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So, some examples of the types of activities that people have undertaken in taking a rights-based approach. One is the idea of creating sort of champions for human rights throughout your organisation - so that would be right from your executive leadership all the way down to through the organisation. And these are people who would sort of champion human rights within the organisation and be a sort of touch point for it and kind of constantly reinforce the messages around the importance of human rights to the work that you do. And that's a way of it being more integrated rather than being perhaps one person's role that any human rights is assigned to off to the side.

Another technique is to try and skill people up so that they can use basic principles in their day-to-day work and use it to kind of reflect on their practice. So we did some work a few years ago called Care About Rights which was about care of older people both in care homes and in care at home settings and that was trying to skill up people who were in those settings on a day-to-day basis and sometimes facing tricky situations like, perhaps, restricting people's diets or just the privacy implications of going into somebody's home and providing care. And trying to think about what human rights led to that and maybe if it helped them to resolve situations where they weren't certain what the answer was. So, it was about using human rights in their day-to-day practice as a lens to look at things through particularly to help resolve any situations.

# Transcript

And another key thing, I think, particularly for leaders is to start talking about human rights and your sort of description of what you do on a day-to-day basis. So, whether that's in using your sort of external communications, or if you have a code of ethics, or a charter, or if you have sort of best practice guides or whatever it is that you might be talking about - to add the human rights aspect to that and that can be a way of sort of filtering out - both internally and externally in terms of the work that you do, really embedding human rights into the mission of your group.