

What is fair?

This activity is an extract from Equitas' Building Inclusive Communities. This guide is a human rights education tool designed to engage diverse young people in actions aimed at building inclusive and rights-respecting communities, using a children's rights-based approach (CRBA). Inclusive and rights-respecting communities are communities where all young people, without distinction, feel like they belong, feel respected and feel happy. They are also communities where young people can share their ideas and opinions, practise their culture, express their identity, and actively participate in making decisions that affect their lives.

Age	8+
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Time	35 minutes
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Materials	None
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Values	Fairness, responsibility, respect for diversity
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Life skills	Thinking critically, effective communication, active participation

About this activity

Group members perform different challenges with different restrictions. Then, in the group discussion, they think about what fairness is and identify things they can do to make sure all young people are treated fairly.

Instructions

1. Explain to the group that we will do an activity to learn more about treating people fairly.
2. Randomly divide the group into 2 teams.
3. Explain that there will be a series of challenges to complete, but that one of the teams will have half of the time to complete the challenges.
4. Start the activity by giving a few minutes for one of the groups to complete a challenge, and only half the time for the other group to complete the same challenge. Below are ideas of challenges for the group. Select what is appropriate for your group or make up your own challenges:
 - Crawl across the room
 - Tie their shoelaces without using their thumbs
 - Spell a word with their bodies
 - Create a pyramid
 - Make up a song, poem, or cheer
 - Tell a joke
5. Once the groups perform one challenge, ask them to do a second challenge, but this time, give the team who had less time the advantage.

6. Finally, do a third challenge, but this time give the same amount of time to both teams and explain that if one team finishes earlier, they must support the other team to complete the challenges. The objective is that we all support each other to succeed.
7. Move to the group discussion.

Group discussion



FEEL

- How did it feel to be the team with more time?
- How did it feel to be the team with less time?
- How did it feel in the last round to have the same amount of time and help each other?



THINK

- Did you think it was fair to play a game where one team had less time than the other? Why?
- Have you ever experienced a disadvantage or unfairness at school, at home, or with friends because of who you are (e.g. because of your gender, the language you speak, how you look, if you have a disability)? What happened?
- Why is it important to ensure all people are treated fairly, no matter who they are or what they look like?



ACT

- What can we do in our group to ensure everyone has the same opportunities to succeed?
- What can we do at school, at home or with friends, to make sure all young people are treated fairly?



Challenge

Explain to the group that through much of history, women and girls have not been treated fairly and have not be able to enjoy the same rights as men and boys. Girls, women, and gender non-conforming people continue to be denied many rights all over the world. Invite group members to ask family or friends about their own experiences with being told they could not do something because of their gender, for example, in school, sports, careers, etc.