



Module **SAY-HR-SEA**

School of Advocacy for Youth on Human Rights in Southeast Asia

ASEAN YOUTH FORUM DIGITAL PUBLICATION

Module: School of Advocacy for Youth on Human Rights in Southeast Asia
(SAY-HR-SEA)

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Welcome to the module of Human Rights, Advocacy, and Activism Training developed by the School of Advocacy for Youth on Human Rights in Southeast Asia (SAY-HR-SEA).

The creation of this module is rooted in SAY-HR-SEA's two-year experience in conducting advocacy classes and workshops. The school emerged since 2021 bridging youth advocates to duty bearers while enhancing their advocacy skills. We have distilled our knowledge and expertise into a comprehensive capacity-building module that aims to enhance the knowledge and skills of youth in human rights advocacy across Southeast Asia and ASEAN.

We would like to acknowledge that while SAY-HR-SEA has been the main foundation for this module, we have drawn inspiration from various institutions, including UN agencies, Forum ASIA, ASEAN Foundation, and others. Their existing modules on human rights, advocacy, and ASEAN mechanism have served as valuable references during our development process.

The objective of this activity is to provide participants with a better understanding of human rights, the importance of advocacy, and the necessary skills to engage in advocacy campaigns in Southeast Asia / ASEAN. The publication of this module is one way for ASEAN Youth Forum to facilitate and to contribute to the empowerment of youth in our region.

We would like to express our heartfelt gratitude to the module developers, Yona and Caleb, for their dedication and hard work in bringing this module to life. We also extend our appreciation to Nova, the layout designer, for their creative contribution. Without their tireless efforts, this module would not have been possible. We would also like to convey our endless appreciation to Plan International Asia & Pacific and AICHR Indonesia who have been with us to carry out the school since 2021.

Our aspiration is that this module will reach a wider audience and be utilized by the greater public, enabling its implementation in various communities dedicated to youth empowerment through advocacy and activism skills.

At ASEAN Youth Forum, we encourage all youth to continually develop and hone their skills for the advancement of human rights in our region. Through collective efforts and a commitment to advocacy, we can make a lasting impact on the promotion and protection of human rights.

In solidarity, always

Rastra Yasland

Regional Programme Manager

ASEAN Youth Forum



School of Advocacy for Youth on Human Rights in Southeast Asia (SAY-HR-SEA, or the school) is an initiative that revolves around the idea that youth shall be facilitated with relevant human rights knowledge, effective advocacy skills, and rights-based approaches that are intersectional, analytical, and critical. The school started in 2021 virtually.

The co-conveners were ASEAN Youth Forum, Plan International, and AICHR Indonesia. The co-conveners were committed to (1) strengthen the engagement of AICHR with stakeholders and partners, particularly and especially young human rights defenders and (2) build capacity and raise public awareness about AICHR amongst the young human rights defenders.

For batch 2022, SAY-HR-SEA committed to empower 10 youth (18-35 years old) in Southeast Asia with these modality in order for them to unlearn, learn, design, and implement advocacy initiatives and activities in the region, specifically on claiming the space that youth have in the mechanisms in the region. The overarching objective of the school is to increase the capacity of youth in the region on human rights. Specifically, in 2022 the school aims to (1) create a youth friendly learning platforms and syllabus on human rights, (2) facilitate SEA Youth to understand human rights advocacy in a deeper level, (3) empower SEA Youth with relevant advocacy skills, (4) Provide a space of intervention and influence for policy-changing and/or rights-based narrative, and (5) connect SEA Youth with AICHR Representatives, ASEAN mechanisms, and human rights experts in the region.

more info: sayhrsea.aseanyouthforum.org

What is ASEAN?

1. *What is ASEAN and its 3 Pillars?*
2. *ASEAN Development & Community Vision 2025*
3. *ASEAN-CSO Relationships and the Role of CSOs in ASEAN*

AIM:

The participants understand what ASEAN is, its mechanisms and role in Southeast Asia as its regional organisation.

DEBRIEFING:

ASEAN as Southeast Asia's regional organisation plays a role in shaping the region's political security, economic and socio-cultural landscape while engaging with external partners in both the public and private sectors.

CONCLUSION:

ASEAN is important for the people of Southeast Asia, promoting cohesivity for its people in aims for greater collective community-building.

Time & Durations: 90 Minutes

Section	Time	Description
1. Introduction and Overview	5 minutes	<ul style="list-style-type: none"> - Explanation of ASEAN meetings and their significance. - Overview of the purpose and objectives of the simulations.
2. Preparatory Briefing	10 minutes	<ul style="list-style-type: none"> - Briefing on the specific ASEAN meeting to be simulated. - Explanation of the agenda and key issues. - Distribution of relevant materials.
3. Assignment of Roles	5 minutes	<ul style="list-style-type: none"> - Participants are assigned specific roles representing ASEAN member states. - Each participant receives a role description and country position.
4. Research and Preparation	20 minutes	<ul style="list-style-type: none"> - Participants conduct research on their assigned roles and country positions. - Preparation of country's stance, policy recommendations, and potential areas of collaboration or conflict.
5. Simulation of ASEAN Meeting	40-70 minutes	<ul style="list-style-type: none"> - Facilitator establishes the meeting format and rules. - Participants engage in a moderated discussion, following the agenda. - Each participant presents their country's position, negotiates, and responds to others. - Facilitator ensures active participation, adherence to protocols, and encourages constructive dialogue.
6. Debrief and Reflection	10 minutes	<ul style="list-style-type: none"> - Facilitator leads a debrief session to reflect on the simulation experience. - Participants share observations, challenges, and lessons learned. - Discussion on ASEAN dynamics, decision-making processes, and consensus-building.
7. Analysis and Wrap-up	5 minutes	<ul style="list-style-type: none"> - Facilitator provides an analysis of the simulation outcomes and lessons - Group discussion on the strengths and weaknesses of ASEAN decision-making processes.
8. Conclusion and closing remarks	5 minutes	<ul style="list-style-type: none"> - Closing remarks and conclusion of the simulation.

Note: The duration of each stage may vary depending on the complexity of the meeting simulation and the available time for the training session. Adjustments can be made to accommodate specific learning objectives and participant engagement.

Handouts

Modul 1: What is ASEAN?

The Association of Southeast Asian Nations, or ASEAN, is an intergovernmental organisation of ten Southeast Asian countries comprising Brunei Darussalam, Cambodia, Indonesia, Lao PDR, Malaysia, Myanmar, the Philippines, Singapore, Thailand and Viet Nam. The organisation envisions promoting intergovernmental cooperation through its three community pillars, ASEAN Economic Community, ASEAN Political-Security Community, and ASEAN Socio-Cultural Community.

ASEAN was established on 8 August 1967 in Bangkok, Thailand by its five founding countries, Indonesia, Malaysia, the Philippines, Singapore, and Thailand, through the signing of the Bangkok Declaration, otherwise known as the **ASEAN Declaration** which marked a historical moment for the Southeast Asia region. In the years following its establishment, current Member States (ASEAN Member States of AMS) joined the intergovernmental organisation in differing years with Brunei Darussalam as its sixth member joining on 7 January 1984 and its latest member, Cambodia on 30 April 1999. The current ten Member States joined the Association as illustrated in the table below.

MEMBER STATE	JOINING DATE
Indonesia Malaysia The Philippines Singapore Thailand	8 August 1967
Brunei Darussalam	7 January 1984
Viet Nam	28 July 1995
Lao PDR	23 July 1997
Myanmar	23 July 1977
Cambodia	30 April 1999

The joining of Brunei Darussalam, Viet Nam, Lao PDR, Myanmar and Cambodia was in keeping with the statement of the ASEAN Declaration:

“FOURTH, that the Association is open for participation to all States in the South-East Asian Region subscribing to the aforementioned aims, principles and purposes.”

The ASEAN Declaration emphasised the seven aims and purposes of the Association:

1. Economic Growth, Social Progress and Cultural Development.
2. Regional Peace and Stability.
3. Economic, Social, Cultural, Technical, Scientific and Administrative Collaboration.
4. Mutual Assistance in Training and Research.
5. Collaboration in agriculture and industry, trade, transportation and communications, and the improvement of living standards.
6. Promotion of Southeast Asian Studies.
7. Cooperation with regional and international organisations.

In keeping with achieving the aims and purposes of ASEAN, the leaders adopted the Declaration of ASEAN Concord II (also known as the Bali Concord II) in 2003, which established an ASEAN Community consisting of what is now known as the three pillars of ASEAN; **Political-Security Community (APSC)**, **Economic Community (AEC)**, and **the Socio-Cultural Community (ASCC)**. With its own set of characteristics, the three pillars of ASEAN are the most crucial areas deemed necessary for the progress and evolution of ASEAN and its people.

APSC	<i>Envisages to draw ASEAN towards a (1) Rules-based Community of Shared Values and Norms; (2) A Cohesive, Peaceful, Stable and Resilient Region with Shared Responsibility for Comprehensive Security; and (3) a Dynamic and Outward-looking Region in an Increasingly Integrated and Interdependent world.</i>
AEC	<i>Envisages for interrelated and mutually reinforcing characteristics of (1) A Highly Integrated and Cohesive Economy; (2) A Competitive, Innovative, and Dynamic ASEAN; (3) Enhanced Connectivity and Sectoral Cooperation; (4) A Resilient, Inclusive, People-oriented, and People-centred ASEAN; and (5) A Global ASEAN.</i>
ASCC	<i>Envisages to realise a people-oriented, socially responsible ASEAN Community with the view of achieving solidarity, unity and a common identity as well as building a sharing and caring community through (1) Human Development; (2) Social Justice and Rights; (3) Social Protection and Welfare; (3) Environmental Sustainability; (4) ASEAN Awareness; and (5) Narrowing the Development Gap.</i>

Other developments in the pursuit of one ASEAN community were further reaffirmed through the entry of force of the **ASEAN Charter** on 15 December 2008 and the signing of the Kuala Lumpur Declaration on the Establishment of the ASEAN Community, along with blueprints that serve for the advancement of the community, concerning the three pillars, that would be then referred to as the **ASEAN Community Vision 2025: Forging Ahead Together**. The declaration would then serve as a roadmap with articulating goals and aspirations, aiming to realise further consolidation, integration and stronger cohesiveness as a Community that is “politically cohesive, economically integrated, and socially responsible.” Furthermore, the declaration would then lay out broad goals (but not limited to the ones listed) to achieve the aforementioned vision:

- | | |
|--|--|
| 1. Greater emphasis on the peoples of ASEAN and their well-being; | 5. Strengthen capacity to deal with existing and emerging challenges while maintaining ASEAN centrality; |
| 2. Enhance awareness of ASEAN and its Vision of a politically cohesive, economically integrated and socially responsible Community; | 6. An outward-looking and global player; implement the ASEAN agenda while pursuing national aspirations which contribute to ASEAN Community building and |
| 3. Engage all nationals of ASEAN Member States through effective and innovative platforms to promote commitment and identification with ASEAN policies and regional interests; | 8. Strengthen ASEAN Organs and the ASEAN Secretariat. |
| 4. Ensure fundamental freedoms, human rights and better lives for all ASEAN peoples; | |

Although ASEAN cooperates among its member states in the pursuit of the Community Vision, in its member states’ individual internal affairs, other member states are committed not to interfering in one another’s internal affairs. The principle would then be united with others to be adopted as norms of ASEAN inter-state relations - that members have generally adhered to - in the form of the **Treaty of Amity and Cooperation in Southeast Asia**. The Treaty commits signatories to cooperate in the promotion of regional peace, economic development, and social justice and to refrain from any act that would threaten others, with respect to its basic principles:

- Respect for the independence, sovereignty, equality, territorial integrity and national identity of all nations;
- Freedom from external interference, subversion or coercion;
- Non-interference in the internal affairs of one another;
- The peaceful settlement of disputes;
- Renunciation of the threat or use of force; and
- Effective cooperation among themselves.

Among other community-building mechanisms between member states, ASEAN engages as well with its **External Partners** or conferred to as Dialogue, Sectoral Dialogue, Development Partners and Regional Mechanisms¹ and its people through the various **ASEAN Entities**, including civil society organisations (or CSOs) in the region.

ASEAN has defined and formulated the “Rules of Procedure and Criteria for Engagement for Entities Associated with ASEAN” that are prescribed pursuant to Article 16 of the ASEAN Charter, particularly for the purposes and principles elaborated in Articles 1 and 2 of the Charter. Entities would then be categorised into six², whereby CSO is one. CSOs within the ASEAN context would then be defined as:

“Non-profit organisations of ASEAN entities, natural or juridical, that promote, strengthen and help realise the aims and objectives of the ASEAN Community and its three Pillars - the ASEAN Political-Security Community, the ASEAN Economic Community and the ASEAN Socio-Cultural Community.”³

Followingly, various CSOs have opted for and were granted opportunities for dialogues with member states as part of Tracks 1.5, 2 and 3 of diplomacy⁴. Although limited in their access to ASEAN decision-making processes, CSOs would represent the communities and people for various intended outcomes, mobilising their influence by engaging in Track 3 diplomacy. CSOs would then collectively be strengthened when joining together to influence government policies indirectly by lobbying and generating pressure through the media, enabling them to organise and/or attend meetings within the periphery of Track 1 ASEAN meetings and that those only consists of government officials.

Further Reading:

1. ASEAN Declaration
2. The ASEAN Charter
3. 2003 Declaration of ASEAN Concord II
4. ASEAN Community Vision 2025
5. Treaty of Amity and Cooperation in Southeast Asia
6. ASEAN Engagement with Entities

¹The mechanism whereby ASEAN engages with its external partners serves as a channel for ASEAN to forge and develop strong cooperative relationships with global players and trading partners. Although started as a way for ASEAN to access larger global markets, the mechanism has developed for the consideration of security, socio-cultural and economic matters.

² ASEAN Engagement with Entities, Jakarta - ASEAN Secretariat, 2016: (1) Parliamentarians and Judiciary, (2) Civil Society Organisations (CSOs), (3) Think-Tanks, (4) Academic Institutions, (5) Business Organisations, (6) Other Stakeholders.

³ As defined in the Guidelines on Accreditation of Civil Society Organisations (CSOs) 2012.

⁴ Traditionally, the term “diplomacy” refers to interaction between nation-states. However, further derivations were classified by scholars such as Tracks 1, 1.5, 2 and 3. Track 1: Official discussions involving high-level political and military leaders. Track 2: Unofficial dialogue and problem-solving activities aimed at building relationships and en-

Human Rights¹⁰¹

1. *What are human rights?*
2. *HR Principles*
3. *Universal Declaration of Human Rights*
4. *State Obligation*
5. *Social Change Ecosystem*
6. *Case Studies*

AIM:

The participants understand human rights (the rights and the principles), can relate human rights to their daily life and understand why human rights advocacy is important.

DEBRIEFING:

- *Help participants find the human rights element in their daily life.*
- *Help to feed more human rights.*

CONCLUSION:

Human rights are for everyone and are close to our daily lives and daily struggles.

Time & Durations: 50 Minutes

Section	Time	Description
1. Presentation	20 minutes	<ul style="list-style-type: none"> - Introduction to human rights: Definition and key principles - Overview of specific human rights and their importance - Real-life examples of human rights struggles and violations - The significance of human rights advocacy and its impact on advancing rights - Empowering individuals to take action: What can we do to promote human rights?
2. Group Discussion	30 minutes	<ul style="list-style-type: none"> - Participants are divided into 3 groups. - Each group is assigned an article or case study that highlights human rights violations. - Group task: Identify the human rights violations presented in the article and determine the relevant human rights articles. - Each group presents their case study and shares the list of relevant human rights elements. - Other groups provide additional insights and identify any additional human rights elements that may apply.
3. Presentation Preparation	10 minutes	<ul style="list-style-type: none"> - Participants regroup to consolidate their group discussions and prepare presentations. - Each group selects a spokesperson to present their findings and recommendations.
4. Presentation Session	30 minutes	<ul style="list-style-type: none"> - Each group presents their findings, highlighting key points and proposed solutions. - Presentations should be concise and focused, allowing time for questions and discussions.

Note: The total time for this flow/activity is 50 minutes. The duration of each stage may be adjusted to fit within the allocated time frame and allow for a comprehensive discussion.

Human rights are fundamental rights and freedoms that are inherent to all individuals, regardless of their nationality, ethnicity, gender, religion, or any other status. These rights are protected by international human rights laws and standards, and they are essential for promoting dignity, equality, and justice for all people. Here are some key aspects of human rights:

1. **Universal and Inalienable:** Human rights are universal, meaning they apply to every person, everywhere, without discrimination. They are also inalienable, meaning they cannot be taken away or forfeited.
2. **Interconnected and Indivisible:** Human rights are interconnected and indivisible, meaning that the fulfillment of one right often depends on the fulfillment of other rights. They encompass civil, political, economic, social, and cultural rights.
3. **Foundational Principles:** Human rights are guided by foundational principles such as dignity, equality, non-discrimination, universality, and participation. These principles underpin the protection and promotion of human rights.
4. **International Human Rights Framework:** The international human rights framework is comprised of treaties, conventions, declarations, and customary international law that establish legal obligations and standards for the protection and promotion of human rights. Key documents include the Universal Declaration of Human Rights (UDHR) and various human rights conventions and covenants.
5. **Core Human Rights:** Core human rights include the right to life, liberty, and security of person; freedom of thought, expression, and assembly; freedom from torture, discrimination, and slavery; the right to education, health, and adequate standard of living; and the right to participate in the cultural and political life of the community.
6. **State Responsibilities:** States have the primary responsibility to respect, protect, and fulfill human rights. This includes ensuring that laws, policies, and practices comply with human rights standards, providing access to justice, and establishing mechanisms for redress and accountability.
7. **Human Rights Advocacy:** Human rights advocacy involves promoting and protecting human rights through various means, such as raising awareness, engaging in peaceful protests, advocating for policy changes, and supporting human rights defenders and marginalized communities.

The Universal Declaration on Human Rights (UDHR) serve as a roadmap that paves the way towards a more just and equitable society. Adopted by the United Nations General Assembly in 1948, the UDHR consists of 30 articles that outline the fundamental rights and freedoms that should be guaranteed to every person. It is of utmost importance as it establishes a universal standard for protecting and promoting human rights globally, and recognises the inherent value and dignity of all, creating a shared understanding that rights should be granted to everyone. Consequently, the Declaration is regarded as a critical document in laws, practices, advocacy, and education as well as an inspiration for social justice movements both internationally and domestically, playing an essential role in advancing human rights and the promotion of respect for all. Its necessity would therefore lie in the provision of a framework to protect and promote human rights in an increasingly interconnected world.

By recognising the basic rights and freedoms of all people, the UDHR fosters understanding, respect and cooperation among individuals, communities and nations, representing the collective efforts of individuals and nations to create a better world, where all have equitable access to opportunities, resources, and freedoms, in addition to how every person should be valued and respected. It serves as a symbol of the ongoing struggle for human rights and a reminder of the continued need for vigilance and action to safeguard and promote the rights and dignity of all.

To uphold the principles of human rights that have been embodied in the UDHR, a collective effort should be enforced whereby the state is no exception. Likewise, the Declaration, although implicitly, provides a derivation of the general principles and objectives that would highlight the role and obligations of the state, acting as a framework whereby showing the need for states to protect human rights. Recognition of the role of states would be presented in Article 8, to promote and secure human rights by emphasising the importance of providing effective remedies for human rights violations by competent national tribunals. Therefore, the framework laid out in the Declaration would also serve states to understand their obligation to **Respect, Protect, Fulfil, Promote and Promote Remedies** for the rights outlined.

Respect: *To respect and avoid violating human rights.*

Protect: *To protect individuals and groups, and prevent violations towards human rights committed by other actors/parties.*

Fulfil: *To ensure individuals and groups have appropriate measures to realise and enjoy their human rights.*

Promote: *To promote awareness and educate the public about human rights.*

Provide Remedies: *To provide effective remedies and access to justice to those whose human rights have been violated.*

To these five state obligations, states would firstly, respect and refrain from taking action that could harm or restrict someone's human rights, to point out instances in the past such as the act of censorship, discrimination, or unlawful detention. Secondly, the act of respect would be supplemented by the act to protect its citizens from unlawful acts or crimes committed by individuals and/or groups. Thirdly, states would have to then fulfil by providing and facilitating access to basic services such as healthcare, education, and social services, in addition to basic needs such as adequate housing, food, and water. Fourth, followingly the need to promote and disseminate information on human rights for the awareness of the public and embed human rights in its laws and policies. Lastly, the state would also have to facilitate its people and ensure that they have accessible, impartial, and effective mechanisms (may it be judicial or others) to retribute human rights violations. All five obligations shall not be separated to ensure the full enjoyment of human rights for the people.

It should be noted that there is still considerable ground to be covered for the protection and promotion of human rights, with many individuals and groups facing violations of their basic rights. The Social Change Ecosystem would work in favour of the challenge as it provides a framework for all individuals, organisations, and governments alike to collaborate collectively for the purposes of achieving social change, including upholding and promoting the principles of the UDHR. At its core, the Social Change Ecosystem aims to create a collaborative and inclusive environment where individuals and organisations can identify and address social issues, come together for a common purpose as well as drive systemic change. By facilitating dialogues and engagements among groups, the ecosystem helps to build trust, promote social cohesion, and foster a shared sense of responsibility towards upholding human rights. Followingly, the ecosystem, in principle, could play an important role in advancing the Declaration for what it strives for as well as believes in.

Here are some examples of human rights issues in ASEAN countries. Case study below is subject to change depending on the context of the meeting:

- 1. Rohingya crisis in Myanmar: The Rohingya Muslim minority in Myanmar have faced persecution and violence for years, including arbitrary detention, restrictions on movement, and denial of citizenship and basic rights. This has led to a mass exodus of Rohingya refugees, many of whom have fled to neighboring Bangladesh.*
- 2. Extrajudicial killings in the Philippines: Under President Rodrigo Duterte's administration, the Philippines has seen a surge in extrajudicial killings, particularly targeting suspected drug users and dealers. Human rights groups have raised concerns about the government's war on drugs and its disregard for due process and the rule of law.*

3. *Media censorship and restrictions on freedom of expression in Vietnam: The Vietnamese government has long been criticized for its restrictions on freedom of expression and media censorship. Independent journalists and bloggers have faced harassment, imprisonment, and violence for speaking out against government policies or reporting on sensitive issues.*

4. *Death penalty and treatment of migrant workers in Singapore: Singapore has one of the highest rates of execution per capita in the world, and has faced criticism for its use of the death penalty. The country has also been criticized for its treatment of migrant workers, who make up a significant portion of the workforce but often face exploitative working conditions and limited legal protections.*

5. *Discrimination against LGBT people in Indonesia: LGBT people in Indonesia face discrimination, harassment, and violence, and have limited legal protections. In recent years, the government has taken steps to further restrict LGBT rights, including banning same-sex relationships and criminalizing "promoting" or "inciting" homosexuality.*

6. *Criminalization of homosexuality: Brunei has implemented strict Islamic Shariah laws that include the criminalization of same-sex relationships. In 2019, the country introduced a penal code that imposed severe penalties, including death by stoning, for same-sex sexual acts. This has drawn international condemnation and raised significant human rights concerns.*

The UDHR serve as a global standard for human rights that all individuals and states should respect, protect, and fulfil. The Social Change Ecosystem, on the other hand, provides a framework for understanding the dynamic nature of social change and the interdependent nature of relationships among individuals, groups and the government, while facilitating dialogues, promoting collective action, and fostering synergies among these interdependent actors for social change. Through it, it can contribute to the realisation of the principles and obligations of the state outlined in the UDHR. Whereby challenges towards the full enjoyment of human rights still persist, it is undeniably true that human rights are essential for everyone and it remains very close to our daily lives and daily struggles.

Further Reading:

Universal Declaration of Human Rights

The Social Change Ecosystem Map (2020), Deepa Iyer - <https://buildingmovement.org/wp-content/uploads/2022/04/Ecosystem-Guide-April-2022.pdf>

Human Rights Conventions

1. United Nations Conventions and Covenants on Human Rights
2. International Organisations and Human Rights
3. General Comments
4. Limitations and Derogation of Human Rights
5. Monitoring Mechanisms

AIM: *The participants understand human rights international law, and the legal standing and legal source of human rights. The participants are able to identify key human rights instruments and put them into use when doing their advocacy and legal analysis of a case.*

DEBRIEFING: *Help participants understand the elements of conventions; Help participants reflect on the use/importance/the lack of UN Conventions; Bridge in what way this document can be put to use for advocacy.*

CONCLUSION: *UN Human Rights Instruments have their flaws but right now they can be put to use to advance the human rights situation.*

Time & Durations: 90 Minutes

Section	Time	Description
1. Opening and Introduction	5 minutes	<ul style="list-style-type: none"> - Welcome participants and introduce the purpose of the simulation meeting. - Provide an overview of the Human Rights Convention being simulated.
2. Distribution of Roles and Background Information	10 minutes	<ul style="list-style-type: none"> - Assign participants specific roles representing various stakeholders (e.g., government officials, human rights activists, NGOs). - Distribute background information and guidelines for each role.
3. Presentation of Convention Articles	10 minutes	<ul style="list-style-type: none"> - Facilitator presents key articles from the Human Rights Convention being simulated. - Explain the significance and scope of each article.
4. Preparation Time	15 minutes	<ul style="list-style-type: none"> - Participants review their assigned roles and background information. - Research and gather additional information related to their roles and the convention.
5. Simulation Rounds	30 minutes	<ul style="list-style-type: none"> - Conduct multiple rounds of simulations, each focusing on a specific scenario or topic related to the Human Rights Convention. - Participants engage in discussions, negotiations, and decision-making based on their assigned roles. - Encourage active participation, sharing of perspectives, and collaborative problem-solving.
6. Debrief and Reflection	10 minutes	<ul style="list-style-type: none"> - Facilitate a debriefing session to discuss the outcomes and experiences of the simulation. - Reflect on the challenges, successes, and lessons learned during the exercise. - Encourage participants to share their observations and insights.
7. Q&A and Open Discussion	5 minutes	<ul style="list-style-type: none"> - Allow participants to ask questions and seek clarification on any aspects of the Human Rights Convention or the simulation process. - Foster an open discussion to address any concerns or areas of interest.
8. Conclusion and Next Steps	5 minutes	<ul style="list-style-type: none"> - Summarize the key takeaways from the simulation meeting. - Discuss potential next steps for participants to continue their engagement and advocacy for human rights.

Note: The time allocations provided are approximate and can be adjusted based on the available time and the complexity of the simulation scenarios.

Module 3: Human Rights Conventions

UDHR outlined its principles and obligations for the fundamental principles of human dignity, equality, and non-discrimination. However, the UDHR is a mere declaration and implementing it requires further efforts whereby conventions would have its role. Developed by the United Nations, **Conventions and Covenant on Human Rights**, in contrast to the UDHR, serve as a legally binding agreement further establishing specific standards of and obligations towards human rights, including matters pertaining to civil and political rights, economic, social and cultural rights, and the rights of women, children, and persons with disabilities. Through the creation of a legally binding agreement that reflects the UDHR, the conventions ensure that these rights would be upheld and promoted by states through effective means. Although United Nations Conventions on Human Rights carry with them their own importance to protect specific rights and groups of people, the following instruments are central to the development of human rights promotion and practice:

1. **International Covenant on Civil and Political Rights (ICCPR)** - Adopted in 1966, it protects civil and political rights, including the right to life, freedom of expression, and freedom of assembly. It requires states to ensure that individuals are able to exercise their rights without discrimination and that those who violate these rights will be held accountable
2. **International Covenant on Economic, Social and Cultural Rights (ICESCR)** - Adopted in 1966, protects economic, social, and cultural rights, such as the right to work, education, and health. It requires states to ensure that individuals have access to these rights, regardless of their economic status, and to take steps to realise them progressively.
3. **Convention on the Elimination of All Forms of Racial Discrimination (CERD)** - Adopted in 1965, the convention aims to eliminate all forms of racial discrimination and promotes equality among individuals regardless of race, colour, national or ethnic origin. Furthermore, it requires states to undertake measures to eliminate racial discrimination in all areas of life, including education, employment, and access to public services.
4. **Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW)** - Adopted in 1979, aims to eliminate discrimination against women and promote gender equality. It requires states to take measures to eliminate discrimination in all areas of life, including marriage, education, and employment.
5. **Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment (CAT)** - Adopted in 1984, aims to prohibits and seeks to eliminate torture and other forms of cruel, inhuman, or degrading treatment or punishment. It entails entails the prohibition of torture and the obligation of - states to prevent, investigate, and prosecute acts of torture, as well as provide

support and rehabilitation to victims of torture.

6. **Convention on the Rights of the Child (CRC)** - Adopted in 1989, it protects the rights of children, including the right to education, healthcare, and protection from violence and exploitation. It requires states to ensure that children are able to enjoy their rights without discrimination and to take measures to protect them from harm.
7. **Convention on the Rights of Persons with Disabilities (CRPD)** - Adopted in 2006, protects the rights of persons with disabilities and promotes their full and equal participation in society. It requires states to ensure that persons with disabilities are able to enjoy their rights without discrimination and to take measures to take barriers to their participation in society.
8. **International Convention for the Protection of All Persons from Enforced Disappearance (ICPPED)** - Adopted in 2006, prevent and punish enforced disappearances and provide justice and reparations to the victims and their families. It establishes measures to prevent enforced disappearances, investigate such cases, hold perpetrators accountable, and provide remedies and reparations to victims and their families.

At its core, it is important to note that these conventions and covenants on human rights have a role in the promotion and advancement of human rights. Its legally-binding nature, for instance, holds states accountable for their actions, should they refrain from the human rights outlined in the UDHR and its obligations in these conventions and covenants. Furthermore, prior to upholding and allowing states to be accountable, it serves as a baseline or guidance for states to promote and protect, which includes monitoring and reporting mechanisms, therefore the establishment of national human rights institutions. In contrast to the impacts at the government level, communities, groups or individuals are empowered with the presence of these conventions and covenants. It enables them to claim and exercise their rights through access to justice and in parallel, - to refer to the Social Change Ecosystem - it provides as well as facilitates dialogues between states, civil society, and other actors to address human rights issues. The following aforementioned aspects would contribute to the full enjoyment of human rights and promote a culture of respect for it, encouraging the development of human rights standards and practices, while also contributing to the promotion of collective peace, security, and sustainable development.

In the global setting, international organisations were established to be responsible for ensuring that these obligations were fulfilled. To name, the **Office of the United Nations High Commissioner for Human Rights (OHCHR)** is an organisation that provides technical assistance to states on compliance standards with human rights obligations and the **International Criminal Court (ICC)** is the permanent authoritative court, acting court, acting independently from states to investigate and prosecute

individuals accused of crimes against humanity, even when their countries are unwilling or unable. Others also exist but focus on specific human rights issues, such as the **International Labour Organization (ILO)** - which promotes decent working conditions and workers' rights - and the **International Organization for Migration (IOM)** - to protect the rights of migrants.

However, despite the significant progress made by the international community in protecting and promoting human rights, these rights are not absolute and may be subject to **limitations and derogations**. These limitations and derogations can arise due to various reasons, such as protecting public safety, national security, and the rights of others. It is important to note that the limitations and derogations of human rights must be **lawful, necessary, and proportionate**. In addition, states must provide justification for any restrictions and ensure that they do not discriminate against any particular group. It should be temporary as well and lifted as soon as the situation that gave rise to them no longer exists. To provide illustrations, these limitations and derogations can be shown such as in Articles 4- allowing the restriction of certain rights in times of public emergency that threatens the life of the nation, and 19 of the ICCPR - although everyone has the right to the freedom of expression, *“these shall only be such as are provided by the law and are necessary: (a) For respect of the rights or reputations of other; (b) For the protection of national security or of public order (ordre public), or of public health or morals.”*

In summation, although conventions and covenants have furthered the collective full enjoyment of human rights, there remains the necessity for states to uphold and promote them as part of their obligation upon signing these agreements. Furthermore, in the events where it may not threaten public safety, national security, and the rights of others, limitations and derogations to these human rights might be applied, but although this is true, there should be further responsibility whereby these accounts are to be examined whether to be true. Therefore, proper monitoring and reporting mechanisms should be practised, such as that of the OHCHR, having a key role in monitoring and promoting compliance with international human rights law, including the implementation of international conventions and investigating alleged violations of human rights. Furthermore, the OHCHR provides technical assistance and capacity-building support to states and also engages in public advocacy and awareness-raising on human rights issues. Overall, these monitoring mechanisms are essential for ensuring that human rights conventions are implemented effectively and that states are held accountable for any violations. By providing expert guidance and recommendations, and by conducting investigations and raising awareness, these mechanisms can help to ensure that human rights are protected and promoted for all people, regardless of their nationality, ethnicity, gender or any other characteristics.

Further Reading:

Convention on the Elimination of All Forms of Racial Discrimination (CERD); International Covenant on Civil and Political Rights (ICCPR); International Covenant on Economic, Social and Cultural Rights (ICESCR); Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW); Convention on the Rights of the Child (CRC); Convention on the Rights of Persons with Disabilities (CRPD).

Human Rights and ASEAN

1. ASEAN Charter and the Characters and Principles of ASEAN
2. Human Rights Mechanism in ASEAN and the ASEAN Intergovernmental Commission on Human Rights (AICHR)
3. ASEAN Human Rights Declaration and the Phnom Penh Statement on the Adoption of the ASEAN Human Rights Declaration (AHRD)

AIM: *The participants understand human rights in the context of ASEAN and the mechanisms that promote human rights in the region. The participants are able to identify key human rights instruments in ASEAN and put them into use when doing their advocacy and legal analysis of a case.*

DEBRIEFING: *Help participants understand ASEAN human rights instruments; Help participants reflect on the use/importance/the lack of ASEAN human rights instruments; Bridge in what way these instruments can be put to use for advocacy.*

CONCLUSION: *Human rights are for everyone and are close to our daily lives and daily struggles.*

Time & Durations: 90 Minutes

Section	Time	Description
1. Introduction and Overview	5 minutes	<ul style="list-style-type: none"> - Facilitator provides an introduction to ASEAN meetings and the importance of human rights in regional cooperation. - Overview of the purpose and objectives of the meeting.
2. Preparatory Briefing	10 minutes	<ul style="list-style-type: none"> - Participants receive a briefing on the ASEAN context and human rights issues within the region. - Explanation of the agenda, key human rights topics, and ASEAN's role in promoting human rights. - Distribution of relevant background materials and documents.
3. Assignment of Roles	5 minutes	<ul style="list-style-type: none"> - Participants are assigned specific roles representing ASEAN member states, observers, or human rights organizations. - Each participant receives a role description and objectives.
4. Research and Preparation	20 minutes	<ul style="list-style-type: none"> - Participants conduct research on their assigned roles, focusing on the intersection of ASEAN and human rights. - Preparation of key points and arguments to contribute to the group discussions.
5. Group Discussions	30 minutes	<ul style="list-style-type: none"> - Participants are divided into small groups to discuss specific human rights issues within the ASEAN context. - Each group engages in in-depth discussions, sharing perspectives and proposing solutions. - Facilitator encourages active participation and constructive dialogue.
6. Presentation Preparation	15 minutes	<ul style="list-style-type: none"> - Participants regroup to consolidate their group discussions and prepare presentations. - Each group selects a spokesperson to present their findings and recommendations.
7. Presentation Session	20 minutes	<ul style="list-style-type: none"> - Each group presents their findings, highlighting key points and proposed solutions. - Presentations should be concise and focused, allowing time for questions and discussions.
8. Group Discussion and Reflection	10 minutes	<ul style="list-style-type: none"> - Participants engage in a discussion based on the presentations, sharing additional insights and perspectives. - Reflection on the complexities of promoting human rights within ASEAN and the importance of regional cooperation.
9. Conclusion and Closing Remarks	5 minutes	<ul style="list-style-type: none"> - Facilitator provides closing remarks, summarizing the key takeaways from the meeting. - Acknowledgment of participants' contributions and their commitment to advancing human rights within ASEAN.

Module 4: Human Rights & ASEAN

In the context of ASEAN, the case of human rights in the region has continuously been a topic of concern. While member states have ratified international human rights treaties such as the UDHR, the implementation and enforcement could arguably be inconsistent whereby violations towards human rights remain ever-present. In the same manner, member states have often been found with a lack of accountability and transparency that has laid the grounds for major obstacles in advancing human rights in the region. However, although this is arguably the landscape of human rights in the region, it is worth noting that the region's intergovernmental organisation have carried out efforts in pursuit and the furtherance of human rights in the ASEAN context, with respect to the globally accepted declarations, covenants and conventions on human rights. ASEAN's stance on human rights can be found in the Joint Communiqué of the July 1993 ASEAN Ministerial Meeting:

"16. The Foreign Ministers welcomed the international consensus achieved during the World Conference on Human Rights in Vienna, 14-25 June 1993, and reaffirmed ASEAN's commitment to and respect for human rights and fundamental freedoms as set out in the Vienna Declaration of 25 June 1993. They stressed that human rights are interrelated and indivisible comprising civil, political, economical, social and cultural rights. These rights are of equal importance. They should be addressed in a balanced and integrated manner and protected and promoted with due regard for specific cultural, social, economic and political circumstances. They emphasized that the promotion and protection of human rights should not be politicized."

"17. The Foreign Ministers agreed that ASEAN should coordinate a common approach of human rights and actively participate and contribute to the application, promotion and protection of human rights. They noted that the UN Charter had placed the question of universal observance and promotion of human rights within the context of international cooperation. They stressed that development is an inalienable right and that the use of human rights as a conditionality for economic cooperation and development assistance is detrimental to international cooperation and could undermine an international consensus on human rights. They emphasized that the protection and promotion of human rights in the international community should take cognizance of the principles of respect for national sovereignty, territorial integrity and non-interference in the internal affairs of states. They were convinced that freedom, progress and national stability are promoted by a balance between the rights of the individual and those of the community, through which many individual rights are realized, as provided for in the Universal Declaration of Human Rights."

ASEAN's stance on human rights would then be further embodied in its Charter signed at the ASEAN Summit on 20 November 2007 and went into effect on 15 December 2008. The Charter was a significant milestone in the history of ASEAN as it marked the first time that the organisation had a formal legal framework after operating without a formal charter for four decades of its existence. While ASEAN had established some formal agreements, the organisation primarily relied on informal arrangements, tacit understandings, and personal relationships to advance its political solidarity, economic integration, and collaborative and cooperative efforts across various domains. The Charter provided a legal basis for ASEAN to operate and established its institutional framework.

-lished some formal agreements, the organisation primarily relied on informal arrangements, tacit understandings, and personal relationships to advance its political solidarity, economic integration, and collaborative and cooperative efforts across various domains. The Charter provided a legal basis for ASEAN to operate and established its institutional framework.

The ASEAN Charter sets out the objectives, principles, and framework for cooperation among its member states. It establishes the ASEAN Summit as the highest decision-making body in ASEAN and sets out the powers and functions of the ASEAN Secretariat. Furthermore, the Charter provides the establishment of the **ASEAN Intergovernmental Commission on Human Rights (AICHR)**, which is tasked with promoting and protecting human rights in the region. In addition, it outlines the rights and obligations of ASEAN member states, including the obligation to respect the principles of democracy, the rule of law, and human rights.

The establishment of the AICHR was a significant step towards achieving this goal. The AICHR is composed of representatives from all ten ASEAN member states and is responsible for promoting and protecting human rights in the region. Its mandate includes, among other things,

1. The promotion of human rights education and awareness
2. The promotion of the rights of women and children
3. The protection and promotion of the rights of migrant workers, and
4. The protection and promotion of the rights of persons with disabilities.

Since its establishment, the AICHR has undertaken a range of activities aimed at promoting and protecting human rights in the ASEAN region. These activities have included capacity-building workshops and seminars, the development of guidelines and best practices on various human rights issues, and the establishment of partnerships with civil society organisations and other stakeholders. Despite these efforts, however, the AICHR has faced criticism for its perceived lack of effectiveness and its limited mandate. Some critics have argued that the AICHR lacks the power to enforce human rights standards in the region and that its activities are largely symbolic in nature. Others have criticised the AICHR for its lack of transparency and accountability. As of now (2023), activists are still seeking forward to the reviewing of AICHR ToR that has been approved to be processed further. Nonetheless, the establishment of the AICHR represents an important step towards the promotion and protection of human rights in the ASEAN region, and it remains an important institution in the region's human rights architecture. This has led to the drafting and adoption of the **ASEAN Human Rights Declaration (AHRD)**.

The AHRD is not without its shortcomings, as some human rights organisations have pointed out. To illustrate by example, there are concerns that the declaration does not go far enough in addressing certain key human rights issues, such as the protection of minority rights, freedom of expression, and freedom of assembly. Additionally, the AHRD is not legally binding, similar to that of the UDHR, it is merely a declaration that states respect, which consequently constitutes allowing member states to not be obligated to comply with its provisions. However, it is important to note that the AHRD still represents a significant development in the promotion and protection of human rights in the ASEAN region. Moreover, the fact that the AHRD exists at all is a testament to the growing recognition within the ASEAN region of the importance of human rights. While the AHRD may not be perfect, it is a step in the right direction towards improving the human rights situation in the ASEAN region. It provides a framework for continued discussion and cooperation on human rights issues and serves as a basis for further progress in the future.

Reference:

Doc 1: [1. For Reference ABOUT ASEAN_reviewed.pdf](#)

Doc 2: [LO-Module-03.pdf](#)

[the-three-pillar.pdf \(suhakam.org.my\)](#)

Further Reading:

[ASEAN Human Rights Declaration](#)

[ASEAN Intergovernmental Commission on Human Rights](#)

AAA Videos from SAY-HR-SEA (<https://www.youtube.com/watch?>

Part 1

Development Justice & Welfare

1. *Key Principles and Elements of Development Justice*
2. *Development Justice and SDGs*
3. *Key Priority Issues: Climate Justice, Gender Justice, and Social Justice*

AIM: *Development Justices & Welfare session is to explore the principles of development justice and their intersection with welfare, in order to promote equitable and sustainable development that addresses structural inequalities and improves the well-being of marginalized communities*

DEBRIEFING: *Emphasize the importance of addressing structural inequalities and promoting equitable development; Highlight the need to challenge power imbalances and prioritize the rights and well-being of marginalized groups; Advocate for a comprehensive understanding of development that goes beyond economic indicators; Encourage collaboration and partnerships to advance development justice and welfare; Call for the integration of development justice principles into policy-making processes to achieve sustainable and inclusive development.*

CONCLUSION: *Development justice is a transformative framework that challenges power imbalances, promotes equity, and prioritizes the rights and well-being of marginalized groups, ultimately aiming to create a more sustainable and just world.*

Time & Durations: 90 Minutes

Section	Time	Description
1. Introduction and Context Setting	10 minutes	<ul style="list-style-type: none"> - Welcome participants and provide an overview of the simulation objectives and the concept of development justice. - Explain the context and specific development justice issues to be addressed in the simulation.
2. Presentation on Development Justice Principles and Frameworks	15 minutes	<ul style="list-style-type: none"> - Provide a brief presentation on the principles and frameworks of development justice, including aspects such as equity, sustainability, human rights, gender justice, and social inclusion. - Explain the interplay between development justice and key development agendas, such as the Sustainable Development Goals (SDGs).
3. Debrief and Reflection	20 minutes	<ul style="list-style-type: none"> - Engage in a group discussion to reflect on the outcomes, challenges, and insights derived from the session. - Evaluate the effectiveness of development justice approaches utilized by various stakeholders. - Explore the impact of power dynamics, advocacy strategies, and collaboration in attaining development justice objectives.
4. Open Discussion and Exchange	20 minutes	<ul style="list-style-type: none"> - Each group presents their findings, highlighting key points and proposed solutions. - Presentations should be concise and focused, allowing time for questions and discussions.
5. Conclusion and Next Steps	5 minutes	<ul style="list-style-type: none"> - Summarize the key takeaways from the simulation and emphasize the importance of integrating development justice principles into real-world practices. - Discuss potential follow-up actions, such as further research, capacity building, or collective advocacy initiatives on development justice issues. - Thank participants for their engagement and contributions.

Note: The total time for this flow/activity is 50 minutes. The duration of each stage may be adjusted to fit within the allocated time frame and allow for a comprehensive discussion.

Module 5: Development Justice & Welfare 1

The term "development justice" refers to a framework and approach that seeks to address structural inequalities and promote equitable and sustainable development. It recognizes that traditional development models have often perpetuated social, economic, and political injustices, resulting in marginalized communities and widening gaps between the rich and the poor.

Development justice emphasizes the need to challenge power imbalances, ensure the participation of affected communities in decision-making processes, and prioritize the rights and well-being of marginalized and vulnerable groups. It calls for a comprehensive and holistic understanding of development that goes beyond purely economic indicators and encompasses social, cultural, political, and environmental dimensions.

Key principles and elements of development justice include:

- 1. Equity and Social Justice:** Prioritizing social justice, equality, and the elimination of discrimination and marginalization in development processes.
- 2. Human Rights:** Upholding and protecting human rights, including civil, political, economic, social, and cultural rights, as integral components of development.
- 3. Gender Justice:** Recognizing and addressing gender inequalities and promoting gender equality and women's empowerment in all aspects of development.
- 4. Environmental Sustainability:** Ensuring that development initiatives are environmentally sustainable, minimizing negative impacts on ecosystems, and promoting the conservation of natural resources.
- 5. Democratic Participation:** Promoting inclusive and participatory decision-making processes that involve marginalized communities, civil society organizations, and other stakeholders.
- 6. Global Solidarity:** Recognizing the interconnectedness of global challenges and advocating for international cooperation, fair trade, and global solidarity to achieve development justice.

The concept of development justice is often championed by social movements, grassroots organizations, and advocacy networks working on issues such as poverty eradication, sustainable development, human rights, and social justice. It challenges dominant development paradigms and calls for alternative approaches that prioritize the needs and aspirations of marginalized communities and promote a more just and sustainable world.

The relationship between development justice and welfare is intertwined, as both concepts aim to improve the well-being and quality of life for individuals and communities. However, they approach this goal from different perspectives:

- 1. Development Justice:** Development justice focuses on addressing the root causes of structural inequalities and injustices in development processes. It emphasizes the need to challenge power imbalances, promote social justice, and ensure that marginalized and vulnerable groups have equal access to opportunities, resources, and decision-making. Development justice seeks to transform development models and systems to prioritize equity, human rights, and sustainable development.
- 2. Welfare:** Welfare, on the other hand, primarily focuses on ensuring the basic needs and social well-being of individuals and communities. It typically refers to policies, programs, and measures implemented by governments and institutions to provide social protection, healthcare, education, housing, and other essential services. Welfare aims to support individuals and communities in meeting their basic needs and improving their overall quality of life.

While welfare programs and policies can contribute to improving the well-being of individuals, development justice takes a broader and more transformative approach. It seeks to address systemic injustices and inequalities that underlie issues related to welfare. Development justice recognizes that sustainable improvements in welfare require addressing power imbalances, promoting social inclusion, and addressing structural barriers that prevent marginalized groups from accessing opportunities and resources.

In essence, **development justice encompasses a broader vision that goes beyond immediate welfare provision.** It advocates for long-term, equitable, and sustainable development that challenges the root causes of inequality and injustice, ultimately aiming to create societies where everyone can thrive and enjoy their human rights. Welfare programs and policies can be part of the broader framework of development justice, but development justice encompasses a more comprehensive and transformative approach to achieving well-being and social justice.

Development justice interventions can play a crucial role in advancing the Sustainable Development Goals (SDGs) rhetoric and implementation. Here are some key interventions that development justice advocates can undertake in relation to the SDGs:

- 1. Contextualizing the SDGs:** Development justice interventions involve contextualizing the SDGs within the specific social, economic, and political realities of a country or region. This includes analyzing the root causes of inequalities and injustices and ensuring that the SDGs are relevant and responsive to the needs of marginalized and vulnerable populations.
- 2. Critiquing Power Dynamics:** Development justice advocates can critically examine

the power dynamics and vested interests that shape the SDGs agenda. This involves challenging unequal power relations, corporate influence, and the marginalization of voices from the Global South in shaping the SDGs discourse and implementation.

3. Promoting Accountability: Development justice interventions can emphasize the importance of accountability mechanisms for the SDGs. This includes advocating for transparent monitoring and reporting processes, holding governments and stakeholders accountable for their commitments, and ensuring that the SDGs are implemented in a manner that leaves no one behind.

4. Advocating for Policy Coherence: Development justice advocates can push for policy coherence by highlighting the interconnectedness between different SDGs and the need for integrated approaches. This involves advocating for policies that address inequalities, promote social justice, and prioritize human rights across sectors such as education, healthcare, environment, and economic development.

5. Amplifying Marginalized Voices: Development justice interventions can amplify the voices of marginalized communities and ensure their meaningful participation in SDG processes. This includes advocating for inclusive decision-making platforms, involving marginalized groups in policy discussions and implementation, and promoting participatory approaches that empower affected communities.

6. Tackling Structural Injustices: Development justice interventions aim to address the structural injustices that hinder sustainable development. This involves advocating for fair trade, debt relief, tax justice, and addressing systemic issues such as discrimination, inequality, and environmental degradation that perpetuate poverty and marginalization.

7. Strengthening Partnerships: Development justice advocates can promote partnerships and collaborations between civil society organizations, social movements, governments, and international agencies to advance the SDGs. This includes fostering networks, sharing best practices, and advocating for inclusive and equitable partnerships that prioritize the principles of development justice.

These interventions align with the principles of development justice and can contribute to a more transformative and equitable implementation of the SDGs. By challenging power dynamics, promoting accountability, amplifying marginalized voices, and addressing structural injustices, development justice interventions can help shape the SDGs agenda in a way that truly promotes sustainable and inclusive development.

Key Priority Issues:

Climate justice refers to the concept that the impacts of climate change and efforts to address it should be equitable and fair, ensuring that the burdens and benefits are distributed justly among all people, particularly considering the historical and current contributions to greenhouse gas emissions and vulnerability to climate change.

Key aspects of climate justice include:

- 1. Equity:** Climate justice emphasizes the fair distribution of both the costs and benefits associated with climate change mitigation and adaptation. It recognizes that historically, certain countries and communities have contributed less to climate change but are disproportionately affected by its impacts. Therefore, climate justice seeks to address these inequalities and promote fairness in climate action.
- 2. Human Rights:** Climate justice is closely linked to human rights, as it recognizes that the impacts of climate change can undermine the enjoyment of fundamental rights, such as the right to life, health, food, water, and a safe environment. It emphasizes the importance of protecting and promoting human rights in climate policies and ensuring that vulnerable populations are not disproportionately burdened by climate impacts.
- 3. Inclusion and Participation:** Climate justice emphasizes the inclusion and meaningful participation of affected communities, particularly marginalized groups such as indigenous peoples, women, and youth, in decision-making processes related to climate change. It recognizes that these communities often have valuable knowledge and perspectives and should be involved in shaping climate policies and strategies.
- 4. Global Solidarity:** Climate justice recognizes the global nature of climate change and the shared responsibility to address it. It calls for international cooperation, solidarity, and support from developed countries to help developing countries cope with climate impacts, build resilience, and transition to low-carbon and sustainable pathways.
- 5. Intersections with Social Justice:** Climate justice recognizes that climate change is interconnected with other forms of social injustice, including poverty, inequality, and discrimination. It highlights the need to address these intersecting issues collectively and adopt holistic approaches that promote social and environmental justice.

Overall, climate justice seeks to ensure that climate action is guided by principles of fairness, equity, and human rights. It aims to address historical and current inequalities, empower marginalized communities, and promote sustainable and just solutions to climate change that benefit all people and the planet.

Social and gender justice are intertwined concepts that seek to address systemic inequalities, discrimination, and power imbalances based on social identities, particularly related to gender. They aim to ensure fairness, equality, and empowerment for all individuals, regardless of their gender, race, class, sexuality, ability, or other intersecting identities.

Social Justice:

Social justice refers to the fair and equitable distribution of resources, opportunities, and rights within society. It focuses on dismantling systemic barriers and addressing social inequalities that perpetuate marginalization and disadvantage. Social justice seeks to create a society where all individuals have equal access to education, healthcare, employment, housing, and other essential resources, regardless of their social background.

Gender Justice:

Gender justice specifically addresses the injustices and inequalities rooted in gender norms, roles, and relations. It aims to challenge and transform patriarchal systems that perpetuate gender-based discrimination, violence, and inequality. Gender justice advocates for the recognition and protection of the rights of all genders, promoting gender equality, and empowering individuals to make choices free from societal expectations and limitations.

Intersections of Social and Gender Justice:

Social and gender justice intersect as gender identities intersect with other social identities, such as race, class, sexuality, and ability. This intersectionality recognizes that individuals experience multiple forms of oppression and privilege simultaneously, and that social and gender justice must address these intersecting dimensions of identity and power. It highlights the importance of recognizing and addressing the unique challenges faced by individuals who experience overlapping forms of discrimination and disadvantage.

The goals of social and gender justice include:

- 1. Eliminating Discrimination:** Social and gender justice seek to eradicate all forms of discrimination and bias, promoting inclusive and diverse societies where every individual is treated with dignity, respect, and fairness.
- 2. Empowerment and Agency:** They aim to empower individuals to exercise their

rights, make choices, and participate fully in social, political, and economic life, without being limited or controlled by gender norms and expectations.

3. **Equality of Opportunity:** Social and gender justice advocate for equal access to opportunities, resources, and decision-making processes, ensuring that systemic barriers are removed and individuals have a level playing field.

4. **Reducing Inequality:** They address socio-economic disparities and work towards narrowing the gaps between privileged and marginalized groups, promoting economic justice and equitable distribution of resources.

Transforming Systems and Institutions: Social and gender justice call for transforming social, political, and economic systems to be more inclusive, equitable, and responsive to the needs and rights of all individuals.

Efforts towards social and gender justice involve policy changes, legal reforms, advocacy, education, awareness-raising, and community mobilization to challenge and transform the underlying structures of oppression and inequality.

Feminist lenses in development justice bring a gendered perspective to understanding and addressing social, economic, and political inequalities within development processes. Here are some key aspects of feminist lenses in development justice:

1. **Gender Analysis:** Feminist lenses emphasize the importance of analyzing development policies, programs, and interventions through a gender lens. This involves examining how gender roles, power dynamics, and social norms shape the experiences of different genders in development contexts.

2. **Intersectionality:** Feminist lenses in development justice recognize that gender intersects with other forms of identity and oppression, such as race, class, sexuality, and disability. This intersectional approach highlights how multiple dimensions of identity influence individuals' experiences of development and their access to resources, opportunities, and decision-making.

3. **Gender Equality and Women's Empowerment:** Feminist lenses prioritize gender equality and the empowerment of women as essential goals of development justice. This includes addressing gender-based discrimination, violence, and unequal power relations, as well as promoting women's economic, political, and social rights.

4. **Agency and Voice:** Feminist lenses in development justice highlight the importance of amplifying the voices and agency of marginalized women and other gender-diverse groups. It seeks to ensure that their perspectives, experiences, and needs are included in decision-making processes and that they have the power to shape development policies and programs.

5. Transformative Change: Feminist lenses challenge structural inequalities and call for transformative change within development systems. This involves addressing root causes of gender inequality, challenging patriarchal norms and institutions, and promoting alternative models of development that are inclusive, equitable, and sustainable.

6. Accountability and Social Justice: Feminist lenses in development justice emphasize the importance of accountability to gender equality and social justice. It calls for holding governments, institutions, and other actors accountable for their commitments to gender equality and ensuring that development processes are inclusive, non-discriminatory, and promote the well-being of all individuals.

By applying feminist lenses to development justice, there is an opportunity to advance more equitable and inclusive development outcomes that address the specific needs and rights of women, gender-diverse individuals, and marginalized groups. It recognizes the interconnectedness of gender with other social and economic factors and seeks to challenge and transform systems of power and inequality.

Further readings:

1. "Development as Freedom" by Amartya Sen: This book explores the relationship between development, freedom, and human capabilities. It discusses the importance of expanding people's choices and capabilities as key aspects of development, encompassing both welfare and broader dimensions of well-being.
2. "Development Justice: A Guide for Policymakers" by Asia Pacific Forum on Women, Law and Development (APWLD): This guide provides an overview of development justice principles, approaches, and policy recommendations. It examines the linkages between development justice and various issues, including gender equality, labor rights, and ecological justice.
3. "Development Justice: An Introduction" by DAWN (Development Alternatives with Women for a New Era): This publication offers an introduction to the concept of development justice, highlighting its key principles, challenges, and transformative agenda. It emphasizes the need for feminist perspectives and intersectional approaches in achieving development justice..
4. "Climate Justice and Human Rights" by the Center for International Environmental Law (CIEL): This brief provides an overview of the links between climate justice and human rights. It explores how climate change affects human rights, the role of human rights in climate action, and the importance of ensuring justice and equity in climate policies.
5. "Transforming Our World: The 2030 Agenda for Sustainable Development": This document outlines the global development agenda adopted by UN member states in 2015. It includes the Sustainable Development Goals (SDGs), which encompass a wide range of social, economic, and environmental objectives. The SDGs aim to promote social and gender justice by addressing poverty, inequality, gender discrimination, and other systemic issues.
6. UN Women (United Nations Entity for Gender Equality and the Empowerment of Women): UN Women is the UN entity dedicated to advancing gender equality and promoting women's empowerment. Their website provides a wealth of resources, reports, and publications on gender justice, including topics such as women's rights, gender-based violence, economic empowerment, and gender-responsive policy.
7. "Universal Declaration of Human Rights": Adopted by the UN General Assembly in 1948, this foundational document articulates the fundamental human rights that all individuals are entitled to, regardless of their gender. It includes rights such as the right to equality, non-discrimination, and freedom from violence and oppression.
8. "Beijing Declaration and Platform for Action": Adopted at the Fourth World Conference on Women in 1995, this document is a landmark international agreement that sets forth a comprehensive agenda for gender equality and women's empowerment. It addresses a wide range of issues related to social and gender justice, including education, health, violence against women, and women's participation in decision-making.
9. "CEDAW - Convention on the Elimination of All Forms of Discrimination Against Women": CEDAW is an international treaty adopted by the UN General Assembly in 1979. It sets out legally binding obligations for states to eliminate discrimination against women and ensure gender equality in all spheres of life. The CEDAW committee regularly reviews the progress of states in implementing the convention and provides guidance on promoting social and gender justice.
10. "Gender and Development: Concepts and Definitions" by Development Alternatives with Women for a New Era (DAWN) This publication provides an overview of key gender and development concepts, frameworks, and approaches. It explores the links between gender, power, and development, highlighting feminist perspectives and the importance of addressing gender inequalities for sustainable development.

Part 2

Development Justice & Welfare

1. *Concept of Accountability*
2. *Relations between Development Justice and Accountability*
3. *Accountability in the Context of ASEAN*

AIM:

To explore the concept of accountability and its relation to development justice within the context of ASEAN.

DEBRIEFING:

Discuss the key components and principles of accountability in the context of development justice; Reflect on the role of accountability in addressing structural inequalities, promoting social justice, and ensuring the rights of marginalized communities; Share insights on how accountability can be strengthened within the ASEAN region to advance development justice goals .

CONCLUSION:

Highlighted the significance of accountability in promoting equitable and sustainable development within ASEAN. By recognizing the interplay between development justice and accountability, stakeholders can work towards addressing systemic injustices, empowering marginalized groups, and fostering inclusive and participatory decision-making processes.

Time & Durations: 90 Minutes

Section	Time	Description
1. Introduction	5 minutes	<ul style="list-style-type: none"> - Welcome participants and provide an overview of the meeting's objectives. - Introduce the concepts of accountability, development justice, and their relationship within the context of ASEAN.
2. Presentation 1: Concept of Accountability	20 minutes	<ul style="list-style-type: none"> - Provide a presentation on the meaning, principles, and importance of accountability in various contexts. - Highlight examples of accountability mechanisms and practices relevant to the ASEAN region.
3. Group Discussion 1: Relations between Development Justice and Accountability	25 minutes	<ul style="list-style-type: none"> - Divide participants into small groups. - Each group discusses and explores the interconnections between development justice and accountability. - Participants share their insights, examples, and challenges related to promoting accountability in achieving development justice goals.
4. Presentation 2: Accountability in the Context of ASEAN	20 minutes	<ul style="list-style-type: none"> - Present on the specific challenges and opportunities related to accountability within the ASEAN regional framework. - Discuss the role of ASEAN institutions, policies, and mechanisms in promoting accountability among member states.
5. Group Discussion 2: Sharing Best Practices and Lessons Learned	20 minutes	<ul style="list-style-type: none"> - Participants share their experiences, best practices, and lessons learned in promoting accountability within their respective organizations or contexts. - Facilitate a discussion on strategies for enhancing accountability in the ASEAN region.
6. Conclusion and Wrap-up	5 minutes	<ul style="list-style-type: none"> - Summarize the key points discussed during the meeting. - Emphasize the importance of accountability, development justice, and their relation to achieving sustainable and inclusive development in the ASEAN region. - Invite participants to continue the dialogue, collaborate, and take action to promote accountability in their respective areas of work.

Note: The timings provided are approximate and can be adjusted based on the specific needs and dynamics of the meeting.

The concept of accountability to the people refers to the responsibility of individuals, institutions, and governments to be answerable to the public they serve. It is based on the principle that those in positions of power and authority should act in the best interests of the people, be transparent in their actions and decisions, and be willing to accept scrutiny and be held responsible for their conduct.

Accountability to the people encompasses various dimensions, including:

- 1. Answerability:** This refers to the obligation of individuals and institutions to provide explanations and justifications for their actions, decisions, and policies. It involves being open and transparent about the processes and factors that shape their actions and being willing to engage in dialogue with the public.
- 2. Responsibility:** Accountability to the people involves taking responsibility for one's actions and their consequences. It means acknowledging mistakes, addressing failures, and taking corrective measures when necessary. It also includes taking proactive steps to ensure that actions and decisions are made in the best interests of the people and in accordance with established norms, laws, and ethical standards.
- 3. Transparency:** Transparency is a key element of accountability to the people. It involves making information accessible and available to the public, ensuring that decisions are made in a clear and understandable manner, and disclosing relevant data and documents that inform policies and actions. Transparency enables the public to hold decision-makers accountable and promotes trust and integrity in governance.
- 4. Participation:** Accountability to the people recognizes the importance of involving the public in decision-making processes. It includes providing opportunities for meaningful participation, consultation, and engagement with the public, particularly those who are affected by decisions and policies. It ensures that diverse voices and perspectives are considered and integrated into decision-making processes.
- 5. Redress and Remedies:** Accountability to the people involves providing mechanisms for redress and remedies when people's rights are violated or when mistakes or wrongdoing occur. It includes establishing accessible channels for complaints, appeals, and grievance redressal, as well as ensuring that appropriate measures are taken to address grievances and provide remedies to those affected.

Overall, accountability to the people is a fundamental principle in democratic governance and public administration. It ensures that those in positions of power are accountable for their actions, decisions, and policies, and that they work in the best interests of the people they serve. By promoting transparency, participation, and redress, accountability to the people contributes to good governance, social justice, and the protection of human rights.

While accountability to the people is primarily aimed at promoting transparency, responsiveness, and responsible governance, there are instances where it can be used repressively. It is essential to distinguish between genuine accountability, which serves the best interests of the public, and manipulative or oppressive practices that misuse the concept of accountability for ulterior motives. Here are a few examples of how accountability can be misused or become repressive:

- 1. Suppression of Dissent:** In some cases, accountability mechanisms can be employed to suppress dissenting voices or silence opposition. Governments or institutions may misuse accountability processes to target and intimidate individuals or groups that challenge their authority or policies. This can manifest as legal harassment, defamation lawsuits, or administrative measures that stifle freedom of expression and limit the space for critical voices.
- 2. Selective Application:** Accountability can be selectively applied to target specific individuals or groups while exempting those in positions of power or privilege. This creates an imbalance and undermines the principle of equal accountability. When accountability is used as a tool of discrimination or to protect vested interests, it can perpetuate injustice and reinforce systemic inequalities.
- 3. Limited Access to Information:** Genuine accountability requires access to relevant information and data. However, when information is intentionally withheld or manipulated, it hinders the ability of the public to hold decision-makers accountable. Governments or institutions may restrict access to information, control media outlets, or employ propaganda to manipulate public perception and evade scrutiny.
- 4. Retaliation and Harassment:** Instead of addressing legitimate concerns or criticisms raised by the public, accountability mechanisms can be misused to retaliate against individuals or groups who expose wrongdoing. This can involve threats, harassment, or the use of legal measures to undermine the credibility and influence of those advocating for accountability.

It is important to recognize and challenge instances where accountability is misused to suppress dissent, target marginalized communities, or perpetuate inequality. Genuine accountability should be rooted in principles of transparency, inclusivity, and respect for human rights. Safeguards, such as independent oversight bodies,

access to justice, and protection of freedom of expression, are crucial to prevent the misuse of accountability mechanisms and ensure they serve their intended purpose of promoting responsible and transparent governance.

Development justice and accountability to people lies in their shared focus on ensuring that development processes and outcomes are responsive to the needs and aspirations of people, particularly those who are marginalized and disadvantaged. Here are a few key points highlighting their connection:

1. People-Centered Approach: Both development justice and accountability to people emphasize the importance of placing people at the center of development processes. They advocate for inclusive and participatory approaches that involve the active engagement of individuals and communities in decision-making, planning, and implementation of development initiatives. This approach ensures that development efforts are informed by the priorities, perspectives, and experiences of the people they are meant to benefit.

2. Addressing Power Imbalances: Development justice and accountability to people recognize the presence of power imbalances within development contexts. They aim to challenge and transform unequal power relations by promoting transparency, accountability, and mechanisms for holding duty-bearers, including governments and institutions, responsible for their actions and decisions. By doing so, they seek to prevent the abuse of power and ensure that development initiatives are equitable and responsive to the needs of all.

3. Empowerment and Participation: Development justice and accountability to people emphasize the empowerment of individuals and communities. They recognize that for development processes to be just and sustainable, people must have the agency to actively participate in decision-making, voice their concerns, and hold duty-bearers accountable. Empowering individuals and communities enables them to shape their own development agendas, challenge injustices, and influence policy and programmatic decisions that affect their lives.

4. Human Rights-Based Approach: Both development justice and accountability to people are rooted in human rights principles. They uphold the notion that all individuals are entitled to certain rights and entitlements, including economic, social, cultural, and political rights. Development initiatives guided by human rights principles prioritize the realization of these rights, ensuring that they are respected, protected, and fulfilled. Accountability mechanisms play a crucial role in monitoring and enforcing

enforcing these rights, ensuring that duty-bearers are accountable for fulfilling their obligations.

Social Transformation: Development justice and accountability to people seek to bring about social transformation by challenging systemic inequalities, discrimination, and exclusion. They recognize that development is not solely about economic growth but also about creating just and equitable societies. By promoting accountability to people, development justice aims to transform the structures, policies, and institutions that perpetuate injustice and work towards a more equitable and sustainable future.

In summary, development justice and accountability to people are interconnected concepts that emphasize people-centered approaches, power transformation, empowerment, human rights, and social transformation in development processes. They complement and reinforce each other in the pursuit of equitable and just development outcomes.

Development justice requires an approach that is responsive to the needs and priorities of people. To be accountable towards people's needs, development justice should involve meaningful participation and engagement of people in the development process, especially those who are marginalized and vulnerable. This means that development programs should be designed and implemented in a way that ensures the active participation of people and communities in all stages of the process.

Development justice also requires the recognition and protection of the human rights of all individuals, including the right to participate in decision-making processes that affect their lives. This means that development programs should be designed and implemented in a way that respects and upholds human rights principles, including non-discrimination, participation, transparency, and accountability.

Furthermore, development justice should ensure that development efforts are based on the needs and priorities of people rather than the interests of elites or external actors. This requires a shift away from a top-down approach to development towards one that is grounded in the realities and experiences of people, particularly those who are marginalized and vulnerable.

Accountability practices can vary among ASEAN (Association of Southeast Asian Nations) countries, and the extent of accountability to the people can differ from one country to another. While it is challenging to provide an exhaustive overview of the accountability landscape in all ASEAN countries, here are a few examples of accountability initiatives within the region:

1. **Indonesia:** Indonesia has made significant efforts to strengthen accountability through various mechanisms. The country has established the Corruption Eradication Commission (KPK) to combat corruption and ensure transparency and accountability. Additionally, Indonesia has implemented village-level participa-

tory budgeting initiatives that aim to enhance citizen engagement and oversight in local governance.

2. **Thailand:** Thailand has taken steps to promote accountability through legal and institutional mechanisms. The National Anti-Corruption Commission (NACC) is responsible for investigating corruption cases, promoting integrity, and ensuring accountability among public officials. Thailand has also made efforts to enhance public participation through platforms such as the Local Development Councils, which allow citizens to contribute to decision-making processes.
3. **Philippines:** The Philippines has several accountability mechanisms in place, including the Office of the Ombudsman, which investigates and prosecutes cases of corruption and malfeasance. The country has also implemented the Bottom-Up Budgeting (BUB) approach, which encourages citizen participation in the budgeting process, ensuring that public resources are allocated according to community needs.
4. **Malaysia:** Malaysia has made strides in promoting accountability through initiatives such as the Malaysian Anti-Corruption Commission (MACC), which investigates corruption cases. The country has also introduced measures to enhance transparency, such as the establishment of a government procurement portal that provides information on public procurement processes.

In the context of ASEAN, while there have been initiatives to promote accountability, several challenges and gaps still persist. Here are some specific areas where further improvements are needed:

1. **Regional Cooperation:** Enhancing regional cooperation among ASEAN member states on accountability issues can be challenging. There is a need for stronger collaboration and sharing of best practices, experiences, and expertise in areas such as anti-corruption efforts, transparency, and accountability mechanisms. Strengthening regional mechanisms for mutual accountability and peer learning can help address common challenges.
2. **Human Rights Protection:** Ensuring accountability for human rights violations remains a significant concern in ASEAN. There are instances where human rights defenders, journalists, and activists face harassment, threats, and legal restrictions for their work. Strengthening human rights protections, promoting freedom of expression and assembly, and addressing impunity for human rights abuses are crucial for fostering accountability.
2. **Corporate Accountability:** Holding corporations accountable for their actions, particularly with regard to environmental and social impacts, is an area that requires attention. ASEAN countries are home to numerous multinational corporations involved in various industries, and there is a need to strengthen regulations, enforcement mechanisms, and corporate social responsibility practices to ensure accountability for their actions.

4. **Independent Oversight:** Enhancing the independence and effectiveness of oversight institutions is essential. This includes bodies responsible for investigating corruption, human rights violations, and abuse of power. Ensuring their autonomy, adequate resources, and the ability to carry out their mandates without political interference is crucial for strengthening accountability.

5. **Strengthening Legal Frameworks:** While some ASEAN countries have laws and regulations in place to promote accountability, there is a need for consistent implementation and enforcement. Strengthening legal frameworks, including anti-corruption legislation, access to information laws, whistle blower protection, and mechanisms for citizen participation, can help enhance accountability.

6. **Civil Society Space:** Promoting an enabling environment for civil society organizations to operate freely, express their views, and engage in accountability initiatives is vital. Some ASEAN countries face challenges related to restrictive laws, limited space for civil society, and constraints on freedom of expression and assembly. Protecting the rights of civil society actors and fostering their meaningful participation in accountability efforts is important.

Addressing these gaps and challenges requires sustained commitment from ASEAN member states, collaboration among stakeholders, and the involvement of civil society organizations. Regional initiatives, sharing of best practices, and continuous dialogue on accountability issues can contribute to advancing accountability in ASEAN countries.

Further readings:

1. *"Accountability Now: Empowering Citizens to Control Corruption"* by World Bank Group: This publication explores the role of citizen engagement in promoting accountability and fighting corruption. It provides insights into effective strategies for citizen participation, transparency, and social accountability.
2. *"Accountability and Democratic Governance: Orientations and Principles for Development"* by United Nations Development Programme (UNDP): This report examines the concept of accountability within the context of democratic governance. It discusses key principles, challenges, and strategies for promoting accountability in different contexts.
3. *"From Principles to Practice: Strengthening UN Accountability for the Sustainable Development Goals"* by United Nations Research Institute for Social Development (UNRISD): This research paper focuses on accountability within the framework of the SDGs. It explores accountability mechanisms and their effectiveness in achieving the SDGs, with a particular emphasis on leaving no one behind.
4. *"Social Accountability: What Does the Evidence Really Say?"* by World Bank Group: This publication presents a comprehensive review of evidence on social accountability initiatives. It examines different approaches, tools, and strategies for promoting citizen engagement, transparency, and accountability in governance.
5. *"Accountability in Southeast Asia: The Role of Civil Society"* edited by W. Kymlicka and B. He, with R. Fayliss: This collection of essays examines accountability and the role of civil society in Southeast Asian countries. It covers a range of topics, including anti-corruption efforts, human rights, democratic governance, and the challenges of fostering accountability in diverse contexts.
6. *"ASEAN Community-Based Mechanisms for Human Rights: An Asian Perspective"* by Immanuel Purba: This book focuses on human rights and accountability mechanisms within the ASEAN region. It explores the challenges and opportunities of promoting accountability for human rights violations, including the role of civil society, regional mechanisms, and legal frameworks.



Advocacy¹⁰¹

1. Four Pillars of Advocacy
2. Types and Strategies of Advocacy
3. Human Rights Based Advocacy
4. Six Elements of Advocacy

AIM:

The participants understand provided with a space for sharing and stimulation on the concept of advocacy as well as to introduce the participants regarding human rights advocacy and its elements

DEBRIEFING:

Advocacy has various definitions, but fundamentally, it involves identifying means to pressure and convince individuals or entities to implement necessary actions and bring about desired changes; Human rights advocacy is about promoting change that makes an impact to the advancement of human rights related to promotion, fulfilment or protection of human rights; Being mindful of elements of advocacy when designing an advocacy strategy or plan is important.

CONCLUSION:

Advocacy should be accessible for everyone. Advocacy could aim for long-term goals, and oftentimes, with collaborative and persistent effort. The goal for advocacy is not to solve ALL human rights problems.

Time & Durations: 90 Minutes

Section	Time	Description
1. Introduction	5 minutes	<ul style="list-style-type: none"> - Introduce the simulation and its objectives. - Provide a brief overview of the issue or scenario. - Explain the rules or guidelines for the simulation.
2. Briefing	5 minutes	<ul style="list-style-type: none"> - Share background information on the issue or scenario. - Provide relevant facts, statistics, and stakeholder information. - Explain the roles and responsibilities of different actors.
3. Planning and Preparation	15 minutes	<ul style="list-style-type: none"> - Allocate time for participants to plan their advocacy approach. - Encourage setting objectives, identifying target audiences, and developing key messages. - Allow participants to outline their action plan.
4. Advocacy Actions	40 minutes	<ul style="list-style-type: none"> - Participants share their advocacy plan based on their plans. - Allow participants to actively advocate for their cause.
5. Reflection and Evaluation	15 minutes	<ul style="list-style-type: none"> - Facilitate a reflection session for participants based on their presentation. - Discuss what worked well, challenges faced, and lessons learned. - Encourage participants to evaluate their own performance and provide feedback.
6. Debrief and Analysis	5 minutes	<ul style="list-style-type: none"> - Facilitate a group discussion to analyze the outcomes and impact of the advocacy simulation. - Explore the effectiveness of different strategies and actions taken. - Discuss any gaps or areas for improvement in the advocacy efforts.
7. Conclusion	5 minutes	<ul style="list-style-type: none"> - Summarize key takeaways and lessons learned from the simulation. - Revisit the objectives and discuss how the experience can inform real-life advocacy efforts. - Thank participants for their participation and encourage ongoing engagement with the issue.

Note: The time allocations provided are approximate and can be adjusted based on the available time and complexity of the simulation. It's important to allocate sufficient time for participants to plan, act, reflect, and analyze their advocacy efforts. The facilitator should ensure a balance between structured activities and opportunities for participant engagement and discussion.

Remember, the flow can be adapted based on the specific goals and dynamics of the simulation, and it's important to maintain flexibility and create space for participant engagement and active learning throughout the process.

Advocacy is the act of supporting, promoting, and working towards a particular cause or issue. It involves actively speaking out, raising awareness, and pushing for change or improvement in areas such as social justice, public policy, human rights, environmental protection, or any other relevant field. Advocacy aims to influence individuals, organizations, and institutions to take action or change their policies and practices in order to address an identified problem or achieve a desired outcome.

Advocates typically work on behalf of individuals or groups who may be marginalized, disadvantaged, or facing systemic challenges. They strive to amplify the voices of those affected by advocating for their rights, needs, and interests. Advocacy can take various forms, including lobbying, public campaigns, community organizing, education and awareness initiatives, research and policy analysis, legal action, and media engagement.

Effective advocacy often involves strategic planning, coalition-building, and collaboration with like-minded individuals or organizations. It requires clear communication, persuasive arguments, and the ability to engage and mobilize others to support the cause. By engaging in advocacy, individuals and groups aim to bring about positive change, shape public opinion, and create a more equitable and just society.

Four pillar of advocacy:

Deliberate and continuous process

Based on demonstrated evidence and data

Directly and indirectly influence decision makers, stakeholders, and relevant audiences

Implement actions that contribute to the fulfilment of rights

Advocacy can be done by individuals, organizations, or groups who are passionate about a particular cause or issue. Here are some examples of individuals and entities that can engage in advocacy:

1. **Individuals:** Any person who feels strongly about a cause can become an advocate. They may have personal experiences, knowledge, or a deep concern about a specific issue, and they use their voice and actions to raise awareness, educate others, and promote change.
2. **Non-Governmental Organizations (NGOs):** NGOs, also known as non-profit organizations, are dedicated to addressing specific social, environmental, or humanitarian issues. They often engage in advocacy to advance their mission and promote the rights and well-being of the populations they serve.

- 3. Civil Society Organizations (CSOs):** These organizations operate at the local level and focus on addressing the needs and concerns of a specific community or group. They advocate for the interests and rights of their community members, working towards positive change within their local context.
- 4. Activist Groups:** Activist groups are formed by individuals who are committed to advocating for social or political change. They often organize protests, campaigns, or other forms of direct action to raise awareness and put pressure on decision-makers to address their concerns.
- 5. Professional Associations:** Professional associations represent specific industries, sectors, or professions. They may engage in advocacy to promote the interests of their members, shape public policy, and improve conditions within their respective fields.
- 6. Social Movements:** Social movements bring together individuals and organizations that share a common goal or vision for societal change. They mobilize their collective power to advocate for systemic transformations and challenge existing norms and structures.
- 7. Public Figures:** Public figures, including celebrities, influencers, and prominent individuals, can utilize their platform and influence to advocate for causes they believe in. Their voice and visibility can attract attention, raise awareness, and mobilize support for various issues.

It's important to note that advocacy can be pursued at different levels, from grassroots initiatives within local communities to national and international campaigns. Anyone who is committed to making a positive impact and driving change has the potential to engage in advocacy, regardless of their background or affiliation.

There is no one-size-fits-all "best" advocacy strategy, as the effectiveness of a strategy depends on various factors, including the specific context, issue, target audience, and available resources. However, here are some commonly employed advocacy strategies that have proven to be effective in many cases:

- 1. Research and Evidence:** Conduct thorough research to gather credible data, facts, and evidence related to the issue at hand. This information can strengthen your arguments, support your advocacy goals, and provide a basis for engaging with policymakers, media, and the public.
- 2. Coalition Building:** Form alliances and build partnerships with like-minded individuals, organizations, and stakeholders who share your goals or have a vested interest in the issue. Collaborating with others can amplify your voice, pool resources, and create a stronger advocacy presence.

3. **Grassroots Mobilization:** Engage and mobilize individuals within communities who are directly affected by the issue. Grassroots advocacy involves empowering community members, organizing local campaigns, conducting community meetings or town halls, and encouraging people to take action, such as contacting policymakers or participating in public demonstrations.
4. **Lobbying and Engagement:** Engage directly with policymakers, government officials, and decision-makers at various levels. This can involve meeting with them to present your case, providing them with relevant information, and advocating for specific policy changes or reforms.
5. **Media and Public Relations:** Utilize media platforms to raise awareness, shape public opinion, and attract attention to your cause. This can include writing op-eds or letters to the editor, issuing press releases, conducting media interviews, utilizing social media, and organizing public events or campaigns that garner media coverage.
6. **Public Education and Awareness:** Conduct educational initiatives to inform the public about the issue, its impact, and potential solutions. This can involve hosting workshops, giving presentations, producing educational materials, and leveraging online platforms to disseminate information.
7. **Legal Action:** In certain cases, legal action can be an effective advocacy strategy. This may involve filing lawsuits, engaging in public interest litigation, or advocating for legal reforms to address systemic issues.
8. **Policy and Legislative Advocacy:** Engage in policy research and analysis to propose evidence-based policy solutions. Advocate for policy changes, participate in public consultations, and provide input during the legislative process.

Remember, the most effective advocacy strategies often combine multiple approaches and adapt to the specific context and goals of your advocacy campaign. It's essential to evaluate and adjust your strategy based on the feedback and results you receive, remaining flexible and responsive to changing circumstances.

Human rights-based advocacy is an approach to advocacy that focuses on promoting and protecting human rights principles and standards. It emphasizes the recognition and fulfillment of fundamental human rights as the foundation for social justice, equality, and dignity. In human rights-based advocacy, the following key elements are typically emphasized:

- 1. Human Rights Framework:** Advocacy efforts are grounded in international human rights standards, such as those articulated in the Universal Declaration of Human Rights and various international human rights treaties and conventions. These standards provide a comprehensive set of principles and norms that encompass civil, political, economic, social, and cultural rights.
- 2. Empowerment and Participation:** Human rights-based advocacy recognizes the importance of empowering individuals and communities to claim and exercise their rights. It promotes active participation and engagement of affected individuals or groups in decision-making processes, ensuring that their voices are heard and respected.
- 3. Non-Discrimination and Equality:** Human rights-based advocacy challenges all forms of discrimination and promotes equal rights and opportunities for everyone, without distinction based on race, gender, ethnicity, religion, disability, or other grounds. It seeks to address systemic inequalities and structural barriers that perpetuate discrimination and exclusion.
- 4. Accountability and Rule of Law:** Advocacy efforts aim to hold governments, institutions, and other duty-bearers accountable for their human rights obligations. This includes advocating for effective laws, policies, and mechanisms that protect and promote human rights, as well as demanding transparency, oversight, and access to justice.
- 5. Remedies and Redress:** Human rights-based advocacy seeks to ensure that individuals whose rights have been violated have access to effective remedies and redress. It involves advocating for mechanisms that provide justice, reparations, and measures to prevent future violations.
- 6. Intersectionality and Inclusivity:** Human rights-based advocacy recognizes that individuals may experience multiple forms of discrimination and marginalization. It takes an intersectional approach, considering how various identities and social factors intersect to shape experiences of inequality and human rights violations. It strives to be inclusive and address the specific needs and rights of marginalized and vulnerable groups.

Human rights-based advocacy can be applied to a wide range of issues, including but not limited to gender equality, racial justice, LGBTQ+ rights, disability rights, indigenous rights, freedom of expression, right to education, access to healthcare, and socioeconomic rights.

There can be changes in the legal duties of the government and the activities of people following a policy change. When a policy is modified or new policies are introduced, it can impact the roles, responsibilities, and actions of both the government and the people. Here are a few examples of how changes in policy can affect these entities:

- 1. Government Duties:** A policy change may alter the legal obligations and duties of the government. It could lead to the creation of new laws, regulations, or guidelines that the government must enforce or implement. Conversely, certain obligations or responsibilities may be removed or amended as a result of the policy change. The government may need to allocate resources, revise administrative procedures, or establish new mechanisms to fulfill its obligations under the new policy.
- 2. People's Activities:** A policy change can influence the activities and behavior of individuals and communities. New policies may require individuals to comply with new regulations, follow different procedures, or adapt their practices to align with the new policy objectives. For example, if a policy mandates stricter environmental standards, people may need to adopt more sustainable practices, change their consumption patterns, or comply with new reporting requirements. Conversely, a policy change may also grant individuals new rights or freedoms, allowing them to engage in certain activities that were previously restricted.
- 3. Rights and Responsibilities:** Policy changes can affect the balance between rights and responsibilities. The introduction of new policies may expand or restrict certain rights and freedoms for individuals or communities. Simultaneously, it may establish new responsibilities or expectations for people to adhere to in order to promote the objectives of the policy. For instance, a policy promoting workplace safety may increase the responsibility of employers to ensure a safe working environment, while employees may have new rights to refuse unsafe work conditions.

It's important to note that the specific impact of a policy change on government duties and people's activities will depend on the nature and scope of the policy, as well as the legal and institutional framework in place. Policy changes are often accompanied by a transition period, during which government agencies, stakeholders, and individuals have the opportunity to understand, adjust, and comply with the new requirements and expectations.

In the picture below, there are two things that you should do reciprocally to make sure the changes are appropriate with people's demands and no discrimination on it.



"Human progress is neither automatic nor inevitable, every step toward the goal of justice requires sacrifice, suffering, and struggle. The tireless exertions and passionate concern of dedicated individuals" - **Martin Luther King Jr.**

The six elements of advocacy, often referred to as the "Six As," are a framework that outlines key components of effective advocacy campaigns. These elements help guide advocates in planning and implementing their advocacy strategies. The six elements are as follows:

- 1. Awareness:** Advocacy begins with creating awareness about the issue or cause. This involves educating the public, policymakers, and stakeholders about the problem, its causes, and its impact. Awareness activities can include media campaigns, public events, publications, and social media outreach.
- 2. Analysis:** Advocacy requires a thorough analysis of the issue, including its root causes, key stakeholders, and relevant policies and laws. This involves conducting research, collecting data, and understanding the social, economic, and political dynamics surrounding the issue.
- 3. Alliance:** Building alliances and partnerships is crucial for effective advocacy. Collaborating with like-minded individuals, organizations, and communities can amplify the advocacy message and increase its impact. Alliances can be formed with NGOs, community groups, experts, and affected individuals. Example:

- Other human rights organizations
- Victims groups
- Religious and cultural leaders/teachers
- Professional associations (e.g. doctors, lawyers)
- Government agencies and officials
- Community organizations (including women's, youth, and elderly groups)
- Non-governmental organizations (NGOs)
- Environmental advocacy groups and public interest organizations
- Members of donor organizations
- Issue-based international networks or coalitions (e.g. working on forest, indigenous peoples, human rights, environment, etc.)
- Universities and law schools (law clinics providing free advice, and technical personnel with laboratory access)
- Natural resource ministries
- Politicians (especially at the regional, district, and local levels)
- People in the private sector who support environmental work and can provide technical, legal, public relations, or other assistance
- Members of media institutions. tactics, such as lobbying, public campaigns, and grassroots organizing.

4. **Advocacy:** The core element of advocacy is actively promoting the cause and working towards desired changes. This involves developing persuasive arguments, engaging with decision-makers, mobilizing supporters, and utilizing various advocacy tactics, such as lobbying, public campaigns, and grassroots organizing.
5. **Action:** Advocacy should translate into concrete actions that contribute to the desired change. This can include policy reforms, legislative amendments, program implementation, or changes in behavior or practices. Advocates need to identify specific actions that will help achieve their advocacy goals.
6. **Assessment:** Advocacy efforts should be assessed to determine their effectiveness and impact. Evaluating the outcomes and impact of the advocacy campaign helps advocates learn and adapt their strategies. Assessment can include monitoring progress, collecting feedback, and measuring the extent to which desired changes have been achieved.

Materials for facilitators:

Scenario 1: In a bustling urban center, the community has observed a steady rise in pollution levels, leading to detrimental health effects and environmental degradation. Despite numerous complaints from residents, no effective measures have been implemented to tackle this pressing issue. As a concerned citizen actively involved in an environmentalist group, how would you undertake advocacy efforts to address this matter?

Scenario 2: Within a prominent city school, a group of students has become victims of physical and verbal abuse at the hands of one of their teachers. The abusive behavior includes acts of violence, such as hitting, kicking, and hurling objects, as well as the use of derogatory and offensive language. Despite the students reporting the abuse to the school principal, no remedial actions have been taken. As an advocate deeply invested in this cause and with a personal connection as the sibling of one of the students, how would you engage in advocacy to address this grave issue?

Other options for scenarios:

- **Scenario 1:** You represent a human rights NGO in Brunei that focuses on addressing issues related to sexual orientation, gender identity, and expression (SOGIESC). The LGBTIQ community in Brunei is currently facing hostile threats through legislative measures. Your NGO has chosen to pursue an advocacy approach to address this issue. How would you shape your advocacy efforts in response?
- **Scenario 2:** You and your colleagues at Studios School in Mindanao are deeply concerned about the alarming rate of child marriages among students. Many students are compelled to leave school and become brides at a young age. You and the teacher at Studios School are planning to take action on this critical issue. How would you design your advocacy strategies to combat child marriage and safeguard the rights of the affected students?
- **Scenario 3:** The Mekong region is experiencing escalating challenges from climate change, saline intrusion, and the construction of hydropower dams. As an environmentalist residing in the Mekong region, you are passionate about advocating for environmental rights in the area. How would you devise your advocacy approach to address these pressing issues and protect the environment in the Mekong region?
- **Scenario 4:** Access to safe and legal abortions in Indonesia is severely restricted. You are part of a women's network that advocates for sexual and reproductive health rights (SRHR) in Indonesia. How would you organize and mobilize your advocacy efforts to advance access to safe and legal abortions, promoting comprehensive SRHR for women in the country?

Further Reading:

Youtube: The power of advocacy: <https://www.youtube.com/watch?v=xjutWPTA4wo>

Youtube: 5 Steps to become advocates <https://www.youtube.com/watch?v=nlo31mMB4P8>

"The Art of Advocacy: A Plea for the Renaissance of the Trial Lawyer" by Richard J. Crawford

"Rules for Radicals" by Saul D. Alinsky

"Advocacy: Championing Ideas and Influencing Others" by John A. Daly

"The Networked Nonprofit: Connecting with Social Media to Drive Change" by Beth Kanter and Allison H. Fine

"How to Win Campaigns: Communications for Change" by Chris Rose

"The Influential Fundraiser: Using the Psychology of Persuasion to Achieve Outstanding Results" by Bernard Ross and Clare Segal

"Strategic Planning for Public and Nonprofit Organizations: A Guide to Strengthening and Sustaining Organizational Achievement" by John M. Bryson

"Organizing for Social Change: Midwest Academy Manual for Activists" by Kim Bobo, Jackie Kendall, and Steve Max

"The Advocacy Handbook" by Joan Mulhern and George Kimbrell

"Smart Communities: How Citizens and Local Leaders Can Use Strategic Thinking to Build a Brighter Future" by Suzanne W. Morse

"Strategic Planning for Public and Nonprofit Organizations: A Guide to Strengthening and Sustaining Organizational Achievement" by John M. Bryson: This resource provides guidance on strategic planning, including the analysis and assessment of issues, setting goals, and taking action in the context of public and nonprofit organizations.

"Advocacy: A Guide for Nonprofit Organizations" by John S. Noble: This guide specifically focuses on advocacy in the nonprofit sector, covering topics such as building alliances, creating awareness, and taking action to achieve advocacy goals.

"The Networked Nonprofit: Connecting with Social Media to Drive Change" by Beth Kanter and Allison H. Fine: This book explores the use of social media and digital tools in advocacy and mobilizing supporters, which aligns with the element of creating awareness and building alliances.



Advocacy in Practice

1. Formal & Non-Formal Advocacy Strategy

AIM:

Providing participants with hands-on experience in planning and executing advocacy strategies, thereby enhancing their understanding of the practical aspects of advocacy work.

DEBRIEFING:

Reflect on the advocacy simulation and invite participants to share their experiences, challenges faced, and lessons learned during the exercise; Discuss the effectiveness of the advocacy strategies employed and analyze the impact they had on the target audience or decision-makers; Encourage participants to share any insights gained or innovative approaches discovered during the simulation.

CONCLUSION:

The advocacy in practice simulation provided participants with valuable insights and skills to effectively plan and execute advocacy strategies, empowering them to make a meaningful impact in their respective areas of interest.

Time & Durations: 90 Minutes

Section	Time	Description
1. Introduction	5 minutes	<ul style="list-style-type: none"> - Introduce the simulation and its objectives. - Provide a brief overview of the issue or scenario. - Explain the rules or guidelines for the simulation.
2. Briefing	5 minutes	<ul style="list-style-type: none"> - Share background information on the issue or scenario. - Provide relevant facts, statistics, and stakeholder information. - Explain the roles and responsibilities of different actors.
3. Planning and Preparation	15 minutes	<ul style="list-style-type: none"> - Allocate time for participants to plan their advocacy approach. - Encourage setting objectives, identifying target audiences, and developing key messages. - Allow participants to outline their action plan.
4. Advocacy Actions	40 minutes	<ul style="list-style-type: none"> - Participants share their advocacy plan based on their plans. - Allow participants to actively advocate for their cause.
5. Reflection and Evaluation	15 minutes	<ul style="list-style-type: none"> - Facilitate a reflection session for participants based on their presentation. - Discuss what worked well, challenges faced, and lessons learned. - Encourage participants to evaluate their own performance and provide feedback.
6. Debrief and Analysis	5 minutes	<ul style="list-style-type: none"> - Facilitate a group discussion to analyze the outcomes and impact of the advocacy simulation. - Explore the effectiveness of different strategies and actions taken. - Discuss any gaps or areas for improvement in the advocacy efforts.
7. Conclusion	5 minutes	<ul style="list-style-type: none"> - Summarize key takeaways and lessons learned from the simulation. - Revisit the objectives and discuss how the experience can inform real-life advocacy efforts. - Thank participants for their participation and encourage ongoing engagement with the issue.

Formal and non-formal advocacy strategies are approaches used to influence decision-making and bring about social change. Here's a breakdown of the two:

1. Formal Advocacy Strategy: Formal advocacy strategies involve structured and organized efforts that follow established protocols and channels. They typically involve engaging with official institutions, such as government bodies, legislative bodies, or international organizations. Examples of formal advocacy strategies include:

- **Lobbying:** Engaging with policymakers and legislators to advocate for specific policies or legislation through meetings, presentations, and written communications.
- **Legal Action:** Using the legal system, such as filing lawsuits or petitions, to challenge policies or seek redress for human rights violations.
- **Policy Research and Analysis:** Conducting in-depth research, data analysis, and policy development to provide evidence-based recommendations and influence policy decisions.
- **Coalition Building:** Forming alliances and partnerships with other organizations and stakeholders to amplify advocacy efforts and present a unified front.

Formal advocacy strategies often require adherence to specific rules, procedures, and legal frameworks. They aim to directly influence policy and legal changes by working within established systems.

2. Non-formal Advocacy Strategy: Non-formal advocacy strategies involve more flexible and grassroots approaches that operate outside formal institutional structures. They often focus on community organizing, public awareness, and social mobilization. Examples of non-formal advocacy strategies include:

- **Grassroots Campaigns:** Mobilizing community members, organizing protests, conducting public demonstrations, and utilizing social media to raise awareness and apply public pressure on decision-makers.
- **Awareness-raising Initiatives:** Using educational programs, public events, media campaigns, and storytelling to inform the public about specific issues, generate empathy, and foster public support.
- **Direct Action:** Engaging in acts of civil disobedience, peaceful protests, or symbolic actions to draw attention to an issue and disrupt the status quo.
- **Online Activism:** Utilizing social media platforms, online petitions, and digital advocacy tools to raise awareness, build networks, and facilitate collective action.

Non-formal advocacy strategies often focus on grassroots empowerment, engaging directly with affected communities, and mobilizing public opinion to influence decision-making indirectly.

It's important to note that formal and non-formal advocacy strategies are not mutually exclusive, and advocates often employ a combination of both approaches to maximize their impact and achieve their goals. The choice of strategy depends on the context, objectives, available resources, and the nature of the issue being addressed.

One example of an advocacy meeting is a "Roundtable Discussion on Climate Change Policy." In this meeting, representatives from environmental organizations, government agencies, scientific institutions, and community groups come together to discuss and strategize on policies and actions to address climate change. The meeting aims to foster collaboration, share expertise and research findings, and advocate for stronger climate policies at local, national, or international levels. Participants engage in open discussions, present evidence-based arguments, and work towards consensus on advocacy priorities and actions to combat climate change.

An example of a non-formal advocacy strategy is a grassroots campaign aimed at raising awareness and generating public support for a specific cause. Here's an example scenario:

Let's say there is a grassroots campaign focused on advocating for accessible public transportation for people with disabilities in a particular city. The campaign organizers may engage in various non-formal advocacy activities, such as:

1. **Public Demonstrations:** Organizing peaceful protests or rallies to draw attention to the issue. This could involve gathering community members, disability rights activists, and supporters to march or gather in public spaces, carrying signs and banners advocating for accessible transportation.
2. **Online Advocacy:** Utilizing social media platforms, online petitions, and digital campaigns to raise awareness and mobilize support. This could include sharing personal stories, videos, and infographics to highlight the challenges faced by individuals with disabilities and the importance of accessible transportation.
3. **Community Engagement:** Hosting town hall meetings, community forums, or panel discussions where affected individuals, advocates, and community members can share their experiences, discuss the issue, and brainstorm solutions. These events can help build a sense of community, empower individuals to share their perspectives, and identify collective strategies.
4. **Media Engagement:** Working with local media outlets to share stories, publish op-eds, or conduct interviews that shed light on the lack of accessible transportation options and the impact on people with disabilities. This can help raise public awareness and put pressure on decision-makers to address the issue.

5. Collaborations and Alliances: Forming coalitions with other advocacy organizations, disability rights groups, and community partners who share similar goals. By uniting efforts and working together, these groups can amplify their advocacy messages, pool resources, and have a greater collective impact.

These non-formal advocacy activities aim to engage the community, create public dialogue, and influence public opinion and decision-makers to prioritize accessible transportation for people with disabilities. By utilizing grassroots organizing, community mobilization, and public awareness-raising, non-formal advocacy strategies can be effective in driving social change.

Further readings:

Amnesty International:

- *"Activism and Human Rights: A Guide for Organizations and Individuals" provides insights into various forms of activism, including grassroots mobilization and non-formal advocacy strategies.*
- *Amnesty International's website offers numerous resources, reports, and case studies on grassroots activism, community engagement, and non-formal advocacy efforts related to specific human rights issues.*

Human Rights Watch:

- *Human Rights Watch's publications and reports often highlight grassroots movements and non-formal advocacy campaigns carried out by affected communities and human rights defenders.*
- *The organization's website includes stories and case studies that demonstrate the impact of non-formal advocacy strategies in promoting human rights.*

Oxfam:

- *Oxfam's "Campaigning and Advocacy Toolkit" provides guidance on designing and implementing effective advocacy campaigns, including grassroots organizing and community mobilization.*
- *Oxfam's publications and reports often explore grassroots movements and non-formal advocacy strategies related to issues such as poverty, inequality, and social justice.*

Global Witness:

- *Global Witness publishes reports and investigations on human rights and environmental issues, often featuring grassroots campaigns and non-formal advocacy efforts by affected communities.*
- *Their website offers resources and case studies that highlight the role of grassroots movements in advocating for human rights and addressing social and environmental challenges.*



Meeting Simulation and Advocacy

1. Formal & Non-Formal Advocacy Strategy

AIM:

Providing participants with an opportunity to practice and enhance their advocacy skills by simulating a realistic meeting scenario.

DEBRIEFING:

Reflect on experiences and strategies used during the advocacy meeting simulation; Share lessons learned and insights gained; Provide constructive feedback and discuss challenges faced; Discuss application to real-life advocacy scenarios; Set action steps for future advocacy efforts.

CONCLUSION:

Highlighted the significance of accountability in promoting equitable and sustainable development within ASEAN. By recognizing the interplay between development justice and accountability, stakeholders can work towards addressing systemic injustices, empowering marginalized groups, and fostering inclusive and participatory decision-making processes.

Time & Durations: 90 Minutes

Section	Time	Description
1. Introduction and Briefing	15 minutes	<ul style="list-style-type: none"> - Introduce the purpose of the simulation and the advocacy issue at hand. - Provide participants with background information on the issue, including relevant laws, policies, and stakeholders. - Explain the objectives of the simulation and the desired outcomes.
2. Stakeholder Mapping and Analysis	20 minutes	<ul style="list-style-type: none"> - Assign participants to small groups and provide them with a stakeholder mapping template. - Instruct groups to identify and analyze key stakeholders related to the advocacy issue. - Ask groups to assess the stakeholders' interests, influence, and potential for collaboration or opposition.
3. Strategy Development	30 minutes	<ul style="list-style-type: none"> - Instruct each group to develop an advocacy strategy based on their stakeholder analysis. - Encourage groups to identify specific goals, target audiences, key messages, and tactics. - Advise them to consider the strengths, weaknesses, opportunities, and threats (SWOT) related to their strategy.
4. Advocacy Plan Presentation	15 minutes	<ul style="list-style-type: none"> - Invite each group to present their advocacy strategy to the rest of the participants. - Allocate time for questions and feedback from the audience. - Encourage constructive discussions and suggestions for improvement.
5. Role Play or Simulation	45 minutes	<ul style="list-style-type: none"> - Assign roles to participants, such as policymakers, community leaders, or representatives of target audiences. - Conduct a role play session where participants enact advocacy scenarios based on their developed strategies. - Facilitate interactions and encourage participants to apply their advocacy skills and tactics.
6. Debrief and Reflection	20 Minutes	<ul style="list-style-type: none"> - Lead a debrief session to reflect on the simulation experience. - Discuss the effectiveness of different strategies, tactics, and stakeholder engagement approaches. - Encourage participants to share their observations, challenges, and lessons learned.

Section	Time	Description
7. Action Planning and Follow-up	10 Minutes	<ul style="list-style-type: none">- Allocate time for participants to develop action plans based on the insights gained from the simulation.- Discuss ways to apply the learned strategies and tactics in real-life advocacy efforts.- Emphasize the importance of follow-up actions and continued engagement with the advocacy issue.

Note: The time allocations provided are approximate and can be adjusted based on the available time and complexity of the simulation. It is important to provide sufficient time for strategy development, role play, and reflection to ensure meaningful learning and application of advocacy skills. The facilitator should encourage active participation, promote collaboration, and create a safe and supportive environment for participants to learn and experiment with different advocacy strategies.

Interventions, Meetings, and Simulations**1. How to attend a (formal) meeting?**

To attend a formal meeting, you need to receive an invitation from the organizing party or through a representative of your organization. If you haven't received an invitation, you can reach out to the organizing party or request to be included on their mailing list. When attending the meeting, make sure to arrive on time and be prepared with the necessary documents and materials. During the meeting, it is important to actively participate, listen to others, and respect the rules of the meeting.

2. How to raise or formulate critical questions?

When raising critical questions, it is important to be clear and concise, and to focus on the issue at hand. Begin by introducing the topic and the specific issue you want to address. Then, ask your question in a straightforward manner. It can be helpful to provide relevant background information or context to support your question. Finally, be prepared to engage in a constructive dialogue with the other participants.

3. How to design recommendations?

To design effective recommendations, it is important to start with a clear understanding of the issue you want to address and the outcome you want to achieve. Then, identify specific actions that can be taken to achieve that outcome. Your recommendations should be realistic, feasible, and tailored to the specific context. It is also important to consider the potential impact and unintended consequences of your recommendations.

4. Why give intervention?

Giving intervention is an important part of advocacy because it allows you to raise critical questions, provide recommendations, and share perspectives or views. By doing so, you can influence decision-making processes and help shape policy outcomes. Giving intervention also helps to promote transparency, accountability, and good governance.

5. How to conduct an advocacy meeting?

When conducting an advocacy meeting, it is important to be clear about the purpose of the meeting and the outcomes you want to achieve. Begin by introducing yourself and your organization, and then explain the issue you want to address. Provide relevant background information and data to support your case. Be prepared to engage in a constructive dialogue with the other participants and listen to their perspectives. Finally, end the meeting with a clear call to action and follow-up steps.

6. How to correspond or request for an "hearing" or "advocacy meeting"?

To request an advocacy meeting or hearings, it is important to prepare a clear and concise letter or email that outlines the purpose of the meeting, the issue you want to address, and the outcome you hope to achieve. It is also important to provide relevant background information and data to support your case. Address the letter or email to the appropriate person or organization and follow up with a phone call or reminder email if necessary. Be prepared to negotiate the timing and format of the meeting, and to adjust your approach based on the response you receive.

Further readings:

1. Model ASEAN Meeting (MAM) Manuals: Several educational institutions and organizations conduct Model ASEAN Meetings, which simulate ASEAN meetings to educate students and professionals about the organization. These programs often have their own manuals or guidelines that outline the simulation process and provide background information on ASEAN. You can search for Model ASEAN Meeting manuals or handbooks offered by educational institutions or organizations that specialize in ASEAN studies.

Holistic Security

1. Understanding Holistic Security
2. Understanding Physical, Digital, and Psychosocial Security
3. Type of Vulnerabilities

AIM: *Empower participants with knowledge and skills to enhance their personal safety, digital security, emotional well-being, and organizational security, ultimately enabling them to pursue their activism and work in a secure and resilient manner.*

DEBRIEFING: *Participants shared their understanding of holistic security and recognized the interconnectedness of physical, digital, emotional, and organizational security; They engaged in threat assessment and risk analysis exercises to identify potential threats and vulnerabilities in their contexts; Strategies for physical and digital security were discussed, along with practical tips and tools to implement them; The importance of emotional well-being and self-care in maintaining holistic security was emphasized, and participants shared self-care practices; Participants explored ways to create secure and resilient organizations and networks, focusing on collaboration and trust.*

CONCLUSION: *The holistic security session provided participants with a comprehensive understanding of security considerations and equipped them with practical tools and strategies to enhance their personal and organizational security. By recognizing the interconnected nature of different security aspects and prioritizing their well-being, participants are now better prepared to navigate the challenges they may encounter in their activism and work.*

Time & Durations: 90 Minutes

Section	Time	Description
1. Introduction and Icebreaker	10 minutes	<ul style="list-style-type: none"> - Welcome participants and introduce the session. - Conduct an icebreaker activity to create a comfortable and inclusive atmosphere.
2. Understanding Holistic Security	20 minutes	<ul style="list-style-type: none"> - Present an overview of holistic security, emphasizing the importance of addressing physical, digital, emotional, and organizational security. - Discuss the interconnectedness of different security aspects and their impact on personal well-being and activism.
3. Threat Assessment and Risk Analysis	25 minutes	<ul style="list-style-type: none"> - Explain the process of conducting a threat assessment and risk analysis. - Provide tools and techniques for identifying potential threats and assessing their level of risk. - Encourage participants to reflect on their own contexts and identify specific threats they may face.
4. Strategies for Physical and Digital Security	25 minutes	<ul style="list-style-type: none"> - Discuss best practices for physical security, including personal safety, travel security, and securing physical spaces. - Present strategies for digital security, such as strong passwords, encryption, and safe online practices. - Share resources and tools that can enhance physical and digital security.
5. Emotional Well-being and Self-care	15 minutes	<ul style="list-style-type: none"> - Highlight the importance of emotional well-being and self-care in maintaining holistic security. - Provide tips and techniques for managing stress, burn-out, and emotional challenges. - Encourage participants to prioritize self-care and develop coping strategies.
6. Creating Secure Organizations and Networks	15 Minutes	<ul style="list-style-type: none"> - Lead a debrief session to reflect on the simulation experience. - Discuss the effectiveness of different strategies, tactics, and stakeholder engagement approaches. - Encourage participants to share their observations, challenges, and lessons learned.
7. Action Planning and Conclusion	10 Minutes	<ul style="list-style-type: none"> - Discuss the role of organizations and networks in promoting holistic security. - Share strategies for building secure and resilient organizational structures and networks. - Emphasize the importance of collaboration, trust, and accountability within groups.

Note: The flow can be adapted based on the specific needs and time constraints of the session.

Holistic security is a comprehensive approach to addressing and ensuring security that encompasses various interconnected dimensions of an individual's or a community's well-being. It recognizes that security extends beyond traditional notions of physical safety and includes other aspects such as psychological, emotional, social, economic, and environmental well-being.

Rather than focusing solely on protection from external threats, holistic security emphasizes the need to address underlying causes of insecurity and vulnerability. It considers factors such as poverty, inequality, discrimination, human rights violations, environmental degradation, and social exclusion that can contribute to individuals or communities feeling unsafe or facing risks.

Holistic security promotes a multidimensional approach that seeks to empower individuals and communities to protect themselves, enhance their resilience, and address the root causes of insecurity. It involves strategies that integrate physical safety, mental and emotional well-being, social cohesion, economic stability, and environmental sustainability.

This concept is often applied in contexts such as human rights activism, community development, conflict resolution, and disaster risk reduction. It recognizes that individuals and communities are interconnected and that addressing the diverse aspects of their well-being is essential for achieving sustainable and inclusive security.

Applying holistic security involves adopting an integrated approach that addresses multiple dimensions of security. Here are some key steps to consider when implementing holistic security:

1. **Assess Vulnerabilities:** Conduct a comprehensive assessment of the vulnerabilities and risks faced by individuals or communities. This involves identifying threats to physical safety, psychological well-being, social cohesion, economic stability, and environmental sustainability.
2. **Identify Root Causes:** Understand the underlying factors contributing to insecurity. This may include social, economic, political, or environmental factors that create or exacerbate vulnerabilities. Identifying root causes helps to develop targeted and sustainable solutions.

3. **Promote Empowerment and Participation:** Empower individuals and communities by involving them in decision-making processes and providing opportunities for active participation. Encourage the development of their own security strategies, fostering self-reliance and resilience.
4. **Enhance Protection Measures:** Develop strategies to address physical security concerns, such as implementing safety protocols, ensuring access to safe environments, and promoting the rule of law. Additionally, consider measures to address emotional well-being, social inclusion, economic empowerment, and environmental sustainability.
5. **Foster Collaboration and Networks:** Build partnerships and collaborations with relevant stakeholders, including government agencies, civil society organizations, community leaders, and experts. Collaboration allows for the pooling of resources, expertise, and collective efforts to address security challenges comprehensively.
6. **Promote Human Rights and Social Justice:** Ensure that human rights principles and social justice are at the core of all interventions. Advocate for equal rights, non-discrimination, and access to justice. Address structural inequalities and work towards creating inclusive societies.
7. **Build Resilience:** Strengthen the resilience of individuals and communities by providing them with tools, knowledge, and resources to cope with and recover from challenges. This may involve skills training, education, access to healthcare, economic opportunities, and social support systems.
8. **Monitor and Evaluate:** Regularly monitor and evaluate the impact of holistic security interventions. Collect data, analyze progress, and make necessary adjustments to ensure the effectiveness and sustainability of the approach.

It's important to note that the application of holistic security will vary depending on the specific context, whether it's at an individual, community, or societal level. Flexibility and adaptability are crucial in tailoring approaches to meet the unique needs and challenges of each situation.

Vulnerabilities can manifest in various forms and affect individuals or communities in different ways. Here are some common types of vulnerabilities:

Economic Vulnerability: This refers to the lack of financial resources or economic stability that makes individuals or communities susceptible to poverty, inequality, and limited access to basic necessities such as food, shelter, healthcare, and education.

Social Vulnerability: Social vulnerabilities arise from factors such as marginalization, discrimination, and social exclusion. This can include vulnerabilities based on race, ethnicity, gender, age, disability, sexual orientation, or other characteristics that result in unequal treatment or limited opportunities.

Health Vulnerability: Health vulnerabilities can arise from physical or mental health conditions that impact an individual's well-being and ability to access healthcare services. It can also include vulnerabilities related to exposure to environmental hazards, inadequate healthcare infrastructure, or limited access to preventive care.

Political Vulnerability: Political vulnerabilities refer to situations where individuals or communities face limitations or restrictions on their political rights and freedoms. This can include lack of political representation, censorship, suppression of dissent, or limited access to justice and legal protections.

Environmental Vulnerability: Environmental vulnerabilities are linked to the impact of environmental factors on individuals or communities. This can include vulnerabilities related to climate change, natural disasters, pollution, or inadequate access to clean water and sanitation facilities.

Human Rights Vulnerability: Human rights vulnerabilities arise from violations or threats to fundamental human rights, such as freedom of expression, right to education, right to privacy, or right to a fair trial. It includes situations where individuals or communities are at risk of discrimination, violence, or other forms of abuse.

Technological Vulnerability: With the increasing reliance on technology, individuals and communities can be vulnerable to digital threats such as cybercrime, data breaches, or privacy violations. Technological vulnerabilities also include disparities in access to technology and the digital divide.

It's important to note that vulnerabilities often intersect and compound each other, exacerbating the challenges faced by individuals or communities. Recognizing and addressing vulnerabilities is crucial for promoting equality, social justice, and the well-being of individuals and communities.

Holistic security entails considering and addressing multiple interconnected dimensions of security to ensure the overall well-being and safety of individuals or communities. It goes beyond traditional approaches that focus solely on physical security and encompasses various aspects of human experience. Here are the key elements that holistic security entails:

1. **Physical Security:** This dimension involves protecting individuals and communities from physical harm, violence, and threats to their safety. It includes measures such as personal safety, access to justice, and the rule of law.
2. **Psychological and Emotional Security:** Holistic security recognizes the importance of mental and emotional well-being. It involves addressing psychological distress, trauma, stress, and emotional vulnerabilities. Promoting mental health, providing counseling or support services, and fostering emotional resilience are key aspects.
3. **Social Cohesion and Inclusion:** Holistic security emphasizes the importance of social connections, community cohesion, and inclusion. It involves creating inclusive societies that value diversity, promote social justice, and address social exclusion. Building strong social networks and fostering cooperation and mutual support are essential.
4. **Economic Stability:** Economic security is crucial for overall well-being. It involves ensuring access to livelihood opportunities, income stability, and economic empowerment. Addressing poverty, inequality, and promoting economic development are integral to holistic security.
5. **Environmental Sustainability:** Recognizing the interdependence between human well-being and the environment, holistic security emphasizes environmental sustainability. It involves protecting natural resources, addressing climate change, and promoting sustainable practices to ensure long-term security.
6. **Human Rights and Dignity:** Holistic security upholds human rights as fundamental to security. It involves promoting and protecting human rights, ensuring non-discrimination, and addressing social injustices. Respect for human dignity and equality are core principles.
7. **Empowerment and Participation:** Holistic security empowers individuals and communities to actively participate in decision-making processes that affect their lives. It involves providing opportunities for meaningful engagement, sup

-porting self-determination, and amplifying the voices of marginalized groups.

By considering and addressing these interconnected dimensions, holistic security aims to create comprehensive and sustainable approaches to security that go beyond narrow definitions of protection and encompass the overall well-being of individuals and communities.

Further readings:

"Holistic Security: A New Approach to Digital Safety and Security" by Tactical Technology Collective: This handbook provides practical guidance on digital security from a holistic perspective. It covers a range of topics including physical security, psychological well-being, online privacy, and more. Available at: <https://holistic-security.tacticaltech.org/>

"Holistic Security: A Manual for Human Rights Defenders" by Protection International: This manual is specifically designed for human rights defenders and offers strategies for holistic security. It explores risk assessment, digital security, physical well-being, and stress management. Available at: <https://protectioninternational.org/wp-content/uploads/2017/12/HolisticSecurityMANUAL2017EN.pdf>

"Holistic Security: A Strategy Manual for Human Rights Defenders" by Front Line Defenders: This manual provides an overview of holistic security concepts and approaches tailored to human rights defenders. It includes practical exercises, case studies, and tools for risk assessment and security planning. Available at: https://www.frontlinedefenders.org/sites/default/files/holistic_security_manual.pdf

"Securing Activism: An Exploration of the Security Practices of Grassroots Environmental Activists" by Helen Norton and Bob Pease: This research article examines the holistic security practices of grassroots environmental activists. It highlights the importance of a comprehensive approach to security that includes physical, psychological, digital, and community dimensions. Available at: <https://journals.sagepub.com/doi/abs/10.1177/1077801215582859>

"Holistic Security for LGBTQI+ Activists: A Digital First Aid Kit" by The Queer Muslim Project and Tactical Tech Collective: This resource provides a comprehensive guide for LGBTQI+ activists on digital security, psychosocial well-being, and physical safety. It offers practical tips, tools, and resources tailored to the specific needs of LGBTQI+ communities. Available at: https://www.digital-security-lab.org/wp-content/uploads/2019/06/HolisticSecurity_QueerMuslimProjectTacticalTech.pdf

Holistic Security for Advocates

1. Understanding Holistic Security
2. Understanding Physical, Digital, and Psychosocial Security
3. Type of Vulnerabilities

AIM: *Empower participants with knowledge and skills to enhance their personal safety, digital security, emotional well-being, and organizational security, ultimately enabling them to pursue their activism and work in a secure and resilient manner.*

DEBRIEFING: *Participants shared their understanding of holistic security and recognized the interconnectedness of physical, digital, emotional, and organizational security; They engaged in threat assessment and risk analysis exercises to identify potential threats and vulnerabilities in their contexts; Strategies for physical and digital security were discussed, along with practical tips and tools to implement them; The importance of emotional well-being and self-care in maintaining holistic security was emphasized, and participants shared self-care practices; Participants explored ways to create secure and resilient organizations and networks, focusing on collaboration and trust.*

CONCLUSION: *The holistic security session provided participants with a comprehensive understanding of security considerations and equipped them with practical tools and strategies to enhance their personal and organizational security. By recognizing the interconnected nature of different security aspects and prioritizing their well-being, participants are now better prepared to navigate the challenges they may encounter in their activism and work.*

Time & Durations: 90 Minutes

Section	Time	Description
1. Introduction	5 minutes	<ul style="list-style-type: none"> - Welcome participants and introduce the speaker. - Provide a brief overview of the session's objectives and the importance of holistic security in advocacy work.
2. Expert Presentation	30 minutes	<ul style="list-style-type: none"> - Invite the expert speaker to deliver a presentation on holistic security. - The presentation should cover key concepts, best practices, and real-life examples related to physical, digital, emotional, and organizational security. - Encourage participants to take notes and ask clarifying questions during the presentation.
3. Q&A and Discussion	20 minutes	<ul style="list-style-type: none"> - Facilitate a question and answer session with the expert speaker. - Allow participants to ask questions, seek clarification, and share their own insights and experiences related to holistic security. - Foster an open and engaging discussion on the topic.
4. Case Studies or Group Activity	20 minutes	<ul style="list-style-type: none"> - Divide participants into small groups or pairs. - Provide them with case studies or scenarios related to holistic security in advocacy work. - Ask participants to analyze the situations and discuss potential security measures and strategies they would employ.
5. Sharing and Reflection	10 minutes	<ul style="list-style-type: none"> - Ask each group to share their insights and recommendations based on the case studies or scenarios. - Facilitate a brief discussion to highlight common themes and lessons learned.
6. Wrap-up and Conclusion	5 Minutes	<ul style="list-style-type: none"> - Summarize the main points discussed during the session. - Reinforce the importance of holistic security and its application in advocacy work. - Express gratitude to the expert speaker and participants for their active participation.

Note: The session flow and durations can be adjusted based on the specific needs, expertise of the speaker, and time constraints of the training.

Holistic security is particularly relevant for advocates who work on sensitive or high-risk issues. Advocates often face various challenges, including threats to their safety, digital surveillance, psychological stress, and social backlash. Here are some considerations for advocates in implementing holistic security:

- 1. Threat Assessment:** Conduct a comprehensive assessment of potential threats and risks specific to your advocacy work. Identify the sources of threats, evaluate their potential impact, and prioritize areas that require immediate attention.
- 2. Digital Security:** Protect your online presence and communications by implementing strong passwords, using encryption tools, and being mindful of the information you share online. Stay updated on digital security best practices and utilize secure communication platforms.
- 3. Physical Security:** Assess your physical safety and take appropriate measures to protect yourself. This may include having a personal safety plan, considering self-defense training, and implementing measures to secure your physical workspace or office.
- 4. Emotional Well-being:** Advocacy work can be emotionally taxing. Take steps to maintain your emotional well-being, such as practicing self-care, seeking support from colleagues or support networks, and considering professional counseling if needed.
- 5. Community Support:** Build a support network of fellow advocates, allies, or like-minded individuals who can offer support, share resources, and collaborate on common issues. Engaging with supportive communities can provide additional layers of security and resilience.
- 6. Legal Considerations:** Understand the legal landscape and potential implications of your advocacy work. Familiarize yourself with relevant laws and regulations, consult with legal experts if necessary, and maintain a clear understanding of your rights and responsibilities.
- 7. Documentation and Record-keeping:** Keep thorough records of your advocacy activities, including documentation of incidents, threats, or any interactions that may be relevant in the future. This can be crucial for evidence, reporting, or seeking legal remedies.
- 8. Training and Education:** Continuously educate yourself on security practices, risk management, and relevant laws or policies. Attend workshops, trainings, or webinars that focus on security for advocates to enhance your knowledge and skills.

Remember, holistic security is an ongoing process that requires regular assessment, adaptation, and continuous improvement. It is important to stay informed, maintain situational awareness, and be proactive in managing potential risks. Seek guidance from security experts, human rights organizations, or networks of advocates who can provide specific guidance and support tailored to your context.

Holistic security is important for advocates for several reasons:

1. **Personal Safety:** Advocates often work on sensitive or controversial issues that can attract opposition or hostility. Holistic security measures help protect advocates from physical harm, harassment, or threats to their personal safety.
2. **Effectiveness of Advocacy:** By ensuring their own safety and well-being, advocates can continue their work with confidence and focus. Holistic security measures provide a supportive environment that allows advocates to operate effectively and make a greater impact.
3. **Protection of Sensitive Information:** Advocates often handle sensitive information, including confidential documents, personal data of vulnerable individuals, or strategic campaign plans. Implementing digital security measures and safeguarding physical documents ensures the protection of such information from unauthorized access or disclosure.
4. **Psychological Well-being:** Advocacy work can be emotionally demanding and stressful. Holistic security addresses the psychological well-being of advocates, providing tools and support to manage stress, burnout, and trauma associated with their work.
5. **Continuity of Advocacy Efforts:** Holistic security measures help mitigate risks that could disrupt advocacy efforts. By identifying and addressing potential threats, advocates can proactively manage risks and prevent setbacks that may hamper their ability to continue their work.
6. **Sustainability and Resilience:** Holistic security practices promote the long-term sustainability and resilience of advocates and their organizations. By implementing comprehensive security measures, advocates can build resilience to withstand challenges and maintain their effectiveness over time.

7. **Building Trust and Credibility:** Demonstrating a commitment to holistic security enhances the trust and credibility of advocates and their organizations. It signals that they take the safety and well-being of their staff, partners, and beneficiaries seriously, which can strengthen relationships and collaborations.
8. **Legal Compliance:** Holistic security measures ensure compliance with applicable laws and regulations related to privacy, data protection, and security. Adhering to legal requirements helps advocates operate within the framework of the law and minimizes the risk of legal complications

Overall, holistic security empowers advocates to carry out their important work in a safe and secure manner, while also promoting their well-being and the sustainability of their efforts. By addressing physical, digital, psychological, and social dimensions of security, advocates can navigate challenges effectively and advocate for positive change with greater confidence.

Further readings:

"Digital Security and Privacy for Human Rights Defenders" by Front Line Defenders: This guide focuses on digital security for human rights defenders and offers practical strategies to protect online communications, data, and devices. It includes step-by-step instructions and recommendations for using various security tools. Available at: <https://www.frontlinedefenders.org/sites/default/files/digital-security-privacy-for-hrds.pdf>

"Security in-a-Box" by Tactical Technology Collective and Front Line Defenders: This resource provides a collection of digital security tools and tactics specifically designed for activists and advocates. It offers detailed guides, tutorials, and case studies to help individuals enhance their digital security. Available at: <https://securityinabox.org/>

"The Checklist on Security Measures: Protecting Human Rights Defenders" by Amnesty International: This checklist offers practical recommendations for human rights defenders to enhance their security. It covers aspects such as physical security, digital security, and risk management. Available at: <https://www.amnesty.org/download/Documents/24000/act300012006eng.pdf>

"Building Holistic Security in Nonprofit Organizations" by LevelUp: This guide provides insights into holistic security practices for nonprofit organizations, including advocacy groups. It explores various dimensions of security, offers self-assessment tools, and provides recommendations for developing security strategies. Available at: <https://levelup.gitbook.io/holistic-security/>

Psychosocial Security for Advocates

1. Psychosocial Security for Advocates
2. Practical Psychosocial Safety Measures

AIM: *Enhance participants' understanding of and ability to maintain their mental and emotional well-being while engaging in advocacy work.*

DEBRIEFING: *Participants reflect on the importance of psychosocial well-being for advocates and discuss the challenges they face in maintaining their mental and emotional health; Participants share their experiences and strategies for managing stress, building resilience, and practicing self-care; Participants identify key insights gained from the session and any additional support they may need to prioritize their psycho-social security.*

CONCLUSION: *The psycho-social security session for advocates highlights the significance of self-care and mental well-being in sustaining effective advocacy efforts. By equipping advocates with practical strategies and resources to manage stress, build resilience, and prioritize their mental health, they are better prepared to navigate the challenges and complexities of their work. Ensuring the psycho-social security of advocates contributes to their overall effectiveness, sustainability, and personal growth in their advocacy endeavours.*

Time & Durations: 90 Minutes

Section	Time	Description
1. Introduction and Welcome	5 minutes	<ul style="list-style-type: none"> - Greet participants and introduce the session's topic of psycho-social well-being. - Set a positive and supportive tone for the session.
2. Icebreaker Activity	10 minutes	<ul style="list-style-type: none"> - Conduct an icebreaker activity to help participants relax, get to know each other, and create a comfortable environment.
3. Presentation on Psycho-Social Well-being	25 minutes	<ul style="list-style-type: none"> - Provide a presentation on the importance of psycho-social well-being, including its impact on mental health and overall functioning. - Cover topics such as stress management, self-care, emotional regulation, and resilience. - Share practical strategies and techniques that can be implemented in daily life.
4. Guided Relaxation	10 minutes	<ul style="list-style-type: none"> - Lead participants through a guided relaxation exercise to help them experience a sense of calm and focus. - This activity promotes self-awareness and encourages participants to be present in the moment.
5. Group Discussion and Sharing	25 minutes	<ul style="list-style-type: none"> - Facilitate a group discussion where participants can share their thoughts, experiences, and challenges related to psycho-social well-being. - Encourage active participation and create a safe space for open dialogue.
6. Interactive Activity or Role-Play	15 Minutes	<ul style="list-style-type: none"> - Conduct an interactive activity or role-play that allows participants to practice applying psycho-social well-being strategies in real-life scenarios. - This activity promotes skill-building and helps participants gain practical insights.
7. Wrap-up and Conclusion	5 Minutes	<ul style="list-style-type: none"> - Summarize the key points discussed during the session. - Reiterate the importance of prioritizing psycho-social well-being for personal and professional growth. - Provide additional resources or recommendations for further exploration on the topic.

Note: The session flow and durations can be adjusted based on the specific needs and time constraints of the training or workshop.

Handouts

Module 11: Holistic Security for Advocates

Psycho-social safety refers to the well-being and mental health of individuals within a particular context or environment. It encompasses the psychological and social aspects of safety, focusing on creating an environment that promotes emotional well-being, supports mental health, and fosters positive relationships.

Psycho-social safety recognizes that individuals' mental and emotional states are influenced by various factors, including their social interactions, work environment, and overall support systems. It emphasizes the need for creating safe spaces where individuals can feel psychologically secure, express themselves freely, and experience a sense of belonging.

In the workplace, psycho-social safety involves creating conditions that protect employees' mental health and well-being. It includes promoting work-life balance, providing adequate support systems, fostering positive relationships among colleagues, and addressing issues related to stress, burnout, and psychological distress. By prioritizing psycho-social safety, organizations can enhance productivity, employee satisfaction, and overall organizational well-being.

In broader contexts, psycho-social safety can also extend to communities, educational institutions, and other social settings. It focuses on promoting environments that nurture positive relationships, respect diversity, and address the psychological and social needs of individuals.

Psycho-social safety for advocates is essential to support their well-being and resilience in the face of the challenges and stressors associated with their advocacy work. Here are some aspects of psycho-social safety that are particularly relevant for advocates:

- 1. Emotional Support:** Advocacy work can be emotionally demanding and may involve dealing with sensitive or traumatic issues. Providing advocates with access to emotional support networks, counselling services, or peer support can help them process their emotions, cope with stress, and prevent burnout.
- 2. Self-Care and Work-Life Balance:** Encouraging advocates to prioritize self-care and maintain a healthy work-life balance is crucial. Promoting practices such as regular breaks, adequate rest, exercise, hobbies, and time with loved ones helps prevent exhaustion and promotes overall well-being.
- 3. Collaborative Environment:** Fostering a collaborative and supportive work environment among advocates and colleagues promotes psycho-social safety. Encouraging open communication, constructive feedback, and mutual respect helps create a sense of psychological security, trust, and belonging.
- 4. Boundaries and Self-Reflection:** Advocacy work often involves dealing with challenging situations and engaging in intense discussions. Encouraging advocates to

establish personal boundaries, practice self-reflection, and engage in self-awareness exercises can help maintain their psychological well-being and prevent emotional exhaustion.

- 4. Skills Development and Training:** Providing advocates with opportunities for skills development, training, and capacity-building enhances their ability to navigate challenging situations and cope with stress effectively. Training in areas such as stress management, conflict resolution, and self-care techniques equips advocates with tools to maintain their psycho-social well-being.
- 5. Recognition and Appreciation:** Recognizing the efforts and achievements of advocates is important for their psycho-social well-being. Expressing appreciation for their work, acknowledging their contributions, and celebrating their successes helps foster a positive and supportive environment.
- 6. Safety Measures:** Ensuring advocates' physical safety is a fundamental aspect of psycho-social safety. Implementing measures to protect advocates from threats, harassment, or violence, both in physical and digital spaces, helps create a sense of security and enables advocates to carry out their work with confidence.

By prioritizing psycho-social safety for advocates, organizations and communities can help foster an environment that supports their well-being, resilience, and effectiveness in advocating for positive change. It recognizes that the mental and emotional health of advocates is crucial for their long-term sustainability, motivation, and ability to make a meaningful impact.

Psychosocial safety is important for advocates for several reasons:

- 1. Well-being and Resilience:** Advocacy work often involves engaging with challenging and sensitive issues, which can take an emotional toll on advocates. Psychosocial safety measures prioritize their well-being and help build resilience, enabling them to sustain their work in the long term without compromising their mental health.
- 2. Burnout Prevention:** Advocates are at risk of experiencing burnout due to the intense nature of their work, high workload, and exposure to distressing situations. Psychosocial safety measures, such as providing emotional support and promoting work-life balance, help prevent burnout and support advocates in maintaining their effectiveness and motivation.
- 3. Empowerment and Self-Care:** Psychosocial safety empowers advocates to prioritize self-care and emotional well-being. By promoting self-care practices and providing resources for mental health support, advocates can take care of themselves while continuing their advocacy efforts with strength and resilience.
- 4. Sustainable Advocacy:** Advocacy work requires sustained effort over time to bring about meaningful change. Psychosocial safety measures contribute to the

sustainability of advocacy by ensuring that advocates are supported and protected from the negative effects of stress, trauma, and burnout.

4. **Effectiveness and Impact:** When advocates are psychologically safe and supported, they can operate at their full potential and be more effective in their work. Taking care of their mental and emotional well-being enhances their ability to think critically, make sound decisions, and communicate their messages effectively, leading to greater impact in advancing their cause.
5. **Organizational Culture:** Integrating psychosocial safety into the organizational culture of advocacy organizations creates a supportive and nurturing environment. It fosters a sense of belonging, teamwork, and mutual support among advocates, which can enhance collaboration, productivity, and overall job satisfaction.
6. **Retention and Recruitment:** Providing psychosocial safety measures helps attract and retain talented individuals in the field of advocacy. Organizations that prioritize the well-being of their advocates are more likely to attract passionate individuals and maintain a motivated workforce committed to their cause.

Advocates can implement various practical psychosocial safety measures to support their well-being and resilience. Here are some examples:

1. **Self-Care Practices:** Advocates should prioritize self-care to maintain their mental and emotional well-being. This includes engaging in activities they enjoy, setting boundaries between work and personal life, practicing mindfulness or relaxation techniques, and ensuring adequate rest and sleep.
2. **Emotional Support Networks:** Building a strong support network is crucial for advocates. They can seek support from trusted colleagues, mentors, friends, or family members who understand the challenges of their work. Regular check-ins and discussions with supportive individuals can provide emotional validation and a space to process their experiences.
3. **Stress Management Techniques:** Advocates can learn and apply stress management techniques to cope with the demands of their work. This may include deep breathing exercises, meditation, physical exercise, or engaging in hobbies that help them relax and recharge.
4. **Reflective Practice:** Regular self-reflection is valuable for advocates to process their experiences, identify their emotional triggers, and understand their emotional responses. Reflective practice can involve journaling, seeking feedback from peers or mentors, or engaging in therapy or counseling to enhance self-awareness and emotional resilience.

- 5. Reflective Practice:** Regular self-reflection is valuable for advocates to process their experiences, identify their emotional triggers, and understand their emotional responses. Reflective practice can involve journaling, seeking feedback from peers or mentors, or engaging in therapy or counseling to enhance self-awareness and emotional resilience.
- 6. Boundaries and Time Management:** Advocates should establish clear boundaries to manage their workload effectively and prevent burnout. This may involve setting realistic goals, prioritizing tasks, delegating when possible, and learning to say no to commitments that exceed their capacity.
- 7. Professional Development and Skill-Building:** Advocates can enhance their skills in areas such as communication, negotiation, conflict resolution, and self-advocacy. Developing these skills equips them to navigate challenging situations effectively, assert their needs, and maintain a sense of control in their work.
- 8. Regular Breaks and Rest:** Advocates should incorporate regular breaks and rest periods into their work routine. Taking short breaks throughout the day, scheduling time for meals, and ensuring sufficient downtime helps prevent mental and physical exhaustion.
- 9. Digital Well-being:** Advocates should be mindful of their digital well-being, as excessive screen time and constant connectivity can contribute to stress and overwhelm. Establishing healthy digital boundaries, such as setting aside designated offline time and managing notifications, can help maintain a healthier relationship with technology.

Remember, psychosocial safety is a personal and ongoing practice. It is important for advocates to continuously assess their needs, seek support when necessary, and adapt their strategies as they navigate the challenges of their advocacy work.

Further readings:

1. "Self-Care for Activists" by Breathe Act Thrive - This resource offers practical tips and strategies for self-care specifically tailored for activists and advocates. It covers topics such as managing stress, setting boundaries, and finding support. (Available at: <https://www.breatheactthrive.org/self-care-for-activists>)
2. "Self-Care for Advocates" by The Advocacy Project - This guide provides self-care strategies for advocates working in social justice and human rights fields. It includes tips on managing stress, building resilience, and fostering emotional well-being. (Available at: <https://www.advocacynet.org/wp-content/uploads/2020/08/Self-Care-for-Advocates.pdf>)
3. "Resilience in Advocacy" by The Advocacy Institute - This publication explores the concept of resilience in advocacy work and provides practical advice on developing and maintaining resilience. It covers topics such as self-reflection, self-care, and building support networks. (Available at: <https://www.advocacy-institute.org/wp-content/uploads/2019/03/Resilience-in-Advocacy.pdf>)
4. "Advocacy and Activism Burnout: Strategies for Self-Care" by Amnesty International - This resource offers guidance on recognizing and addressing burnout in advocacy and activism. It includes tips for self-care, stress management, and maintaining motivation. (Available at: <https://www.amnestyusa.org/wp-content/uploads/2017/04/Advocacy-and-Activism-Burnout-Guide.pdf>)
4. "Self-Care for Social Justice Activists" by The University of California, Davis - This guide provides self-care strategies specifically geared towards social justice activists. It includes suggestions for physical, emotional, and mental well-being, as well as resources for further support. (Available at: <https://shcs.ucdavis.edu/sites/default/files/documents/Self-Care-for-Social-Justice-Activists.pdf>)

