



Human Rights Day

**Educational resources
December 2022**



**Canadian Centre for Diversity and Inclusion
Centre canadien pour la diversité et l'inclusion**

www.ccdi.ca

Educational resources on Human Rights Day

Human Rights Day, observed annually on December 10, commemorates the day the United Nations General Assembly adopted the Universal Declaration of Human Rights in 1948. The declaration aims to ensure that everyone's rights are protected worldwide regardless of location, citizenship, gender, race, ethnicity, religion, language, or other characteristics.

This educational guide aims to empower you by providing information about your rights in Canada and how to advocate for yourself and others in the workplace.

Learn more about Human Rights Day from the [United Nations](#).

Understanding your human rights in Canada

What are human rights?

- [Frequently Asked Questions about Human Rights](#), British Columbia Human Rights Tribunal
- [Human Rights in Canada / Les droits de la personne au Canada](#), Canadian Human Rights Commission
- [Human rights / Droits humains](#), United Nations
- [Pocket Guide on Human Rights \(PDF\) / Guide de poche sur les Droits de la personne \(PDF\)](#), The Professional Institute of the Public Service in Canada
- [Resolving human rights issues in the workplace / Règlement des problèmes en matière de droits de la personne au travail](#), Ontario Human Rights Commission
- [Your Guide to Understanding the Canadian Human Rights Act \(PDF\) / La Loi canadienne sur les droits de la personne et vous: un guide explicatif \(PDF\)](#), Canadian Human Rights Commission

Your rights in the Canadian workplace

- [Human Rights at Work / Droits de la personne et travail](#), Human Rights Legal Support Centre
- [Human rights in the workplace and privacy / Les droits de la personne en milieu de travail et la protection de la vie privée](#), Osler
- [Workplace Harassment & Discrimination](#), Samfiru Tumarkin LLP

Acting against discrimination

- [5 Ways to Stand Up Against Racism and Injustice](#), UNICEF Canada
- [Discrimination: What can I do about it? \(PDF\) / La Discrimination : Que puis-je faire ? \(PDF\)](#), Canadian Human Rights Commission
- [Human rights complaints / Plaintes relatives aux droits de la personne](#), Government of Canada
- [Provincial & Territorial Human Rights Agencies / Organismes des droits de la personne provinciaux et territoriaux](#), Canadian Human Rights Commission

- ◉ Proving discrimination / Prouver la discrimination, Human Rights Legal Support Centre

Advancing human rights in the workplace

- ◉ Human Rights Translated 2.0: A Business Reference Guide, Office of the High Commissioner for Human Rights
- ◉ Advancing human rights / Promouvoir les droits de la personne, Government of Canada
- ◉ Rights in the workplace / Droits en milieu de travail, Government of Canada
- ◉ The UN Guiding Principles Reporting Framework (PDF) / Le cadre de reporting conforme aux Principes directeurs des Nations Unies (PDF), Shift and Mazars
- ◉ Understanding the Duty to Accommodate / Votre droit à l'adaptation, Human Rights Legal Support Centre

Other resources



BOOKS

CCDI encourages you to check with your local bookstore or municipal library for availability of these publications.

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- ◉ Article by Article: The Universal Declaration of Human Rights for a New Generation (Johannes Morsink)
 - ◉ Déclaration universelle des droits de l'homme illustrée (FR – Editions du Chêne)
 - ◉ Half the Sky: Turning Oppression Into Opportunity for Women Worldwide (Nicholas Kristof and Sheryl WuDunn)
 - ◉ I Am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban (Christina Lamb and Malala Yousafzai)
 - ◉ Je suis Charlie: Liberté, j'écris tes mots (FR – Jérôme Duhamel)
 - ◉ La fabrique du monde (FR – Sophie Van der Linden)
 - ◉ Underground to Canada / Les Chemins secrets de la liberté (Barbara Smucker)
 - ◉ Scorched Earth: Environmental Warfare as a Crime against Humanity and Nature (Emmanuel Kreike)
 - ◉ So You Want to Talk About Race (Ijeoma Oluo)
 - ◉ The New Jim Crow: Mass Incarceration in the Age of Colorblindness (Michelle Alexander)
 - ◉ We Wish to Inform You That Tomorrow We Will Be Killed with our Families: Stories from Rwanda (Philip Gourevitch)



FILM AND TELEVISION

Please note: There may be a cost related to watching this content and CCDI is not responsible for those costs.

- [Human Rights / Droits de la personne](#) (National Film Board Collection)
- [13th](#) (Netflix)
- [Antigone](#) (Apple TV)
- [Beasts of No Nation](#) (Netflix)
- [Birth of a Family / Naissance d'une famille](#) (National Film Board)
- [City of Joy](#) (Amazon Prime Video)
- [Déchéance publique - La loi de l'expansion](#) (FR - National Film Board)
- [Déchéance publique – Détention](#) (FR – National Film Board)
- [First They Killed My Father](#) (Netflix)
- [He Named Me Malala](#) (Amazon Prime Video)
- [Mandela: Long Walk to Freedom](#) (Apple TV)
- [Picture This / Imaginez...](#) (National Film Board)
- [Selma](#) (Apple TV)
- [Statu quo? Le combat inachevé du féminisme au Canada](#) (FR – National Film Board)
- [The Report](#) (Amazon Prime Video)
- [The Whistleblower](#) (Netflix)
- [We Were Children](#) (Amazon Prime Video)



TED TALKS

Note: French links are for the original Ted Talk with French subtitles and/or French transcript.

- [Access, Equity and Justice: A World Where Women's Rights are Human Rights](#) (Emilie Songolo)
- [Dignity isn't a privilege. It's a worker's right / La dignité n'est pas un privilège, c'est un droit des travailleurs](#) (Abigail Disney)
- [Our fight for disability rights -- and why we're not done yet / Notre combat pour les droits des handicapés n'est pas terminé](#) (Judith Heumann)
- [Stand Up: How You Can Be A Human Rights Warrior](#) (John Shattuck)
- [What if a single human right could change the world? / Pourquoi avoir un certificat de naissance est un droit humain](#) (Kristen Wenz)
- [Why Businesses Must Be Fearless With Disability Inclusion](#) (Delaina Parrish)

- Why climate change is a threat to human rights / Pourquoi le changement climatique est une menace aux Droits de l'Homme (Mary Robinson)
- Why I believe the mistreatment of women is the number one human rights abuse / Pourquoi je crois que la maltraitance envers les femmes est l'abus numéro 1 des Droits de l'Homme (Jimmy Carter)



PODCASTS

- Africa Rights Talk
- Comprendre les droits humains (FR)
- Declarations
- Fugitifs (FR)
- Justice Matters Podcast
- Mes droits et la COVID-19 (FR)
- On Human Rights
- Right On!
- Rights Back at You
- Rights on the Line
- RightsCast
- The Hum
- The Rights Track
- Witness

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