

# Connecting With Human Rights

A guide to visiting the  
Museum with students



Photo: Tourism Winnipeg, Mike Peters

# The Canadian Museum for Human Rights is a place to reflect and have dialogue about human rights stories and ideas.

This guide will take you to eight of our galleries. At each stop, you will be given a prompt to encourage your group to engage with, reflect on and discuss the ideas and stories in the gallery.

This guide is designed to be used with the self-guided app *Journey of Inspiration*\*. This fully accessible app will provide your group with an overview of each of the galleries you will visit. At each stop, you will be prompted to consult the app before engaging with the exhibits.

**\*Devices preloaded with the app can be loaned to visitors upon request. The app is free to download onto personal devices and is available through the App Store or Google Play.**



In each gallery, you will find a host who can help you with wayfinding, provide instructions on how to use elements of the gallery, and answer questions you might have about your visit.

## How to use this guide

Stop number	→	Stop 6
Gallery name	→	Turning Points for Humanity
CMHR app elements	→	 Turning Points for Humanity
Instructions	→	<p>In the centre of the room, you will find four large digital books containing video stories. These books are controlled through arm gestures. Each book tells a series of different stories about people transforming the world through ground-level activism.</p> <p><b>Go to the circle on the floor in front of the second book.</b></p> <p>Locate and watch the story of Ishmael Beah called "Soldiers Turned Activists" in the "Children's Rights" section.</p> <p><i>Ask the gallery host if you need help to access the story.</i></p>
Reflection and dialogue	→	<p>Explore the rest of the gallery and identify legal instruments (declarations and conventions) designed to protect children.</p> <p>Do you feel these legal instruments are sufficient to protect children's rights?</p>
Learn more	→	 <a href="https://humanrights.ca">Voices of women and girls in war (humanrights.ca)</a>
Directions to next stop	→	 Take the glass elevators to the Rights Today gallery on Level 5. Or if you want to take the ramp to Level 5, turn left just past the elevators and keep going up.



**Don't forget! Download the self-guided app:**



CMHR:  
Journey of  
Inspiration



Stop 1

## What Are Human Rights?

 **What Are Human Rights?**

This gallery reflects three themes: ideas, events and measures. It also includes images of notable individuals who have contributed to human rights through time.



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**Explore the timeline and connect someone who has taken action for human rights to an idea, event or measure.**

*For example:*

*Métis leader Louis Riel*

*1869-85: Métis people assert rights through resistance in Western Canada.*

How does this idea, event or measure impact human rights today?

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 Move into the next gallery, Indigenous Perspectives.

Photo: CMHR, Ian McCausland

Stop 2

## Indigenous Perspectives

 • **Indigenous Perspectives**  
• **Circular Theatre and Spirit Panels**

Ask your group to listen to the *Circular Theatre* and *Spirit Panels* segment of the app.

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Select a Spirit Panel on the exterior of the Circular Theatre. What human rights messages do you see represented in the Spirit Panel you selected?



[The Spirit Panel Project](#)



Move into the next gallery, Canadian Journeys.



Photo:  
CMHR, Ian McCausland

Stop 3

## Canadian Journeys

 Canadian Journeys

Explore the story alcoves. As you do, look for common human rights themes, ideas or connections between the alcoves (*i.e. migrant experiences, racism, discriminatory laws or practices*).

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Thinking about the connections between the alcoves, discuss the similarities and differences experienced by these groups on the journey towards greater equity.

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Visit the stories section of our website for more stories like these: [www.humanrights.ca/stories](http://www.humanrights.ca/stories).



Take the ramp to Level 3,  
Protecting Rights in Canada.

Photo: CMHR, Ian McCausland



Stop 4

## Protecting Rights in Canada

 • Protecting Rights in Canada  
• Proclamation 1982 App

On the glass display case near the gallery entrance, you will find a set of iPads with the augmented reality app *Proclamation 1982: A Landmark Proclamation for Human Rights*.

Alternatively, if the “Rights in the Courts” activity in the middle of the gallery is available, ask the gallery host to start the experience for your group.

Choose either experience and discuss how the Canadian Charter of Rights and Freedoms protects the rights of Canadians.

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Are you aware of ways that the Charter has helped to protect your freedoms? If so, how?

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Bring the Canadian Charter to life wherever you are! *Proclamation 1982* is free to download on iOS devices.



Take the ramp or elevator to Level 4, Examining the Holocaust.

Photo: CMHR, Ian McCausland



## Stop 5

# Examining the Holocaust

### Examining the Holocaust

“Othering” sets the stage for discrimination or persecution by reducing empathy and preventing genuine dialogue. Taken to an extreme, othering can result in one group of people denying that another group is even human.

**The process of othering can be divided into two steps:**

1. Categorizing a group of people according to perceived differences, such as ethnicity, skin colour, religion, gender or sexual orientation.
2. Identifying that group as inferior and using an “us vs. them” mentality to alienate the group.

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As you explore this gallery, identify different ways groups were othered (categorized and dehumanized) leading up to and during the Holocaust.

What can the othering that took place during to the Holocaust teach us about othering today?

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[Us vs. Them:  
The process of othering](#)



Move into the next gallery,  
Turning Points for Humanity.

Photo: CMHR, Ian McCausland  
Photo: CMHR, Aaron Cohen

## Stop 6

# Turning Points for Humanity

### Turning Points for Humanity

In the centre of the room, you will find four large digital books containing video stories. These books are controlled through arm gestures. Each book tells a series of different stories about people transforming the world through ground-level activism.

**Go to the circle on the floor in front of the second book.**

Locate and watch the story of Ishmael Beah called “Soldiers Turned Activists” in the “Children’s Rights” section.

*Ask the gallery host if you need help to access the story.*

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Explore the rest of the gallery and identify legal instruments (declarations and conventions) designed to protect children.

Do you feel these legal instruments are sufficient to protect children’s rights?

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[Voices of women  
and girls in war](#)



Take the glass elevators to the Rights Today gallery on Level 5. Or if you want to take the ramp to Level 5, turn left just past the elevators and keep going up.

Photo: Chronic Creative, Steve Chronic

## Stop 7

# Rights Today

### Rights Today

Some people, from Canada and around the world, have become outspoken defenders of human rights, or “upstanders.” Their passionate voices stimulate conversation about affirming rights for all.

An upstander is a person who recognizes injustice, knows their personal strengths and uses these strengths to create change.

Human rights upstanders can be found in this gallery and others throughout the Museum. We can also find them in our everyday lives.

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Explore the stories of upstanders in this gallery.

As you learn about these upstanders, identify the injustice they recognized, their personal strengths and how they created change.

Have you ever considered yourself an upstander? Have you recognized an injustice and used your strengths to create change?

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Learn more at [Humanrights.ca/upstander](https://www.humanrights.ca/upstander)



Take the elevators to the Inspiring Change gallery on Level 7.

Photo: CMHR, Ian McCausland



## Stop 8

# Inspiring Change

### • Large case: Taking Action for Change • Tower of Hope

In this gallery, you will find more stories of upstanders like Maréshia Rucker, who took a stand against racial segregation at her prom.

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After exploring the stories in this gallery, take a moment to reflect and share your thoughts about human rights at the tables in the centre of the gallery.

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[The Wilcox County integrated prom](#)



The Israel Asper Tower of Hope is the final stop on the tour. Take the elevator or the stairs up to the observation deck to enjoy a panoramic view of Winnipeg.

Use the app to access an interactive panorama from the Tower of Hope.

Photo: CMHR, Ian McCausland





Human rights stories are often ones of struggle, tenacity, courage and resilience. These are the experiences we need to share. Engage with human rights stories, wherever you are.

<https://humanrights.ca/stories>