



Inter-Parliamentary Union
For democracy. For everyone.

BRING HUMAN RIGHTS INTO FOCUS

External
Toolkit
2026

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NARRATIVE FRAMING

Human rights are not abstract ideals.

They are the laws that protect people from harm, the mechanisms that hold power to account, and the freedoms that make democracy meaningful.

Around the world, however, those rights are under pressure. Hard-won protections are being rolled back. The space for rights is narrowing – slowly, but unmistakably. And parliamentarians are being silenced.

Yet human rights are only as strong as the parliaments that defend them. That is why this campaign exists.

Bring human rights into focus is a call to action for parliamentarians everywhere. Because rights don't defend themselves. They require people with the power to act being willing to use it. In parliament, that power is yours.

TWO PILLARS

PILLAR ONE

PROTECTING PARLIAMENTARIANS

When a parliamentarian is silenced, the people they represent lose their voice, too. These actions are about standing up – publicly or behind the scenes – for colleagues whose rights are under threat.

PILLAR TWO

STRENGTHENING PARLIAMENTARY HUMAN RIGHTS ACTION

Rights are only as strong as the laws and institutions that protect them. These actions are about using your role as a parliamentarian to embed human rights at the heart of everything your parliament does.

POSTER

[LINK](#)

BRING HUMAN RIGHTS INTO FOCUS



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1

RAISE A CASE ON THE FLOOR OF PARLIAMENT

2

SPEAK OUT IN THE MEDIA

3

ACT THROUGH CONFIDENTIAL CHANNELS

4

CHAMPION INCLUSIVE LEGISLATION

5

INVEST IN HUMAN RIGHTS EDUCATION

6

ENGAGE WITH UN HUMAN RIGHTS MECHANISMS

7

SCRUTINIZE LAWS FOR THEIR HUMAN RIGHTS IMPACT

8

BUILD OR STRENGTHEN HUMAN RIGHTS STRUCTURES IN PARLIAMENT

9

ASSESS HOW YOUR PARLIAMENT PERFORMS ON HUMAN RIGHTS

10

ACT ON REPORTS FROM NATIONAL HUMAN RIGHTS INSTITUTIONS

THE FUTURE OF RIGHTS IS WRITTEN IN PARLIAMENTS

FOCUS- 10 ACTIONS



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10 ACTIONS FOR HUMAN RIGHTS

10 ACTIONS FOR HUMAN RIGHTS



When a human rights defender is silenced, the world loses their voice, the world loses the chance to stand up for the rights of the vulnerable and the scenes – for the world where rights are under threat.



Use the tools at your disposal: a written or oral question, a debate, a hearing, a resolution or a committee report. Naming a case in parliament shines a light where silence would otherwise prevail. For victims, this can make all the difference.

Give an interview. Write an op-ed. Post on your verified social media account. Explicitly naming a case and calling for action sends a powerful signal – and makes it harder for that case to be ignored.

Not all advocacy needs to be public to be effective. Raise cases through discreet parliamentary or diplomatic engagement: meetings, letters or quiet interventions. Sometimes the most powerful moves happen away from the spotlight.

4

SINGLE ACTION 4:5 SOCIAL MEDIA CARDS



[LINK](#)

CHAMPION PROFILE TEMPLATE

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make a copy and edit that instead.

[LINK](#)

MEET IPU
HUMAN
RIGHTS
CHAMPION


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MS.
NOMINCHIMEG
ODSUREN

Member of State Great
Khural (Parliament)
Mongolia



BIO

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ACTION

LOREM IPSUM
DOLOR SIT AMET
CONSECTETUR
ULTRICES QUIS
FACILISI QUAM



ACTION

LOREM IPSUM
DOLOR SIT AMET
CONSECTETUR
ULTRICES QUIS
FACILISI QUAM



DO YOU WANT TO
SUPPORT HUMAN
RIGHTS?

Check out the campaign
website and find out what
actions you can take:

ipu.org/humanrights

PILLAR ONE
PROTECTING
PARLIAMENTARIANS

02

SPEAK OUT IN
THE MEDIA





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