

Hands Up!



**A Hands On Approach
To Children's Rights**

What you will find in this book ...

Who We Are

- 1 The seven organizations who contributed to the project

How This Project Grew

- 3 The inspiration for this project

The Rights Of The Child

- 4 Background on the United Nations Convention and the specific rights of children addressed in this educational program.
- 5 What is innovative about this approach?
- 7 What is the role of the facilitator?
- 8 What are the major challenges?
- 10 How do we turn kids on to Children's Rights?
- 11 How effective is this program?

Activities To Help Implement A Children's Rights Program

- 13 How to use the activities in this book
- 14 How we structured each activity
- 15 Hands Up!
- 17 Children's Rights Chart
- 19 The Magic in Me
- 21 Life Doesn't Frighten me!
- 23 Family Finger Puppets
- 25 I Am Me
- 27 The Best I Can Be
- 29 Self Portrait
- 31 Crazy Poetry
- 33 What Bugs Me!
- 35 Yours Sincerely
- 37 We Make Stories
- 39 Magic Carpets

Projects

- 43 Puppets Are People Too!
- 49 Games We Play
- 54 Let's Act Up!
- 59 The Oral Tradition

Youth Leadership Program

- 63 Methods and programming for building youth leadership and maintaining youth interest in advancing their rights.

U.N. Convention on the Rights of the Child

- 76 U.N. Convention

Note: Throughout this book, the pronouns “she” and “he” are used interchangeably when referring to the children. The pronoun “she” is used for the children's leader, because in our experience, children's educators are generally women.

Hands Up! Revised

A hands on approach to children's rights

The "Hands Up!" approach has been developed by children's educators and youth workers from the Montreal YMCA and partners from Bancroft School in Montreal and the YMCA-ACJ of Ecuador.

"Hands Up!" is appropriate for children from pre-school age through adolescence. Those who have used "Hands Up!" with children and youth consistently report positive results such as: an increase in self-esteem, dignity, confidence, solidarity and trust with peers, self-expression, problem solving and a sense of purpose and belonging.

The "Hands Up!" guide is "hands on", easy to use and adaptable to meet the educator's needs. It explains the philosophy, approach and methods of children's rights education with detailed descriptions of activities, projects and leadership development to integrate into any program for children and youth.

The "Hands Up!" manual is soft cover with wire coil binding, 8.5" x 11", and illustrated. It is available in English and French. It has been in use since 1996 and was revised in 2003.

Order Form

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For more information, contact:

Benni Hodkin, International Programs, Montreal YMCA

1435, rue Drummond, Montreal, Quebec, H3G 1W3

Telephone: (514) 849-8393, ext. 243, Fax: (514) 849 - 2411

e-mail: benni.hodkin@ymcamontreal.qc.ca