

## 4 Ensuring gains and victories stay in place

*The fight for human rights is perpetual: rights we thought achieved might not be beyond a theoretical or policy framework, or might be subject to rollbacks at any moment, which reinforces polarization.*

- **Let's not take acquired gains or victories for granted**, by ensuring they are being **properly applied** in their appropriate contexts.
- To change the status quo, we need to continue to **act, mobilize and remain alert** as to **how human rights evolve** in our society.
- To counteract rollbacks, we should reinforce that **human rights are not philanthropical action, or charity; they are basic and substantial needs** that are all required for human beings to **thrive** in today's world.



These strategies are drawn from the interventions of five human rights experts during the #EquiTalks, a panel held in 2024 by Equitas.



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**Maiwand Rahyab**, Founder and CEO of Resilient Societies



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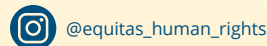
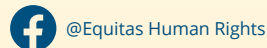
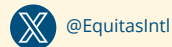


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## 4 tips

### For human rights activists



**How can we turn division into dialogue?**



## 1 Using human rights education

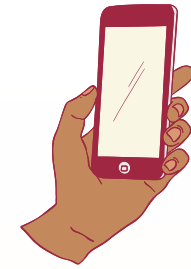
*Human rights education is a powerful tool to foster openness and tolerance. With human rights education, we can:*

- **Demystify prejudice** against marginalized communities
- **Raise awareness** on human rights issues among **community members, duty-bearers, state bodies, and institutions**
- Help people **understand what their rights are, the rights of others**, but also the **violations** that impede them
- **Empower** people with **skills and tools** to take action, claim and defend their rights
- Highlight human rights as **universal and fundamental rights: they are not a buffet** in which we can pick what we support or not.

## 2 Fostering open and safe spaces for healthy discussions

*Whether in work, family, friends or civil settings, we need to invest in creating spaces where people can express themselves freely and learn mutually without fear of retaliation.*

- Let's make sure everyone around the table is **involved and included**. Each person deserves to feel **comfortable and have a turn to speak**.
- People can be afraid to speak because they fear **confrontation** or addressing controversial topics. We need to **encourage them to speak up**, while still showing **respect and openness**. **Those discussions are needed** for change and depolarization to happen.
- Let's make sure debates stay **healthy**: it's not about winning but **listening and acknowledging each other's points**.
- By creating these safe spaces, we are **fostering the agency** communities need to speak, raise awareness and take action.



## 3 Promoting reliable sources of information

*In this age where media and technology are more accessible than ever, it is crucial for people to have agency over what kind of information they want to access, and what information is credible or not.*

- We need to provide people with tools to **identify fake news** or unreliable sources of information that may **reinforce polarized opinions**.
- When we use social media or web to share information on human rights, it's important to **rely on proper research, probative facts, normative frameworks, and not myths, stereotypes, amalgams or impressions** that induce incorrect facts in the public opinion.
- For a true dialogue to happen, it must be **informed and based on facts**.