



GOVERNMENT
OF MALTA



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The ABCs of Human Rights

A COMMUNITY VOICE PROJECT



Co-funded by
the European Union



Introduction



The ABCs of Human Rights: A Community Voice Project is a creative and inclusive initiative inviting adult learners to co-create a booklet where each letter of the alphabet represents a human rights concept (e.g. A for Asylum, B for Belonging). Through participatory workshops held in community spaces across Malta and Gozo, adult participants of all backgrounds explored human rights in an engaging, accessible way.

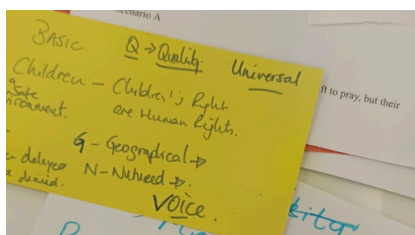
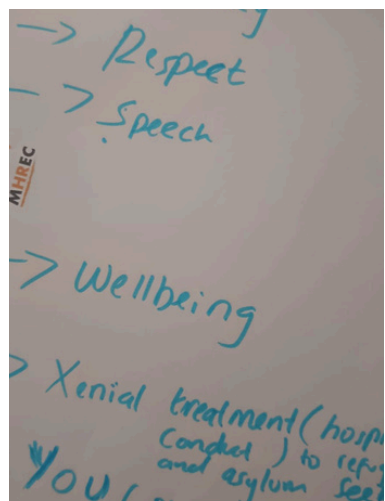
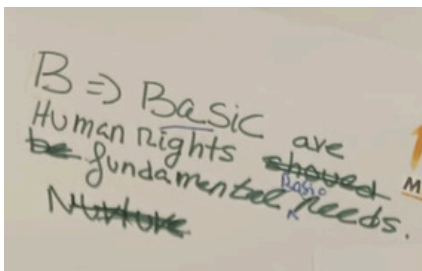
The project promoted civic engagement, active citizenship, and emotional intelligence by encouraging participants to reflect, discuss, and express ideas through writing, drawing, or group collaboration.

Using simple language and visual elements, this final booklet captured community perspectives on human rights, ensuring that learning is inclusive, empowering, and rooted in everyday experience.

This non-formal learning opportunity is co-funded under Erasmus+ through the Directorate for Lifelong Learning and Employability (DLE) within the Ministry for Education, Sport, Youth, Research and Innovation (MEYR).

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Excerpt of participants work during the Malta and Gozo sessions in September & October 2025.



[illegible]

Basic Rights

Children are human beings, and they are entitled to the same basic rights as all people. However children are still developing and are more vulnerable to abuse, exploitation, and neglect, they also have specific rights that take their age and needs into account.



Diversity

Recognising and valuing the differences that make each person unique. It requires protecting individuals from discrimination while celebrating varied cultures, identities, and experiences. By respecting diversity, communities become more inclusive, fair, and enriched by the perspectives each person brings.

Education

Education empowers individuals with knowledge, skills, and critical thinking. It should prepare people for real-life challenges, foster independence, and promote equal opportunities. Accessible, quality education enables full participation in society and supports personal growth throughout life.



Family Life

The right to family life protects people's ability to form, maintain, and enjoy meaningful relationships. Respecting family bonds, privacy, and care, free from discrimination or interference. This right supports emotional wellbeing, stability, and the freedom to build supportive connections essential for a dignified life.





Government

Government has the responsibility to protect, respect, and fulfil human rights for everyone. This includes creating fair laws, ensuring equal access to services, and safeguarding people from harm. A human rights-based government listens to its people, promotes dignity, and works transparently for the common good.

Health

Health goes beyond medical care. It includes physical, mental, emotional, and spiritual wellbeing, supported by safe environments, access to services, and equal treatment. Everyone deserves conditions that allow them to live healthy, fulfilled lives without discrimination or barriers to essential care.



Identity



Everyone should know, express, and preserve who they are including name, nationality, culture, beliefs, and personal story. It protects individuality and dignity, allowing people to define themselves freely and participate fully in society without fear of discrimination or loss of belonging.



Justice

The right to justice guarantees fair treatment, equal protection under the law, and accountability when rights are violated. It ensures the state upholds and defends people's rights, provides remedies, and creates systems that protect everyone equally. Justice empowers individuals and strengthens trust in democratic society.

Kindness

Kindness is a human value that reinforces dignity, empathy, and respect. It supports human rights by encouraging compassion in how we treat others, especially those facing inequality. Kindness strengthens communities, reduces harm, and promotes a culture where everyone feels valued and protected.



Liberty



Liberty is the human right to enjoy freedom in thought, expression, movement, and choice, without unjust interference. It allows individuals to live according to their beliefs and aspirations. Protecting liberty ensures that everyone can participate in society with autonomy, dignity, and equal opportunity.



Migration

Migration is connected to human rights because every person, regardless of origin, is entitled to safety, dignity, and fair treatment. People have the right to move, seek opportunities, or find protection. Respecting migrant rights ensures humane conditions, equal access to services, and freedom from discrimination or exploitation.

Negotiation

Negotiation is essential for balancing the needs of people and the state. It ensures dialogue, participation, and fairness in decision-making. Through negotiation, communities influence policies, protect their rights, and help shape solutions that address everyone's needs while strengthening trust and democratic accountability.



Outreach



Outreach supports human rights by bringing information, support, and advocacy directly to people who may otherwise be excluded. It promotes inclusion, raises awareness, and ensures individuals know and can claim their rights. Effective outreach strengthens communities and helps protect those most at risk of marginalisation.

Privacy



The right to privacy protects personal information, space, and choices from unwanted interference. It ensures individuals can live with dignity, security, and autonomy. Privacy safeguards freedom of expression, identity, and family life, ensuring that people remain in control of their personal boundaries and data.

Quality of Life

Recognising everyone's entitlement to live with dignity, safety, and wellbeing. It includes access to health, education, housing, participation, and freedom from discrimination. Ensuring these conditions allows individuals and communities to thrive and reach their full potential.



Respect



Respect is fundamental to human rights. It means recognising the inherent dignity of every person, regardless of identity or circumstance. Respect guides our behaviour, ensuring fairness, empathy, and equality. When respect is upheld, human rights are protected, and communities become more peaceful, inclusive, and humane.

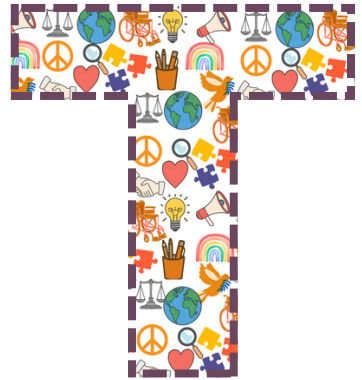


Speech

Freedom of speech is the right to express thoughts, opinions, and beliefs without fear. It allows people to participate in society, challenge injustice, and share experiences. When protected responsibly, this right strengthens democracy, empowers individuals, and ensures diverse voices are heard and valued.

Tolerance

Tolerance means respecting differences and living in harmony with others, even when views or backgrounds differ. It is essential to human rights because it reduces conflict, builds understanding, and protects dignity. Practising tolerance helps create inclusive communities where everyone feels welcome, safe, and equal.



Understanding

Understanding involves recognising how actions, words, and situations affect others. From a human rights perspective, it encourages empathy, awareness, and responsible behaviour. Understanding supports fair treatment, reduces discrimination, and strengthens relationships, helping communities create kinder, more just environments for all.





Validation

Validation means acknowledging people's experiences, emotions, and identities as legitimate. It supports human dignity by ensuring individuals feel heard, respected, and valued. In human rights, validation empowers people to speak up, participate, and trust that their perspectives contribute meaningfully to community life and decision-making.

Work for a better world

Working to build a better future means taking action at a personal and collective level to advance fairness, equality, and dignity. Human rights guide this effort by promoting justice, solidarity, and opportunity. Through education, advocacy, and participation, communities help shape a safer, more inclusive future for everyone.



Xenial



Offering warmth, hospitality, and respect to refugees, migrants, and asylum seekers. It reflects the human rights principles of dignity, safety, and equality. Welcoming others supports integration, protects vulnerable people, and strengthens communities by recognising our shared humanity and responsibilities.

Contributors



This project was innovative in its participatory and co-creative approach to human rights education. Rather than presenting human rights as abstract or distant concepts, the project invites participants to actively shape the learning process by generating their own A-to-Z of rights-related themes. This grassroots method transformed community members from passive recipients of information into active co-authors of a collective educational resource.

The contributors:

A.M, 42 y/o

A.P, 40 y/o

A.T, 46 y/o

B.L, 36 y/o

C.G, 69 y/o

C.M, 33 y/o

D.G, 45 y/o

E.K, 42 y/o

G.F, 42 y/o

H.R, 35 y/o

I.S, 26 y/o

J.D, 26 y/o

L.C.F, 45 y/o

S.R, 56 y/o

T.G, 35 y/o

About MHREC



The Malta Human Rights Education Centre is a hub for the dissemination of knowledge on human rights principles and ideals in order to bring human rights closer to the very subjects they deal with. Its goals are to bring to light human rights concepts to the public and educate right-holders and duty-bearers, to foster an environment for open discussion whilst bringing in the expert and inspiring voices.

The MHREC is enrolled as a Voluntary Organization with the Office of the Commissioner for Voluntary Organizations under identification number VO/2005.

Acknowledgments



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- Ronald McDonald Charities House
- Malta Council for the Voluntary Sector
- Fondi Malta team
- DLE team within MEYR

Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or DLE. Neither the European Union nor the granting authority can be held responsible for them

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Access the digital version of the booklet including
MT translations