

ABOUT PHRI™

PHRI helps communities protect young people, teach dignity, and respond to harm with truth and accountability.

What We Do



Teach young people and families



Build awareness and prevention



Promote dignity, truth, and accountability



Help communities recognize and respond to harm



**Everyone matters.
Everyone deserves
dignity.**



Learn More



phoenixhumanrights.org



info@phoenixhumanrights.org

PHRI™

KNOW YOUR RIGHTS

Safety & Human Rights Guide

Middle School Edition



Your rights **matter**.



You deserve **safety, respect, and fairness**.



If something feels wrong, **speaking up** and **getting help**.



Would you know what to do in an unsafe situation?

KNOW YOUR RIGHTS

Every young person deserves to feel safe, respected, and heard.



Your Rights Include:



• The right to feel safe



• The right to learn



• The right to be heard



• The right to protection from bullying, abuse, and exploitation



• The right to ask for help



Remember:

Your rights matter — and so do the rights of others.



RECOGNIZING HARM

Harm is not only physical. It can be bullying, threats, pressure, mean control, or making you feel unsafe.

Warning Signs



Someone makes you feel scared or trapped



You are told to keep harmful secrets



Someone insults, threatens, or controls you



Your boundaries are ignored



You are stopped from getting help



Trust your instincts.

If something feels wrong, talk to a trusted adult.



SPEAK UP & SEEK HELP

Speaking up helps protect you and others. Asking for help is a strong choice.

What You Can Do



Move away from danger



Tell a parent, teacher, counselor, coach, or another trusted adult



Explain what happened



Keep talking until someone helps



Call emergency services if someone is in immediate danger



Important:

Harm is never your fault. You deserve help and protection.



BUILDING SAFER COMMUNITIES

Safer communities are built when people care for each other and stand up for what is right.

You Can Help By



Being fair and respectful



Not joining bullying or discrimination



Supporting someone who feels alone or afraid



Reporting harmful behavior



Listening without blame



Encouraging peaceful solutions



Protecting human dignity is everyone's responsibility.