairly.** | I need…**protection when I am treated wrongly.** |
| I need…**safety from arbitrary arrest and unjust punishment.** | I need…**trials to be fair and public.** |
| I need…**to be considered innocent until proven guilty.** | I need…**privacy and dignity.** |
| I need…**to be allowed to move around freely.** | I need…**to be allowed to flee from danger.** |
| I need…**citizenship**. | I need…**to be allowed tomarry and have children if I want**. |
| I need…**the same rights for men and women in the family.** | I need…**to own my things**. |
| I need…**to be allowed to** **think for myself.** | I need…**to be allowed tohave and practice my religion/beliefs.** |
| I need…**to be allowed to change my****religion/beliefs if my conscience dictates.** | I need…**to be allowed to have opinions and share them with others.** |
| I need…**access to information.** | I need…**to meet people, join and organise groups.** |
| I need…**the right to vote**. | I need…**a home**. |
| I need…**health care**. | I need…**to enjoy and express myself**. |
| I need…**to work and receive fair pay.** | I need…**rest and relaxation**. |
| I need…**food**. | I need…**education**. |
| I need…**to enjoy the benefits of science.** | I need…**a peaceful, orderly society**. |
| I need…**to care for others**. | I need… |
| I need… | I need… |
| I need… | I need… |
|  I need… | I need… |