Teaching Human Rights from Below: Towards Solidarity, Resistance and Social Justice

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Introduction

The call for human rights education (HRE) in schools is growing, but there remains a large gap in empirical research around HRE, particularly in the United States. There is an additional need for increased research focusing on human rights curricula and pedagogies that serve low-income students of color, and immigrants and refugees in the United States. In this article, we discuss our curricular and pedagogical strategies and student responses to lesson plans and activities that build solidarity, resistance to dominant and assimilative narratives, and promote social justice for a high school human rights club that serves immigrant and refugee youth. We are a professor (Monisha Bajaj) and two doctoral students (Amy Argenal and Melissa Canlas), who are involved in research collaboration with a public high school in a large urban area on the west coast of the United States. Our approach focuses on combining a transformative human rights perspective with the praxes of critical pedagogies and social justice with three key themes: student-centered human rights pedagogy, cultural wealth and HRE, and students' turning human rights language into action.

Conceptualizing a Human Rights from Below

Human rights cultures have long been in the making by the praxis of victims of violations, regardless of the mode of formulation of human rights standards and instruments. The single most critical source of human rights is the consciousness of peoples of the world who have waged the most persistent struggles for decolonization and self-determination, against racial discrimination, gender-based aggression and discrimination, denial of access to basic minimum needs, environmental degradation and destruction .... Clearly, Human Rights Education (HRE) must begin by a commissioning of a world history of people's struggles for rights and against injustice and tyranny (Baxi, 1997, 142).

Human rights education from below describes how marginalized communities have used human rights in their liberation struggles and offers a way to teach about human rights utilizing participatory and community-based methods. In this approach, human rights offers a shared language of resistance and solidarity that allows groups across borders to engage in similar struggles—with differing methods and contextual conditions—in the name of equal rights and social justice. Through human rights education grounded in critical analyses of power and unequal social conditions, students are able to engage with injustices and examine how individuals, groups, and larger movements have used human rights frameworks to reclaim dignity, expand rights, and develop solidarity as forms of critical resistance both locally and globally.

In 2014 our research team launched a Human Rights Club of five to ten students meeting weekly for 1 ½ hour sessions in a high school for newcomer refugee and immigration youth. The club met over 30 times during the school year and took five field trips where students delved further into human rights issues. We developed interactive lessons related to human rights and prioritized students' experiences in the club's content, structure, and practice. Our curriculum was flexible and was revised to respond to students' interests and concerns. The research team also participated in school events as part of an ongoing collaboration rooted in the principles of community-
engaged scholarship (Giles, 2008). As educators, we incorporated into our practice community building, self-reflection (for students and educators), critical dialogue, and “reading the world” (Freire, 1970), which meant examining the social, economic, and political conditions that shaped the experiences of students and their communities. We also encouraged students to articulate their understandings of a rights-based language that were relevant to them and their transnational communities.

Positionality and Relationship to the

Research

We want a loving community across difference. . . . We commit to a vibrant, inclusive, and intersectional social justice movement that condemns racist patriarchy and works to end its daily brutality and injustice. Anything less is unacceptable.

immigrant communities and neighborhoods outside of the school.

Our students were immigrants or refugees who had arrived within the past four years to the United States (the criterion for attending the newcomer high school), and all were English Language Learners. Their countries of origin were the Philippines, Bhutan, Burma, and Nepal. Many had experienced severe hardship in their home countries and in the migration process. The neighborhoods that the students lived in were marked by high levels of poverty; all students in the human rights club received free lunch, an indicator of low socioeconomic status. Many students also acted as the linguistic and cultural interpreters for family members. Each of our students aspired to attend college, and a few students were enrolled in community college classes in addition to their high school course load.

As critical educators, we understood that we could not teach human rights meaningfully (or any subject) if we did not gain the trust of our students by creating a nurturing classroom environment that honored their experiences and strengths. Rather than adopt an assimilationist approach in the classroom where students are expected to discard their home cultures in order to be absorbed into the dominant culture, our approach invited students’ experiences as a source of cultural wealth and from which we all could learn. Students’ experiences and personal histories were invited into class activities and dialogues, and these personal narratives allowed us to engage more deeply with the curriculum. We were fortunate that the ethos of the school valued students’ cultural wealth, and through a collaborative research partnership with the school, the human rights club was welcomed and supported.

HRE offers a global vision, utilizing a shared language of rights that can speak to all students, regardless of their immigration status and country of origin. For immigrant and refugee students, who have varying degrees of citizenship and legal status in the United States, human rights provides an alternative to civil rights language, which may be understood as relevant only to legal citizens of a nation. HRE not only provides a lens for all students to understand their experience within the United States but also allows students to connect a "rights language" to their experiences prior to arriving in the United States. Our curriculum focused both on global and local issues, representing the experiences of our students so that they could "see themselves" in the curriculum, not only as members of communities that have experienced human rights violations but also as people who could fight in solidarity for the fulfillment of human rights.

The Human Rights Club

The weekly club sessions began with a check-in question, which allowed everyone to "bring themselves into the room" and for us to catch up on the week. The educators participated in the check-ins too. As trust grew between students and educators, this sharing time became more organic and more valuable as students grew more open to sharing their experiences. We often shifted (or even discarded) our planned activities to focus more closely on the issues that were introduced by students during the check-in.

The icebreaker or team-building activity was a physical activity that often evoked laughter among the group. We worked towards building trust within the group by allowing students to laugh, engage kinesthetically, and feel comfortable with one another. Team-building activities offered opportunities for students to assert themselves within the group and become opportunities to dialogue about issues. For example, in the "Blind Line Up" activity, students were given a number and instructed to line up in sequential order. Students, however, had to close their eyes throughout the activity and were not allowed to speak. During the activity, students improvised by using other noises (claps, foot stomps, grunts) to communicate with one another and were able eventually to construct a kind of nonverbal code to complete the task. After the activity students spoke about the challenges of communication. Students felt proud that they were able to develop a new code to communicate with each other, but one student asked, "What if someone new walks in and wants to communicate and doesn’t know the code?" The conversation then became a discussion of language and access: how do we communicate in situations if we are new to the language or the culture? In what ways does language create barriers to individuals and communities in their access to rights? We were able to dialogue about ways that immigrant and refugee students experience barriers in their daily lives and ways that individuals can work collectively to address these challenges.

Beginning with check-in and team-building activities created an environment in which the participants created ownership and felt more comfortable to delve into deeper conversations. After these introductory activities, we introduced the main activity or lesson of the day. These ranged from identity exploration, introducing human rights documents (written in accessible language), watching films related to human rights, interactive role plays, preparing for field trips, and discussion of student concerns. At the beginning of the year, the curriculum focused on student...
exploration and self-expression, central to both trust building and ensuring for us that the curriculum was reflecting the students’ lives. We then introduced visual and artistic activities that allowed students to express themselves creatively and offered an accessible avenue of expression for students who struggled with written English.

One of the first artistic activities conducted with the group was entitled “I am a tree.” Students and teachers each drew a tree to represent themselves and to illustrate their roots, strengths, hobbies, and family histories. We then all shared our trees. This activity stressed the importance of each participant’s unique experience.

In a similar follow-up activity students drew silhouettes of their bodies on large pieces of paper. They were asked to put in their silhouettes information about themselves in a designated space on the drawing: the head was to be represented by a thought, the heart by a feeling, the hands by a goal or aspiration, the stomach by a need, and the feet by an activity that they enjoy doing. Then each member of the club had a partner trace his/her silhouette on a large piece of paper, complete the statements on each corresponding body part, and decorate their silhouettes. Upon completion, the entire group placed their silhouettes around the room, and took turns reading them and physically standing in each other’s silhouette.

We selected these two activities with the goal of putting the students’ lived experiences at the center of the weekly activities. By beginning with the students and their histories, we were able to design future activities around their experiences, such as creating collages related to rights fulfillment and violation, and life maps. These activities revealed several common threads among the students: the importance of family, friends, community, and education. Common stresses among students included responsibilities to family and work (nearly all of the students worked nights and weekends), academic performance, and passing the state-sponsored high school exit exam. As the year progressed, students became more open to sharing other aspects of their experiences, which determined and shifted our conversations and activities in the club.

These activities allowed for students to begin practicing “heart” thinking, the human development skills of empathy and understanding. At the core of human rights is the recognition of the dignity and worth in each human being, and the core of critical pedagogy is the humanization and valuing of our students. As educators, we were sensitive to the realities of trauma that our refugee and immigrant students had experienced so we offered opportunities for students to speak from their own experience through art and dialogue. As students felt more comfortable, they spoke of the traumas of the
migration process, which included family separation, scarcity of food and resources, forced labor, barely escaping traffickers, interruption of their schooling, experiencing or knowing of others experiencing sexual violence, and the necessity to work to support their families both prior to and after migrating. Their stories allowed club members to engage more deeply with one another and with human rights themes.

“That’s like what happened to me”: Making Human Rights Education Relevant

During the club sessions we looked for images and videos as tools for discussion. Because the students in the club were English Language Learners, the use of images was helpful in engaging students in discussion and allowing students to literally “see” people like themselves in the curriculum.

One of the early activities we organized was a field trip to visit a human rights photography project at a local university campus. Prior to the field trip, we asked students to write their own rights document, listing ten rights they believed that all human beings should have. We introduced the United Nations Universal Declaration of Human Rights (UDHR), and dialogued with students about which of the rights the students identified were or were not represented in the UDHR, and what it means for rights to be fulfilled or violated. This dialogue provided an introduction to human rights language that we practiced while viewing the photography exhibit.

The photography exhibit focused on images about human rights from around the world. Many of the photographs represented the countries of origin of the students. The experience of viewing the photographs was deeply moving to the students. The organizers of the exhibit selected photographs that demonstrated not only violations of human rights but also examples of human dignity. Students were especially engaged in the photos that represented their home countries. Zau (not his real name) pulled out his mobile phone during the tour to share a photograph from Burma, his home country that was similar to a photo in the exhibit. Students began to ask questions about the issues represented in the photographs. For example, when viewing an image of a child miner in Bolivia and another image of a conscripted soldier in Uganda, one student asked, “Are children forced to do this?”

After the tour, we talked with the students about their reactions. The photographs caused students to connect emotionally and to share their own experiences as refugees in the United States. The prevalence of child labor in the photographs and in the students’ experiences was a concern. Commenting on the photo of the child soldier in Uganda, Seng, a 19-year-old Burmese student, said that there were many child soldiers in her country who were forced to fight. Another student spoke of the common practice of children being hired to work on road projects in her home country, where children as young as six years old worked to dig and carry dirt. Students who were too young to do these tasks contributed by picking up rocks. Zau spoke of his experience as a child laborer, working in mines to scout for gold. At the age of twelve, he worked in mines that were prone to collapse. He worked with a rope tied around his waist so that he could be pulled out quickly if necessary. He said that children were often selected for this work for their size and speed. These personal stories became both an opportunity to engage meaningfully with human rights issues (e.g. the right to work, children’s rights) and to honor the “cultural wealth”—in this case the lived experiences—of students and their communities. The students’ reflections revealed deep reserves of courage and strength that might not be acknowledged or shared in more traditional classrooms, especially when the focus is on graduation requirements and preparing for state exams.

The students expressed sadness, some crying discreetly while viewing the photographs, but they also found them inspiring. The students answered unanimously that seeing the photographs was a meaningful experience. Two students said that seeing the photos made them want to become photojournalists so that they could tell stories and help people. Another student stated that the photographs offered an engaging way to learn about other places and people, and that the photos made him more interested in learning history. A fourth student shared that visual storytelling helped him to understand that the experiences of both struggle and resistance were shared by people around the world: “It’s not just us, our country, families [who experience hardship]. We can see it’s not us alone.”

In addition to the photographs, we viewed several films that documented both human rights abuses and human rights organizing and activism. We chose documentaries in which students could see similarities to their own families and experiences, such as the documentary Revolutionary Optimists (Grainger- Mosen, M. & Newnham, N. 2013) that documents how youth in India have worked on various community projects through an understanding of children’s rights. During the film we
would pause to discuss vocabulary and issues that came up during the film such as “What is a slum?”; “What is going on in this situation?”; and “What issues are being addressed?” We concluded each section of the film with journaling and dialogue.

Students remarked on similarities of their experiences to the film. For example, the film shows youth working to make clay bricks in India, and focuses on a young girl who supports her family by making brick but aspires to continue her education. While some students remarked that they had never seen bricks made in this way before, one student said that her mother worked making bricks in a similar outdoor brickyard. The same student shared that, like many of the women in the film, the women in her neighborhood in Western Burma were responsible for carrying water from the wells because they lacked running water.

Students also made connections to the structural issues that caused the poverty and human rights violations faced by the youth in the film. They asked, “Why is there so much injustice? Why doesn’t the government care? Why don’t they do something?” The film also spurred conversation on the rights of children, issues of gender, access to education, and, ultimately, on the agency and power of youth to organize for their communities. Students remarked upon the youth in the film who organized for better access to water and health care in their neighborhoods. One student stated that she was inspired by the youth activism and how they helped to make their neighborhood better “even though they’re just kids.” She stated, “If I were them, I’d think, maybe this is an adult’s job,” but the film offered examples of youths making change for themselves.

Upon the completion of watching the film, Kamana from Nepal asked, “Can our club start a club like [the youth organizers] in the film?” This speaks to the transformative role that HRE can play (Bajaj, 2011), particularly when students see youth like themselves represented as agents of change.

We complemented films about international human rights issues with films about poverty, rights, and organizing within the United States. The documentary film “The Oak Park Story” documents the stories of tenants in a low-income area of California and their multi-racial and multi-ethnic coalition to organize for adequate housing. The tenants of Oak Park Apartments were primarily Latina/o and South East Asian immigrants and refugees who organized together for over ten years to hold their landlord accountable for the horrific conditions of their rental units. Students were shocked to see images of the living conditions of the tenants in the film: units with collapsing ceilings; walls coated with black mold; cockroaches and vermin sharing living space with infants, children, and elders. Students expressed shock that these living conditions existed in the United States. One student stated that the living conditions from the film were worse than the conditions in the refugee camp where she and her family had lived.

Although the documentary does not explicitly frame these issues within a human rights framework, students applied the rights language they had learned and were able to view the example of a diverse group of tenants working in solidarity to achieve an adequate standard of living. In the discussion that followed, students related what they saw to their own lives; for example, Ligaya, a 19-year-old senior who had emigrated from the Philippines, said, “That was like my situation last year in the apartment where we live. The bathrooms were so clogged and the landlord didn’t do anything about it. It smelled so bad. I had to go to my aunt’s house to shower.” The discussion moved on to why individuals are afraid to speak up, and Mireh, who is 16 and from Burma, offered, “People are scared to go to the police because of their immigration status.” Mangita, who is 19 years old and from Nepal, said that the tenants, as bad as the living conditions were, were afraid they might get kicked out of the apartment and have nowhere else to go.

The discussion ended with focusing in the film on the solidarity between the Latino/a and Southeast Asian tenants organizing together for decent living conditions. Students discussed tensions in their own neighborhoods between ethnic groups, as well as in school, and the necessity for solidarity. “Something that inspired me about this story,” Seng said, “is that if the Latino and the Cambodian tenants stayed separate, if they didn’t come together, there would be no achievement. They came together to fight for something bigger and they accomplished that.” Zau concluded, “If you want to make change, you have to talk to other people even if they are different from you.”

We all have the same rights”: Solidarity and Human Rights in Action

As the year progressed, students demonstrated an increased desire to move beyond discussions and engage in human rights actions. The club participated in a school-sponsored May Day march in support of migration as a human right. The solidarity demonstrated was significant
legal status in the United States through political asylum, as opposed to the majority of the students in the school who were Latino/a and undocumented. They chose to march in solidarity with the undocumented students and community members who are at risk for deportation, incarceration, and separation from family. One of the many student-led chants asserted:

"Who are we? Immigrants!
What do we want? Rights!
When do we want them? Right now!"

A group of Burmese students, including some from the Human Rights Club, held signs asserting that no human being is "illegal" and were active in leading the march through the neighborhood. Earlier in the year, Ms. Denise, a teacher at the school, had mentioned that some of the refugee students were asking many of the undocumented and some youth who came as unaccompanied minors why they would take such a risk without knowing if they could stay in the United States. Pan-immigrant solidarity was emphasized and the universality of human rights discussed by the Human Rights Club led to more understanding, empathy, and collective action as demonstrated in the march.

At the school's International Spring Festival, some of the youth decided to sing the song "Glory" from the movie Selma that 65 students, including the Human Rights Club, had seen on a field trip. The students wore t-shirts that read "Black Lives Matter"; the participating students were from the Congo, El Salvador, Honduras, Nepal, Bhutan, and the Philippines. Given the fact that there were no native-born African-American students because of the newcomer school's focus on recently arrived immigrants and given the fact of the inter-ethnic tensions in the low-income communities the students lived in, the articulation of a politics of solidarity—sometimes not practiced given the messiness of everyday life in multi-racial and unequal urban communities—was a notable demonstration of students' developing a commitment to equal rights and social justice.

Concluding Thoughts

Students' increased engagement with human rights and social justice issues became more apparent as the year progressed, and students began to arrive at club meetings eager to discuss issues that arose in their lives or in other classes. A closing activity for the club asked students to create a group mural that represented three things: "something I learned, something that touched my heart, and something I want to do next." The format for this group mural echoed the "head, heart, and hands" structure of the group silhouette activity previously described. Students' responses demonstrated that they had internalized not only that they had human rights but also that they needed to defend these rights for themselves and others. One student wrote: "I had got destroy[ed] all my rights by other[s], but now is the time for me to fight for my rights back." Another wrote, "I want the world to know what we now know about Human Rights."

There are several components that we believe are central to a "human rights education from below" that distinguish it from only teaching about conventions and international norms. First, students—whether operating from social locations of privilege or marginalization—must be able to feel human in the learning process. Through identifying their personal relationships to ideas of rights, dignity, and empathy, students can explore how their rights and those of others have been fulfilled or violated.

Second, for all students but especially for those who occupy the margins, it is important that they see themselves in the curriculum and see examples of people from their backgrounds as agents of individual or collective change. Honoring what students and their communities have done and have brought to the global terrain of human rights is important in countering some of the "white savior complex" that pervades the field of international human rights in industrialized countries (Cole, 2012). Human rights work in the Global South—where all our students hailed from—is a much more diverse and engaged endeavor and these were the perspectives we privileged in order to have students "see" themselves in the curriculum, in the films, and in the examples they were exposed to.

Third, our experience with a Human Rights Club stresses the relational dimension of teaching about human rights. Creating reciprocal bonds with students as well as with the institutional setting can create a context in which discussions can go deeper. Human rights education has been critiqued for being introduced in a superficial manner by adjusting textbook content or adding an exam question here or there; transformative human rights education requires creating a pedagogical space for authentic conversations that traverse the personal and political, engaging students in meaningful discussions about their histories and their lives.

Lastly, human rights activism—and arguably education based on and rooted in it—has a long history in the United States (Grant & Gibson, 2013). As social service providers seek to integrate newly arrived youth and their families into life in the United States, educators have a role to play in initiating students into a legacy of critical and engaged participation in their new society. Learning about the role of civic actors working towards change allows students to see themselves as part of a global and local community working towards the larger social good. Rather than dislocation and alienation, human rights education offers youth who have already seen many examples of human rights violations the chance to embody a critical global citizenship where their belonging and identity is affirmed, and their commitment to solidarity and justice is nurtured.
References


