This unit will look at how the rights you have in policy are not always applied in practice. Just because you have a right to something, even when it is a law, does not always mean that you will experience that right in your daily life. Many people have tried to make sure that these legal rights are actually carried out.

As one example, since 1965 in the UK it has been illegal to treat someone differently, or discriminate against them because of their race. However, in practice, many people sadly still experience racism today.

In this unit, you will hear some true stories about people who have tried to change things so the rights we have in policy are carried out in day to day life. These people saw that others were not always enjoying the rights they should have in law. You will find out how and why those campaigns started and what we can learn from them.

In this unit, there are two main stories. The first story looks at campaigns supporting Asylum Seekers and Refugees. The second is about Conscientious Objectors, who chose not to fight in the First World War. There will also be some other examples you can choose to explore further. Then there will be 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 how to ask more about things which you think are unfair.