Things don’t have rights.

People do. For example, we have the right to education, to express ourselves freely, to be protected from violence.

These rights are written down in international treaties.

Governments sign up to these treaties on behalf of their people

There are ten core treaties protecting people’s rights. Some focus on children, women, persons with disabilities, migrant workers.

By signing these treaties, your Government promises to respect these rights.

But governments don’t always keep their promises

8…and it can be difficult for people to check up on their government.

So each treaty is monitored by a group of independent experts from all over the world

…who come together to work in committees called United Nations Human Rights Treaty Bodies

The experts get information from many sources – the Government of course, but also civil society organisations and individuals.

The Treaty Bodies then question governments in detail about their human rights record.

They then report their findings and make recommendations for action.

These bodies also address cases where individuals have suffered a miscarriage of justice.

The Treaty Bodies’ recommendations are made public – on the UN Human Rights Office website and social media feeds.

If your country has been reviewed, you can use these recommendations to encourage the Government to take action.

You have the right to claim your rights. Use the Treaty Bodies’ findings to help you.

When the Treaty Bodies question your government, about your rights, you can watch the session on this website.

Hold your Government to account, make sure they’re doing their job.