

HUMAN RIGHTS AND DIVERSITY

All Human Beings Are Born Free and Equal In Dignity and Rights

Student Counselling Unit

Mental Health Awareness Series

March 2022

Human Rights

Human rights are rights inherent to all human beings, regardless of race, sex, nationality, ethnicity, language, religion, or any other status.

Diversity

Diversity is an active appreciation and affirmation that individuals and communities deserve to be recognized for their uniqueness and differences. Diversity can take many forms such as; cultural, religious, racial, sex/gender, sexual orientation or disability.

Diversity on Campus

A diverse educational environment enriches students' educational experience, provides opportunities to interact with diverse groups and challenges stereotypes.

Fundamental Rights

Everyone has the right to life, freedom of expression, movement, human dignity, religion, belief and opinion, basic education, privacy, culture and justice.

Upholding Human Rights and Diversity

It is important to respect, uphold and celebrate human rights and diversity as this promotes true inclusion and acceptance of equality, dignity, and social cohesion.

Valuing diversity includes openness and commitment to lifelong learning about human diversity and ways to interact with those different from ourselves.

How You Can Embrace Diversity

- Refuse to accept or engage in bullying or discrimination
- Be open to learning about diverse groups.
- Collaborate with individuals from diverse groups.
- Be mindful of how you interact with people who are different from you.
- Always maintain respect for individual differences and boundaries.

Did You Know?

UP has a **Transformation Office** that is dedicated to ensuring that issues related to transformation and diversity are well promoted and protected, for example: GBV, gender and identity, race and cultural issues.

For more information and assistance from the **Transformation Office** email:

Sarah Matseke (Sarah.matseke@up.ac.za)

Nontsikelelo Loteni (Ntsikie.loteni@up.ac.za)

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- For more info and self-help resources, check the Student Counselling Unit's website <https://www.up.ac.za/student-counselling>
- For 24Hr support contact the UP Careline 0800 747 747
- For therapy/counselling email: studentcounselling@up.ac.za