

FEELINGS INSPECTORS RESOURCE  
Human Dignity

# Getting Started with Human Dignity

## About this activity

This is an introduction to the theme. This is best done with children sitting together, in a circle where everyone can be seen and heard.

## What do we need?

Slides/film clip provided.

## Instructions

Explain to the children that as part of their Feelings Inspectors programme of work they will begin an exploration of something really important to our relationships with others. It is human dignity. Use the definition/slide by slide provided and read together:

“

**You have to build trust with people, you don't just trust random strangers. You need to be friends first and get to know them.**

”

“

**Without dignity you would have no rights.**

”

## Getting Started

Every human being is important and special. We call this human dignity. Respect for human dignity means that we should be friendly and kind to others and it is wrong to hurt other people or make them feel bad about themselves. No matter how others treat you, they never have the right to take away your human dignity. Human dignity and children's rights are both inalienable. When you learn what human dignity means to you, you are less likely to accept when other people hurt, discriminate or put someone down.

Human dignity is inside us all.

Share this short film clip about human dignity from Children's Parliament, with the simple introduction that the children are talking about what it means to them. Watch and chat afterwards.



<https://youtu.be/dY8k4Aqszdw>

While the activities that follow allow for exploration of human dignity it is worth taking a few moments here to think about what can enhance and what can undermine the child's human dignity. Remembering that the children have already done a lot on notions of kindness, empathy and trust, we would suggest phrasing the questions like this:

So, having heard from other children about what human dignity means to them, can anyone think of some things that can happen in a child's life that make them feel important and special and make them feel like they have their human dignity?

Of course, sometimes things can happen in a child's life that can be difficult experiences. What do you think can happen in a child's life that can make them feel hurt or feel bad about themselves?

## Getting Started

You can hear these opinions and simply acknowledge them. Explain that you will be working together more on this idea of human dignity. This may be after this session, or later that day or week. If later, then do return to the definition or even the short film to refresh children's learning. If later, end with a positive and tell the group/class that you will always do your best to make sure that every child is loved and cared for in the group/class. and remind them, that you are always there for a chat should they want to talk.

“

**Show people kindness  
and understanding  
and they will feel like  
they have their  
dignity.**

”

“

**Even if you've nothing  
else you always have  
your dignity.**

”

When Children's Parliament staff started talking with children about human dignity we saw some children, as understanding developed, place their hands on their chest, as if acknowledging that human dignity is indeed something that is internal to us all. Now, when we talk about human dignity we do also do this; laying our hand on our chest, maybe lightly tapping on our heart as we do so.

This is a complex concept and worth revisiting several times in those brief but calm moments when such things can be explored.

**Top tip**