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LESSON PLAN



INSTYTUT
RÓZDZIŃSKIEGO



Funded by
the European Union

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01 ABOUT

TITLE MY PERFECT COMMUNITY: BUILDING AWARENESS FOR INCLUSIVE SOCIETIES

WORKSHOP DURATION 2 HOURS

MAIN OBJECTIVE THE MAIN OBJECTIVE OF THIS WORKSHOP IS TO RAISE AWARENESS ABOUT POLARIZATION, DISCRIMINATION, ALIENATION, EXTREMISM, AND RADICALIZATION WHILE PROMOTING THE IMPORTANCE OF HUMAN RIGHTS,, WHILE LEARNING ABOUT DIFFERENT TYPES OF GOVERNMENT.

SPECIFIC OBJECTIVES

- 1.** RAISE AWARENESS ABOUT HUMAN RIGHTS AND THEIR SIGNIFICANCE IN CREATING INCLUSIVE AND RESPECTFUL COMMUNITIES.
- 2.** INCREASE PARTICIPANTS' UNDERSTANDING OF DIFFERENT TYPES OF GOVERNMENT, THEIR STRENGTHS, AND POTENTIAL PITFALLS.
- 3.** ENHANCE PARTICIPANTS' KNOWLEDGE OF POLITICS TO FOSTER INFORMED AND ACTIVE CITIZENSHIP.

Target group

18-30
YEARS OLD

Participants

21
PEOPLE

MATERIALS NEEDED

- 4-5 flipchart pages,
- pens and markers
- printed copies of the Universal Declaration of Human Rights on A4 paper

Materials about human rights:

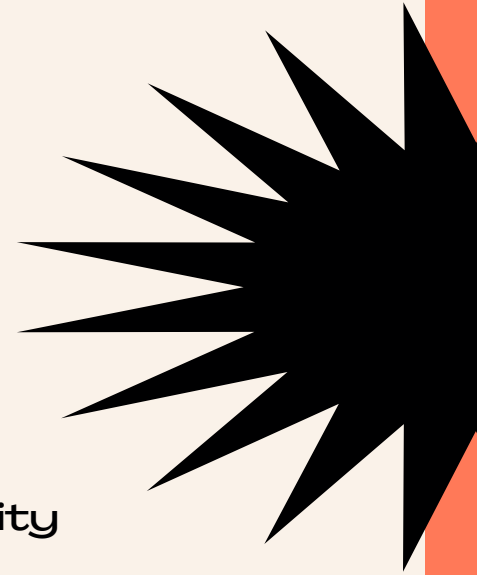
- [30 Basic Human Rights List | Universal Declaration of Human Rights | OPSEU](#)

Extra materials on the topic:

- [Universal Declaration of Human Rights](#)
- [International Bill of Human Rights | OHCHR](#)

02

DESCRIPTION OF THE ACTIVITIES



Part 1 - Designing the Perfect Community (60 minutes)

- 1.** The facilitator divides the participants into 4 or 5 teams and provides each team with a flipchart page and markers.
- 2.** Each team is tasked with designing their ideal community on the flipchart. They should create a map of their community and establish its core values, common rules, and laws. It is important to mention that they are allowed to exaggerate and be creative in their approach.
- 3.** The facilitator should encourage participants to think outside the box and explore different aspects of their community, such as governance, social structure, economic system, and cultural practices.



4. Essential points to include in their community design related to polarization and fostering inclusivity:

- Allow teams to create rules and values that may lead to polarization, discrimination, or violations of basic human rights. For example, they may implement strict segregation policies, restrict freedom of speech, or exclude certain groups based on characteristics such as ethnicity, religion, or political beliefs.
- Encourage teams to think about the consequences of their community rules and how they may impact the well-being and rights of individuals within the community.
- Remind participants that the purpose of this exercise is to highlight the potential dangers of polarized and discriminatory societies and to provoke reflection on the importance of human rights and inclusivity

Note:

For a basic understanding of Government types the facilitator can share on the whatsapp group/distribute to the participants the following list of types of government:

Democracy

A system of government where power is vested in the people, who participate in decision-making through elected representatives or direct participation.

Republic

A form of government where the head of state is an elected or appointed official, rather than a monarch.

Aristocracy

A form of government where power is held by a small group of hereditary nobility or individuals from a privileged social class.

Constitutional Monarchy

A type of monarchy where the monarch's powers are limited by a constitution, and there is often a parliamentary system alongside the monarchy.

Absolute Monarchy

A form of government where the monarch holds absolute power and is not restricted by a constitution.

Monarchy

A system of government where a single person, the monarch, holds supreme authority and inherits the position.

Oligarchy

A government system in which power is concentrated in the hands of a small, privileged group or elite.

Dictatorship

A form of government where a single person, the dictator, holds absolute power and exercises it in an oppressive and autocratic manner

Totalitarian Regime

An extreme form of authoritarian government where the state seeks to control all aspects of public and private life.

Communist State

A government system based on socialist principles, where the state controls the means of production and aims to establish a classless society.

Unitary System

A government system where all power is concentrated in a central authority, and regional or local governments have limited autonomy.

Presidential System

A loose association of sovereign states or regions with a common purpose or interest, retaining significant independence

Theocracy

A government system where religious leaders or religious institutions hold political power, and laws are based on religious beliefs.

Socialist State

A government system that advocates for the social ownership of key industries and services while maintaining individual liberties.

Confederation

A loose association of sovereign states or regions with a common purpose or interest, retaining significant independence

Semi-Presidential System

A form of government where the executive branch is chosen from and accountable to the legislative branch.

Authoritarian Regime

A government characterized by a concentration of power in the hands of a single leader or small group, often with limited political freedoms and no democratic processes.

Military Junta

A government controlled by military officials who often come to power through a coup or revolt.

Federal System

A political system where power is divided between a central government and regional or state governments

Parliamentary System

A form of government where the executive branch is chosen from and accountable to the legislative branch.

Each government type represents a distinct way of organizing and exercising political power, and the choice of government system can significantly impact a nation's governance, policies, and overall stability.

5. After 30 minutes of brainstorming and designing, each team presents their community to the plenary, explaining the values and rules they have established. The facilitator should encourage a safe and non-judgmental environment for the presentations, allowing participants to freely express their ideas.

Part 2 - Human Rights Evaluation (30 minutes):

1. The facilitator provides each group with printed copies of the Universal Declaration of Human Rights (UDHR).
2. Participants read and discuss the UDHR to gain a clear understanding of the fundamental human rights it encompasses.
3. Each team evaluates which rights may have been violated in their designed community.

They reflect on the potential consequences of such violations and discuss the impact on individuals' lives and social cohesion.

Part 3 - Final Presentation and Reflection (30 minutes):

1. In an open discussion, each team shares the human rights they identified as potentially violated in their community design. The facilitator can ask probing questions to encourage deeper reflection and critical thinking.
2. The facilitator leads a guided reflection on the workshop exercise, asking questions such as:
 - How did your community design promote or lead to polarization and discrimination?
 - What human rights were potentially violated, and how did this affect the well-being of individuals within the community?

- How do you feel about the experience of designing such a community, and what did you learn from it?
- What lessons can be applied to real-life situations, and how can we combat polarization and discrimination in our societies?

3. The facilitator concludes by emphasizing the importance of understanding human rights, different forms of government, and critical thinking to build inclusive societies. Participants are encouraged to take their reflections and newfound awareness beyond the workshop and apply them in their daily lives to create positive change.

03 THE WHY?: CONCLUSION OF THE ACTIVITIES.

The workshop "My Perfect Community" offers participants a unique opportunity to explore the consequences of polarized and discriminatory societies through creative and exaggerated community design. By reflecting on the potential human rights violations within their communities, participants gain a deeper understanding of the importance of fostering inclusivity, respect, and empathy in society. This activity serves as a powerful reminder of the significance of promoting and protecting human rights in all communities to create a more just and equitable world.



04

RESULTS & LEARNING OUTCOMES



- 1. Increased Awareness of Human Rights:** Participants will develop a deeper understanding of the importance of human rights and their role in promoting inclusivity, tolerance, and respect in society.
- 2. Knowledge of Different Types of Government:** Participants will gain knowledge about various forms of government and their strengths and weaknesses, allowing them to make more informed decisions as active citizens.
- 3. Critical Thinking Skills:** Through the community design exercise, participants will practice critical thinking by analyzing the potential consequences of specific rules and values, fostering a more thoughtful approach to decision-making.
- 4. Recognition of the Dangers of Polarization:** By examining exaggerated community designs, participants will recognize the potential dangers of polarization and the importance of avoiding discriminatory practices in society.
- 5. Empathy and Perspective-Taking:** The activity encourages participants to consider the impact of their community rules on others, fostering empathy and a better understanding of diverse perspectives.
- 6. Effective Communication:** Participants will develop skills in presenting their community designs and engaging in open discussions, promoting effective communication and respectful dialogue.
- 7. Appreciation of Inclusivity:** Through the evaluation of potential human rights violations, participants will appreciate the significance of building inclusive communities that protect the rights of all individuals.
- 8. Empowerment to Create Positive Change:** The workshop aims to empower participants to take proactive roles in their communities, advocating for human rights, promoting inclusivity, and combatting polarization and discrimination.



- 9.** Application of Knowledge: Participants will be encouraged to apply the insights gained in the workshop to real-life situations, fostering a positive impact on their communities and beyond.
- 10.** Understanding the Complexity of Governance: By exploring different types of government, participants will develop a deeper appreciation for the complexities involved in governance and decision-making processes.
- 11.** Reflection on Personal Values: The activity prompts participants to reflect on their own values and beliefs, leading to personal growth and a greater sense of responsibility towards creating a just and equitable society.
- 12.** Collaboration and Teamwork: Working in teams to design their communities encourages collaboration and teamwork, promoting social skills essential for collective problem-solving.
- 13.** Long-term Perspective: Participants will be encouraged to think about the long-term consequences of community design decisions, fostering a more holistic and sustainable approach to governance.
- 14.** Civic Engagement: The workshop encourages participants to become active and informed citizens, engaging in civic activities that promote human rights, inclusivity, and responsible governance.
- 15.** Inspiring Positive Change: The experience of designing communities and reflecting on the potential consequences of their decisions can inspire participants to be agents of positive change in their communities and advocate for a more inclusive and respectful society.

05 DISSEMINATION

Social Media: Utilize social media platforms to share highlights, photos, and videos from the workshop. Create posts that capture the essence of the activity and its impact, encouraging others to engage with the content and join future workshops.

Sharing with other youth workers the workshop implementation instructions, so they can use the activity in topic related projects.

Follow-up activity

Social media campaign - objective: to help people better understand different types of government systems and their characteristics.

Through simple and informative content, we aim to raise awareness about the various ways countries are governed