Human rights cannot be defended by legal texts only. They need to be protected and taken care of by everyone, young people included. This manual provides young people with opportunities to understand and speak human rights. It also provides youth leaders, teachers, educators, professionals and volunteers with concrete ideas to motivate, engage and involve young people to take action for human rights in their own way, in their own community.

The manual is available here: http://www.eycb.coe.int/compass/en/contents.html