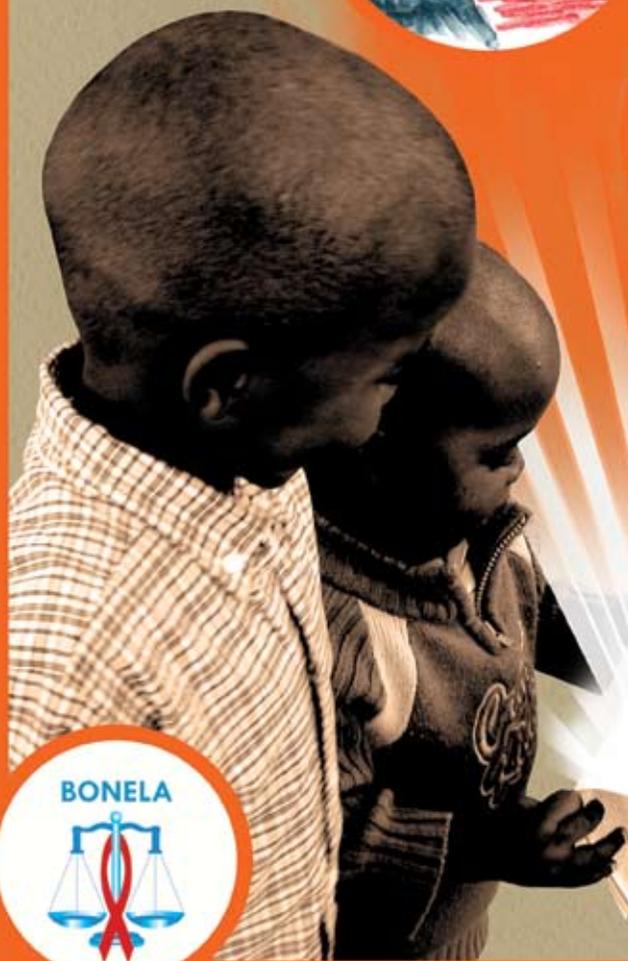


HUMAN RIGHTS ARE CHILDREN'S RIGHTS!



RIGHT TO ACCESS
TREATMENT
RIGHT TO PRIVACY
RIGHT TO DIGNITY
FOR CHILDRENI



Acknowledgments

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Booklet objectives

This booklet is created for children, their teachers and parents. It contains an introduction to human and children's rights, three stories dealing with particular rights that are important in the context of HIV/AIDS and activities for readers. The booklet should be used as an interactive tool to help children understand what children's rights are, and why they are important when talking about HIV/AIDS.

The stories should be used as a starting point for discussions on each topic. When discussing the stories with children, look at the teaching points and keep them in mind. The activities at the end of each story are some suggestions for questions and role plays to get the discussions started. Any other ideas for activities to engage the children in the topics are strongly encouraged, and will help to tailor the booklet to make it applicable to each reader.

Introduction

What are human rights?

Human rights mean that all people are equal and should be treated equally. This means that we are all entitled to the basic things that we need to live happy and fulfilling lives. For example, we have a right to life, a right to freely express ourselves and a right to not be discriminated against. Human rights protect us from people and groups who may want to hurt us or treat us badly.

Children's rights

Children's rights are still human rights. But because children are young human beings, they need different things than older human beings. They should be protected to make sure that they are treated fairly. Under international law, children's rights apply to all children from the age of 0 to 18 years, but in Botswana, there are many definitions of who a 'child' is. Children's rights came about after realizing that children were often denied their rights and were less able to stand up and speak up for themselves than adults. Many people now agree that children have rights and that they are 'rights holders' too.

Children's rights can be grouped into three main categories: participation, provision and protection.¹

- **Participation** means the right of children to be involved in decisions affecting their lives. It means that whenever possible, children should be asked for their views which should be considered when making these decisions. For example, although children cannot agree to medical treatment on their own and need their parents to make that decision, it is important that the child is informed about the treatment and involved in the decision making process.
- **Provision** means that children should receive help and anything else they need for their well-being from their parents/guardians or the State. For example, children have a right to receive food. If parents/guardians cannot provide enough food, the State should help them to feed their children, for example, by giving out food baskets.
- **Protection** means that children must be protected from abuse and being treated in ways that can harm them, and that their rights to participation and provision are safeguarded. For example, if a child is abused or not treated in the right way by their caretakers, there are places that a child can go to for safety until the living conditions at home are improved. This is usually done through a social worker after an order is made by the court. The social worker will then look for available spaces in different safe houses to place a child.

¹ Botswana Network on Ethics, Law and HIV/AIDS (BONELA), *Human Rights and HIV: A Manual for Action, Part 12 Youth, Children, HIV/AIDS and Human Rights*, BONELA, Botswana, 2005, p. 8-9.

Where can I find children's rights?

There are several international documents that talk about rights of children. For example, all of the countries in the world except Somalia and the United States and Timor Leste have signed up to the UN Convention on the Rights of the Child (CRC). The African Charter on the Rights and Welfare of the Child (ACRWC) sets out children's rights to be observed by African signatories. Botswana has signed both the CRC and the ACRWC. They are documents that guarantee children all the things they need to grow up healthy, safe and happy and to become good citizens in their community.

Activities

- 1) Why do children need special protection? Give some examples.
- 2) Why do children need special provisions for their welfare? What do children need for their survival, happiness and development?
- 3) Why do children need to participate in their communities? Give some examples.
- 4) Who is responsible for seeing that children's rights are respected? (eg. Parents? Teachers? Other adults? Other children? The government?)

Group work

Planning for a new country²

Explain that a new land has been discovered that has everything needed to sustain human life. No one has ever lived there before. There are no laws and no history. The whole class will be settling there. A small group has been appointed to draw up a list of rights for this all-new country. You do not know what position you will have in the new country.

Working in small groups, students in each group give this country a name and list ten rights that the whole group can agree on. Each group presents its list and the whole class makes a 'class list' that includes all the rights mentioned. Discuss the class list (eg. What would happen if some rights were excluded? Have any important rights been left out? How is this list different from your classroom rules?)

By the end of this introduction children should be able to explain:

- *what human rights are*
- *what children's rights are*
- *where children's rights are found*
- *why we need rights specifically for children*

² OHCHR, *ABC: Teaching Human Rights, Practical activities for primary and secondary schools*, United Nations, New York and Geneva, 2003, p. 26-27.

Tebogo Trusts Mpho

The Right to Privacy

Teaching points:

- *Nobody has the right to know about your personal matters unless you want them to.*
 - *This includes information about your health, which can be shared with others only if you choose to allow this.*
 - *Your personal matters are private.*
 - *You should trust the people that you tell your personal matters to.*
 - *If your friend trusts you with their personal matters, you should not tell others about them unless your friend says that you can do this.*
- This is because people have a right to privacy.*

When you are discussing the stories with the children, look at the teaching points and keep them in mind.

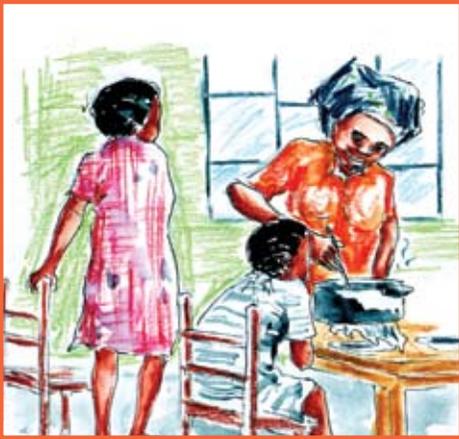
Tebogo Trusts Mpho

The Right to Privacy

Tebogo and Mpho are cousins. They are also very good friends. At school, they are in the same class and play together all the time. Sometimes, Mpho sleeps over at Tebogo's house. On these days, they can play for a long time and eat dinner together. They can whisper to each other at bedtime, even after Tebogo's mother has told them to sleep!



One day, when Mpho came to stay at Tebogo's house, they were playing outside near the house. Tebogo's mother came to call them when it was getting dark. "Tebogo, Mpho- please come inside now. It is nearly dinner time."



The girls quickly ended their game and came inside to the warm house. Tebogo went straight to the kitchen and got some water. She drank this with some pills. Mpho was puzzled.

"What are you doing, Tebogo?" she asked. "Nothing." Her cousin answered. Just then, Tebogo's mother called them to sit down for dinner, carrying a steaming pot of stew. The girls rushed to their chairs, drawn by the wonderful smell.

The next morning, the girls woke up after their usual night of whispering and laughter. Even though they had no school that day, Tebogo's mother woke them up at the same

time as usual.

"But aunty, why do we have to wake up now? It is the weekend and I want to sleep some more," complained Mpho, wiping her sleepy eyes.

Her aunt laughed and said, "It is good to wake up early, Mpho. Come, it is a nice day and you will have more time to play if you wake up now."

Mpho and Tebogo got dressed and went into the kitchen. There was *motogo* (soft porridge) with sugar and milk on the table for them to eat. After this good breakfast, Tebogo got some water and took some pills again. Mpho remembered

that she did this last night too.

"Why do you keep doing that?" asked Mpho.

"It's nothing. Come on, let's go and play." said Tebogo. Mpho was still confused, but did not want to upset her friend. She did not ask any more questions and she followed Tebogo outside.

When Tebogo came home that evening, she told her mother and father about Mpho's questions. Tebogo's father asked her,

"Do you want to tell Mpho why you are taking medicines?" Tebogo says yes, she wants to tell Mpho because she is her good friend and cousin. Her parents said that they would discuss it with Mpho's mother and father the next day.



Tebogo's aunt and uncle came to visit with Mpho after church. The adults talked while Tebogo and Mpho played outside. After a long talk, the adults called the children into the house and sat down with them. Tebogo's mother smiled at Mpho and said,

"Mpho, you have been curious about why Tebogo has been taking medicines, haven't you?" Mpho was glad that she was going to get some answers.

"Yes aunty, what is wrong with Tebogo?" asked Mpho. The adults allowed Tebogo to explain in her own words. Tebogo told her cousin,

"I have a sickness called HIV. That is why I have to take the medicines everyday. They keep me healthy so that I can play and go to school." The

adults explained to Mpho about the illness and answered her questions. Mpho was sorry that her cousin was sick, but she was happy that the medicines were helping her to stay well.

That week, at school, Tebogo and Mpho continued to play as usual with their classmates. But Mpho wondered why Tebogo had not told them about her illness. Many times Mpho asked her friend,

"Why don't you tell the others about your HIV? You should tell them, they will want to know."

Tebogo became upset.

"I don't want to tell everybody. I don't want them to know. Please don't tell anyone."

Mpho did not understand but to please her cousin she agreed. When she got home, Mpho asked her mother why Tebogo did not



want to tell the others about her HIV. Mpho's mother asked her, "Mpho, my child, you have a secret, don't you?" Mpho nodded. It was her secret hiding place underneath her bed where she kept all her precious things. Her mother knew about it, but did not tell anyone else- even her father or her brothers and sisters.

"You would be very upset if I told other people your secret, wouldn't you? It is the same for Tebogo. She has the right to privacy- that means she has the right to choose who to tell her secret to. She chose to tell you about her illness- but that does not give you the right to tell others about it."

Mpho understood. She would feel very bad if her mother suddenly told others about her secret place. Her mother continued,

"Many people believe bad things about HIV which are not true. Your classmates might believe these things too, and they will not be ready to understand. That is why we keep it private. By telling you about her illness, Tebogo shows that she trusts you."



Mpho saw that the decision to talk about the illness was Tebogo's, not hers. She wanted Tebogo to trust her and was sorry that she pushed her about telling other people.

"I am going to go and tell Tebogo that I am sorry for what I said before. I will tell her that I respect her privacy and that she can trust me", she told her mother. Mpho's mother smiled and hugged her daughter before letting her run out of the door to Tebogo's house.

Activities

Fill in the blanks using the words in the brackets!
[pills, mother, friends, bed, trusts, healthy, privacy, HIV]

- Tebogo and Mpho are cousins and good _____.
- Tebogo takes _____ after eating food.
- Tebogo has an illness called _____.
- The medicines help to keep her _____.
- Mpho's secret is underneath her _____.
- Only Mpho's _____ knows Mpho's secret.
- By telling Mpho her secret, Tebogo shows that she _____ her.
- Mpho will respect Tebogo's _____.

Questions:

1. What right does this story deal with?
2. What does it mean to respect someone's privacy?
3. How do you know when someone trusts you?
4. Give two examples of people who are trusted in this story.
5. What is the secret that Tebogo is keeping?
6. How did Mpho upset Tebogo?
7. Who do you trust?
8. What do you trust them with?

Role plays:

Act out these scenes.

- Mpho keeps asking Tebogo why she does not tell others about her illness.
Discuss why Tebogo gets upset.
- Mpho talks with her mother about Tebogo.
Discuss why it is important for Mpho to respect Tebogo's privacy.
- Imagine what happens after the end of the story. What would Mpho tell her cousin?
Discuss how Mpho will live up to Tebogo's trust.

Discussions:

Discuss with the students how they would feel if someone told other people their secret.

We Respect Each Other

The Right to Dignity

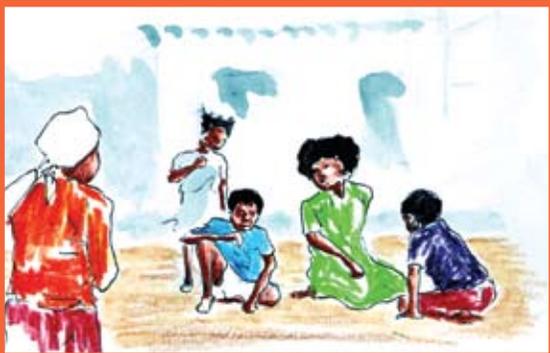
Teaching points:

- *Everyone is different.*
- *Just because you are different, it doesn't mean that you should be treated differently or badly.*
- *Everyone is entitled to respect.*
- *Respect means treating others the way you would like to be treated.*
- *Dignity is something that every person has. It means that you have value and are important just because you are human.*
- *Teasing others because they are orphans, because they live differently from you, because they are HIV positive- these are all examples of violating a person's right to dignity.*
- *A person who violates other people's right to dignity does not give others the respect that everyone is entitled to.*

When you are discussing the stories with the children, look at the teaching points and keep them in mind.

We Respect Each Other

The Right to Dignity



Mmapula lived in a village with her two brothers and one sister. When she was young, her mother and father became sick and sadly they died. Mmapula and her brothers and sister went to live in the orphanage. Many children lived there together. Mrs Nkwe and other carers looked after them.



Every day Mmapula went to school. She was good at reading and her favourite class was Setswana. But Mmapula was sad at school because some of her classmates did horrible things to her. They pulled at her clothes and laughed at her. One of the girls called Naledi pushed Mmapula to the ground and kicked dirt onto her. Another boy called Thabo shouted, "Orphan! No one wants you- that's why you live in the orphanage!"



One day, Mmapula came home from school with dirty clothes and a sad face. Mrs Nkwe asked her what was wrong. "Naledi and Thabo say that no one wants me because I'm an orphan, and they make fun of me" said Mmapula. "Sorry Mmapula. That is very wrong. They should not treat you like that. What can I do to help you?" Mmapula answered, "I want to tell the teacher. Maybe she will tell them to stop." "Alright Mmapula, I will talk to your teacher" said Mrs Nkwe.

The next day, Mrs Nkwe went to Mmapula's school and talked to her teacher, Miss Mogapi. On Monday morning, Miss Mogapi did not start the mathematics class as usual. Instead, she asked one student, "Tudu, how many brothers and sisters do you have?" Tudu answered, "I have one brother and three sisters." Miss Mogapi asked another student the same question, and he replied that he had two sisters. Another student had one older brother and one younger sister.



Miss Mogapi asked another question. "Who lives in your house with you?" The students all had different answers to this question too. Some only lived with their parents and their brothers and sisters. Others lived with their grandmother. Some lived in very big households because their aunts and uncles also lived with them.



After hearing these different answers, Miss Mogapi said, "I have asked you all two questions about your families. I have received many different answers because each family is different. Now, imagine if people said horrible things to you just because your family is different from theirs? If people pushed you because you only have one sister? Or because you live with your grandmother? How would that make you feel?" All the children said that they would feel sad. One boy said that it was not fair. Miss Mogapi agreed. "It's not fair to be treated badly just because you are different. We are all different

from each other in some ways," she said.

The teacher wrote the word 'Respect' on the blackboard.

"Respect is what we should all give one another. We all want others to respect us, so we should respect others too. It means not treating people badly just because they are different. It means not pushing people into the dirt and not making fun of other people."

Later, Miss Mogapi spoke to Naledi and Thabo who had been mean to Mmapula because she was an orphan. She asked them whether they had understood the lesson about respect. They both understood. Naledi said that she felt ashamed of what she had done to Mmapula. Miss Mogapi said that if that was how they felt, they should talk to Mmapula because she deserved to know that they will respect her from now on.

Activities

Questions:

- 1) How do you think the story ended?
- 2) Which part did you like best?
- 3) What right does this story deal with?
- 4) Why were Naledi and Thabo mean to Mmapula?
- 5) What would you have done if you were Mmapula and people were being mean to you because you were different?

Definition of concepts:

- dignity
- respect
- violation (of rights)

Role play one:

Mmapula told Mrs Nkwe about people being mean to her. There are also other things you can do if people do things that you do not like.

For example, assertiveness. Imagine and act out what Mmapula would say to Naledi and Thabo to ask them to stop being mean to her. How would she speak up for herself? Focus on the need to express yourself clearly and effectively. Illustrate the importance of trying to change your situation by speaking out.

Role play two:

Act out how Naledi and Thabo should apologise to Mmapula. As the teacher, please point out important aspects in apologizing as well as elements of respect:

- Apology must be genuine
- Should not be aggressive

Role play three:

Students act out the whole story as a role play.

Tefo and His Family

The Right to Access Treatment

Teaching points:

- *All children should be able to go and see a doctor when they are sick.*
- *There are people who can help you- teachers, social workers, doctors.*
- *You should talk to people and find out who can help you.*
- *Ask for help when you need it.*

When you are discussing the stories with the children, look at the teaching points and keep them in mind.

Tefo and His Family

The Right to Access Treatment



Tefo lived with his parents, brothers and sisters in the village. Sadly, Tefo was sick. He had been sick for a long time. Tefo's parents gave him good food and kept him warm in bed. But still he did not get better.

Tefo's teacher was worried. She saw his health get worse every day. He could not play with his friends. He could not concentrate in class. He was very tired all the time. One day, Tefo did not come to school. The next day, he did not come to school again. The teacher asked the class, "Where is Tefo? Why doesn't he come to school?"

Tefo's friend told the teacher, "Tefo can't come to school any more. He is too sick. His parents say he must stay at home until he gets better."

The teacher decided to visit Tefo's house after school. She arrived at the house and found Mr and Mrs Molebatsi. They were happy to see the teacher.

"How is Tefo?" asked the teacher.

"He is still sick. We have given him good food and keep him warm but he is still weak. We do not know what is wrong with him" said Mr Molebatsi, looking worried. The teacher said,

"I think you should take Tefo to the clinic. That way, you can talk to the doctor and find out if Tefo needs medicine to get better." Mr and Mrs Molebatsi became angry when they heard this.

"Tefo does not have to go to the clinic. He will get better soon, we know what is best for our son!" shouted Mrs Molebatsi. Tefo's parents told the teacher to leave their house and never come back.



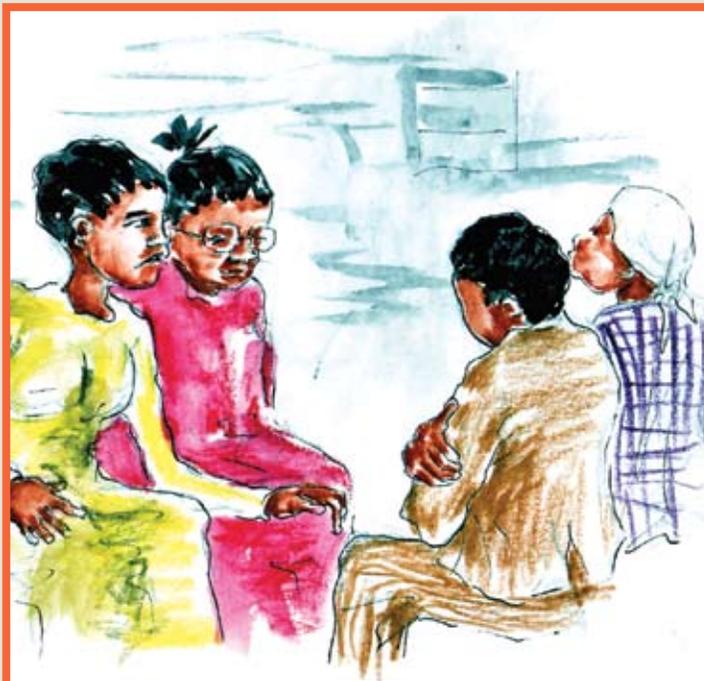
The teacher was very sad. She knew that if Tefo was sick he would need to get help at the clinic. She also knew that Tefo's parents did not want to take him to the clinic. The teacher decided she needed help. She went to see Mrs Kelebone,

the social worker in the village. The teacher explained to Mrs Kelebone about Tefo and his parents. She told the social worker that she suggested taking Tefo to the clinic to see the doctor, but the parents got angry. Mrs Kelebone said, "Don't worry, I will talk to them. It is good that you have told me this. Tefo needs medicine and I can help him to get it."



Mrs Kelebone and the teacher went to visit Tefo's house the next day. Mr and Mrs Molebatsi were angry to see the teacher again. Mrs Kelebone tried to explain why they had come but the parents did not want to listen. Mrs Molebatsi said, "Why do you keep bothering us? You are worrying our son by coming back here. Do you want to make him more sick?" Everyone was getting very angry and were shouting at each other. Even all the neighbours came to see what

was going on. Finally the social worker said, "We know that you are very worried about Tefo. But if you don't take him to the clinic to get the help he needs, we will! Social workers have the power to do that." Mr and Mrs Molebatsi looked surprised. Mrs Kelebone explained that being able to go to the clinic was very important for children, "All children should be able to go and see a doctor when they are sick."



Activities

What is this story about?

This story says that it is important to go to the clinic when you are sick. Children should get help when they are sick. In this story, Tefo is sick, and although his parents have tried to help him, they do not want to take him to the clinic. Therefore the teacher and social worker went to talk to Mr and Mrs Molebatsi.

Questions:

- 1) Why could Tefo not come to school?
- 2) Why did Tefo's parents get angry at the teacher?
- 3) Who did the teacher go to for help?
- 4) Do you think the teacher was right to tell Mrs Kelebone?
- 5) Why did Mrs Kelebone argue with Tefo's parents?
- 6) Do you think Mr and Mrs Molebatsi took Tefo to the clinic after Mrs Kelebone talked to them?
- 7) If you were sick and could not go to the doctor, what would you do?
- 8) Who could you talk to/ get advice from if a sick friend was not getting help?



The Botswana Network on Ethics, Law and HIV/AIDS (BONELA) is a non-governmental organisation based in Gaborone, Botswana. BONELA's mission is to create an enabling and just environment for those infected and affected by HIV/AIDS through the integration of ethical, legal and human rights dimensions into the national response to HIV/AIDS. With this in mind BONELA is involved in extensive training and awareness-raising in communities, non-governmental organisations, community-based organizations, support groups of people living with HIV/AIDS, government offices and private sector businesses throughout Botswana.

BONELA



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Network on
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