WHO ARE HUMAN RIGHTS DEFENDERS?

Human rights defenders (HRDs) are **INDIVIDUALS OR GROUPS** taking action to protect and promote human rights through peaceful means.

**IN DEFENDING HUMAN RIGHTS, HRDs MUST:**

- **adopt PEACEFUL MEANS** - they cannot use any form of violence to achieve their goals.
- **accept the UNIVERSALITY OF HUMAN RIGHTS** - all rights are inherent and indivisible, meaning HRDs should not discriminate against certain rights.

WHO CAN BE HUMAN RIGHTS DEFENDERS?

Regardless of age, gender, sexual orientation, religion/belief, ethnicity, or any other social category, **ANYONE CAN BE A HRD!**

The most important factor in defining a HRD is THE ACTION TAKEN in promoting and protecting human rights.

WHO CAN BE HUMAN RIGHTS DEFENDERS?

HRDs are often seen negatively for relentlessly demanding both state and non-state actors to respect and protect human rights. This exposes them to various forms of abuses.

FORUM-ASIA recognises the need to address the ongoing violations against, and criminalisation of, HRDs, who play a key role in ensuring that everyone’s human rights are protected and fulfilled. To this end, on the 20th year anniversary of the Declaration on HRDs, FORUM-ASIA is producing visual materials that emphasise the importance of HRDs and their contributions, the rights they have, and the responsibilities of others towards HRDs, under the Declaration.