

ABOUT PHRI™

The Phoenix Human Rights Initiative™ helps communities strengthen protection, promote accountability, and teach young people how human dignity and safety are defended in everyday life.

What We Do



Educate youth and families



Build awareness and prevention



Promote dignity, truth, and accountability



Help communities recognize and respond to harm



Human dignity belongs to everyone — and protecting it is a shared responsibility.



Learn More



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PHRI™

KNOW YOUR RIGHTS

Youth Safety & Human Rights Guide

High School Edition



Human rights belong to **every person**.



They protect **dignity, safety**, and **freedom** from harm.



Recognize unsafe situations. Know your value.

Speak up with confidence.



Would you recognize an unsafe situation — and know how to respond?

KNOW YOUR RIGHTS

Young people have the right to be treated with dignity, respect, and fairness. No one should be exploited, threatened, abused, or silenced.



Your Rights Include:

- The right to feel safe at home, school, and in the community
- The right to education
- The right to be heard and taken seriously
- The right to protection from abuse, bullying, and exploitation
- The right to ask questions and seek help



Remember:

Rights come with responsibility — including respect for the dignity and rights of others.



RECOGNIZING HARM

Harm is not always physical. It can include threats, intimidation, manipulation, bullying, neglect, discrimination, exploitation, or pressure to do something that feels unsafe or wrong.

Warning Signs



Someone makes you feel afraid, trapped, or powerless



You are pressured to keep harmful secrets



Someone repeatedly insults, threatens, or controls you



Your boundaries are ignored



You are prevented from seeking help or speaking freely



Trust your instincts.

If a situation feels unsafe or wrong, take your concern seriously and speak with a trusted adult.



SPEAK UP & SEEK HELP

Speaking up is not disrespectful when you are protecting yourself or someone else. Asking for help is a sign of courage and good judgment.

Steps You Can Take



Move away from immediate danger when possible



Tell a trusted parent, teacher, counselor, coach, or community leader



Clearly explain what happened and how it made you feel



Keep speaking until someone listens and takes appropriate action



Call emergency services when someone is in immediate danger



Important:

Harm is never your fault. You deserve to be heard, protected, and treated with dignity.



BUILDING SAFER COMMUNITIES

Human rights are strengthened when families, schools, and communities work together. Everyone has a role in creating environments where young people feel safe, valued, and respected.

You Can Help By



Treating others with fairness and dignity



Refusing to participate in bullying or discrimination



Supporting someone who feels afraid or alone



Reporting dangerous or harmful behavior



Listening without blaming or judging



Encouraging peaceful and responsible solutions



Protecting human dignity is not only the responsibility of leaders. It is a responsibility shared by all of us.