

We are free to live our own lives.

To make our own choices and be ourselves without fear of violence, persecution, exploitation.

To be happy, healthy, safe.

These are our basic human rights and everyone should have them, no matter what.

In the UK we've got all this stuff that's supposed to keep us safe and healthy; laws, parliament, the NHS and hospitals, police, schools and education.

There are many places in the world where there are no institutions to protect people at all or the institutions are completely broken.

In these places the people live in fear of crime and violence, because there is no proper law and order.

Of corruption and oppression because those in power use the instruments of the people against them. Of persecution, and harassment because of who they are or what they believe.

Maybe there's a civil war and all the hospitals and schools are boarded up and bombed out.

Perhaps those who are meant to protect and serve are the perpetrators.

The big wide world is sometimes a very unfair place.

It would be easy to shrug and just say, "the world is going to hell...but it ain't my problem".

No, the world is full of good people. People who defend Human Rights, wherever they are in danger. People who make all battles for civil rights and justice their own fight.

We are making the world a better place, in loads of ways.

When you vote, you have a voice.

In 2019, 2 billion people in 50 countries voted. That is the most ever. And the world is a safer, less violent place than at any point in human history.

We're finally starting to get to grips with gender equality, even in places that still have a lot to do.

Millions more children are enjoying an actual childhood.

The number of countries passing laws protecting LGBTQ communities is growing and growing and growing!

As long as we continue to believe in what's right then the world will keep getting better but it's not just believing, it's being a defender.

In everything that you do, be aware, be inclusive, collaborative.

Young people, like you. We are the ones fighting injustice where we find it

Young people will lead the way.