

International Human Rights Day December 10, 2009

Actions

- Pray that the dignity and rights of all are respected.
- Plan an event to commemorate Human Rights Day in your local community, school, or parish.
- Visit the website of the UN [Office of the High Commissioner for Human Rights](#) (*Official UN Languages*) for information on the theme and scheduled activities and events for December 10.
- Know your rights; read the [Universal Declaration of Human Rights](#) (*360 languages*).
- Educate for justice by promoting values of [Shalom](#) (*Deutsch, English, Español*), human rights, [Catholic Social Teaching](#), and the [Millennium Development Goals](#).
- Study Pope Benedict XVI's recent encyclical [Caritas in Veritate](#) (*Deutsch, English, Español, Italiano, Polski, Português*) or Pope Paul VI's [Populorum Progressio](#) (*English, Español, Italiano, Português*) to further understanding of integral human development
- Join a human rights organization or network such as [Human Rights Watch](#) (*Deutsch, English, Español, 日本語, and more*) to keep informed of current human rights concerns.
- Learn about forms of discrimination and limitations on human rights in your country or region, and advocate for non-discrimination and respect of human rights for all.
- Express solidarity with someone who has experienced some form of discrimination or limitation of their human rights.
- Share with others whatever you do to mark Human Rights Day; email details and photos to shalom@ssndroma.org or ssndunngo@earthlink.net.



Shalom/UN-NGO Office
School Sisters of Notre Dame
Via della Stazione Aurelia 95
00165 Rome, Italy