

Dignity means ...

We are born with Dignity,
It is something you feel,
It is something you cannot buy (even if some people think so),
It is something nobody can take away from you,
It is social justice and access for basic needs ... and much more!

Stepping-Stones to Dignity:

Equality and Equal Rights
Opportunities
Freedom
Self-awareness
Respect
Social Rights
Tolerance
Fulfilment
Change
Identity
Empathy
Responsibility

Obstacles in our way to a dignified life of young people:

War and Violence
Excluding religions and politics
Austerity measures and Neoliberalism
Nepotism and Corruption
Unfair Distribution of Wealth
Discrimination and Racism
Slavery and Exploitation
Censorship
Oppression
Borders

10 helpful hints when working with the theme Dignity in a local context:

- 1 Dignity is a useful term and concept for local work because it has a global and inalienable dimension,
- 2 International agreements for Dignity can be a great argumentation support for your work, i.e. EU Social Charter, UN Human Rights declaration. The Dignity in terms of human rights is inviolable!
- 3 But: (inter)cultural dimension of Dignity need to considered and reflected,
- 4 The meaning of the word Dignity in a particular language can be discussed with young people as it might have an interesting background and help to understand the term better,
- 5 Campaign for Dignity whenever you can, but don't fight for others in an undignified and overbearing way. It is Dignity to let the person decides for her-/himself and to support if needed.
- 6 Think differently and with new perspectives when trying to find solutions. It is good to question and criticise – but always in a dignified way!
- 7 Don't only react but become pro-active when planning projects for and in Dignity. Don't only “defend” and “fight” but create something new and beautiful. It is not about defending undignified practices but more about creating space for dignified acts and moments.
- 8 Find the strengths and potential of your community and use them to challenge indignity.
- 9 Stay faithful to your “dignity vision”. The long-term credibility is the biggest chance when persuading young people to make a change.
- 10 Dignity requires a coherence of feeling, acting and talking!

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