This unit will look at how you can protect your rights in policy or law. Everyone has basic human rights which are protected by law in the UK. Examples of human rights include the right to life, the right to respect for family life and the right to freedom of belief. There are lots of policies and laws which cover other rights that people can enjoy in the UK. This includes the right to safe housing and an education.

In this unit, you will hear some true stories about people who have challenged laws in the UK which they thought were not fair. Sometimes they were successful but, even when they weren’t, they learnt a lot about themselves and their communities and tried to change people’s lives for the better. You will learn how and why the campaigns developed and the lessons they learnt along the way.

In this unit, there will be two main stories, the Women Against State Pension Injustice, who are also known as WASPI women and the campaign to allow cash payments instead of vouchers to asylum seekers.

There are also some other examples of groups and individuals who have tried to make positive change that you can learn more about if you would like. Then there is some information about what we can learn from these stories. After this there are some activities you can try yourself.

We hope you enjoy learning about all these stories and that it helps you think about the rights you have in the UK and what you might like to see changed.