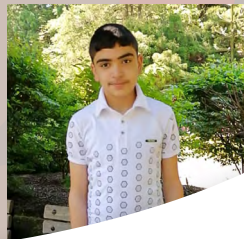


Our Human Rights

Options Newcomer Youth Stories



The land which we are on is the unceded territories of the Coast Salish peoples including Kwantlen, Katzie, Matsqui, Musqueam, Semiahmoo, Tsawwassen, Kwikwetlem and the Sto:lo Nations.

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Introduction

The idea behind the Options Newcomer Youth Human Rights Booklet was borne out of a shared desire to tell their stories from the human rights perspective. Through the successful completion of their summer project of a short video telling newcomer youth experiences of settling in a new country, Options newcomer youth gained confidence in having their voices heard. From that experience of being heard and Equitas training of being empowered to make changes, they learned the importance of not only making their voices heard, but of amplifying their voices by becoming change makers.

We were lucky enough to have Equitas believe in our project and trust our youth to become human rights ambassadors through this project. They provided training, support and funding for printing the booklet.

However, this project would not have been possible without the hard work of our intelligent, creative, reflective and talented newcomer youth. In the midst of the pandemic, they were able to meet virtually every week to learn about human rights and then to create artwork, write stories and poems, and make short videos based on their increasing knowledge and understanding of basic human rights. Their artistic interpretations of human rights are woven together beautifully in this book to celebrate human dignity in all our differences and similarities.

Of course, there was a whole group of cheerleaders and they were, in no particular order, Community Connections Worker, Nidal Eltoul; Senior Manager, Jenny Lam; Deputy Executive Director, Khim Tan; Practicum Student, Rodrigo Morales; Design Consultant, Mischa Price.

And then there were our families of both youth and staff. Our families' unwavering love and support helped make this project a reality. They provided us safe space for us to be ourselves and to freely express ourselves in whatever medium we chose.

It is our hope that our collective voices will help young people everywhere understand human rights and empower them to challenge injustice, so that we can all move towards a more inclusive society where we all feel a strong sense of belonging.

Cindy Lee
Program Manager

Universal declaration of human rights

Adapted from Equitas International Centre
for Human Rights Education



30 Human Rights

1. Right to equality
2. Freedom from discrimination
3. Right to life, freedom, personal security
4. Freedom from slavery
5. Freedom from torture
6. Right to be protected by the law like everyone else, no matter where you are
7. Right to equality before the law
8. Right to fair and just legal help
9. Freedom from being unfairly put in prison
10. Right to a fair public hearing
11. Right to be considered innocent until proven guilty

30 Human Rights

12. Right to privacy in the family and home
13. Right to free movement within and out of any country
14. Right to find safety in other countries
15. Right to nationality and freedom to change it
16. Right to marry and raise a family
17. Right to own property
18. Freedom of belief and religion
19. Freedom of opinion and information
20. Right to peaceful assembly and association
21. Right to take part in your government
22. Right to help with basic needs

30 Human Rights

23. Right to satisfactory work and to join trade unions
24. Right to rest and leisure
25. Right to food and shelter
26. Right to education
27. Right to participate in a community's cultural life
28. Right to social order ensuring the respect of human rights
29. Responsibility to your community to respect others' rights and freedoms
30. Right to keep these rights from violation by the state or individuals

Stories from Newcomer Youth on Human Rights



Allen Bahnam

My Age 14
I'm From Iraq

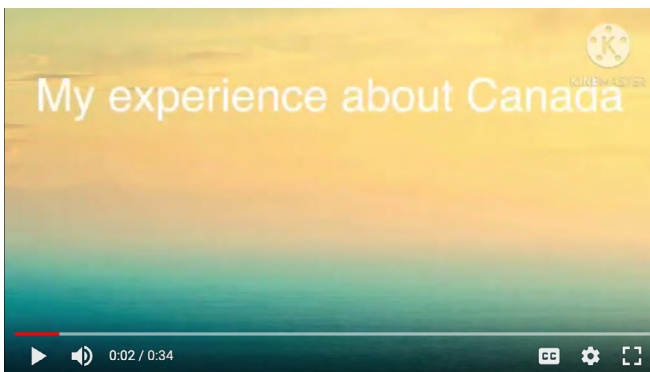
My favourite colour Red
My Dream Job Basketball player

Favourite Artist
Lil Jay

Favourite thing about Canada
The beauty

What I miss most about my home country
The weather

When I first came to Canada, I had no friends or anybody to talk to at school. It was so hard for me to learn English, and to get used to the language. The days passed, I started to get used to the language, and I had more friends. Two years ago, I was in grade 7 when I started to get good grades, and now I'm in grade 8. I'm so happy that I have so many friends and I learn how to speak English.



Scan for video



Check out Allen's video about his experience making friends in Canada here <https://youtu.be/-zjQp0BqJNU>

Alma Bahnam

My Age 10

I'm From Iraq

Favourite Artist

Sugar Crush

Favourite thing about Canada

The parks

What I miss most about my home country

My old friends

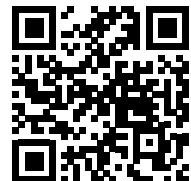
My favourite colour Yellow

My Dream Job Police officer

First time I arrived in Canada, I was exposed to bullying. I did not know how to speak English. After a couple days, my mom told me to go to school. I was scared because of my poor English. On my first day of school, I was shy, but after a while I started to get used to people. I made a friend, she was so kind, and we became friends forever.



Scan for video



Check out Alma's video about her experience arriving in Canada <https://youtu.be/UmDs1atW93U>

Abrar Eltoul

My Age 13

I'm From Sudan, born in Jordan

Favourite Artist

ZHC

Favourite thing about Canada

The places

What I miss most about my home country

The food and friends

My favourite colour Black and white

My Dream Destination Paris



Hi, my name is Abrar Eltoul. I'm 13 years old and I moved to Canada when I was 10 years old. At school it was hard for me to understand sometimes what they said to me. I was scared to talk to other people because what if they don't understand me and make fun of me. I felt like I was in a bubble. Puff I hear my name. "Hi what is your name?" a girl said. "Yes, my name is Abrar. What is your name?" "Ashley" she said. Me and Ashley became friends and she was also my neighbour. I start to take ELL at school is where they try to help you with English. I began to understand more and more things. In Jordan I was one of the top students so I felt bad when I got a mark under A but I started to get better marks as time passed by. The end.

The Right To Public Hearing,
Equal Protection Under The
Law, To Play And We All Born
Free With Equal Rights

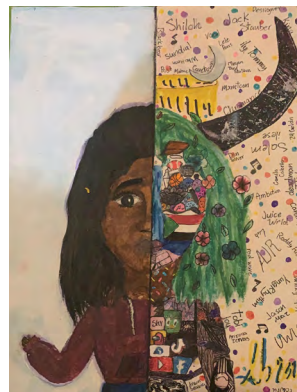


The right to play, to have family,
responsibility, social security, and
freedom of thoughts and expression

The Right to Freedom



Freedom of Speech
and Expression



In a Bubble



Hi, my name is Abrar ^{Eltou}
I'm 13 years old and I moved
to Canada when I was 10
years old. At school it was
hard for me to understand
some time what they say
to me. I was scared to
talk to other people

because what if they don't understand
me and make fun of I feel like I was in
a bubble. Puff, I hear my name "Hi, are you
new here?" A girl said "Yes, my name is Abrar what
is your name?" "Ashley" she said. I was happy
to make a new friend. Me and Ashley became
friends, she also was my neighbour. I
started to talk E.L.L at school is where
they try to help you with English. I was

understand more and more thing in
Jordan I was on of the top student
so I felt bad when I
have a mark under
A but I started to
be better as the
Past.

The end

Ibrahim Kanawati

My Age 16

I'm From Syria

Favourite Artist

The Rock

Favourite thing about Canada

The respectful people

What I miss most about my home country

My friends and my country

My favourite colour Blue

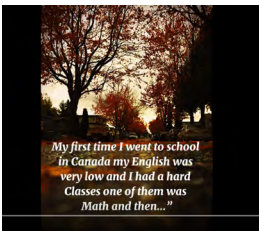
My Dream Job Dentist



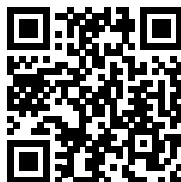
My name is Ibrahim from Syria. I want to share a story of myself with you. When I went to school for the first time in Canada, my English was very weak. Courses were hard for me, especially math. My friends were telling me that math is hard and to skip it. I listened to them; I skipped math class, and I spent a lot of time with them. When I got to grade 10, I took Math. I did not find it hard. I enjoyed it. I regretted it because I didn't attend math classes before. I have learned

different lessons in my experience. First, I will not trust people before they become my friends. The second lesson is that I will not skip any classes in the future, and no one can define my abilities more than myself. Also, I will focus on improving my education to reach my goals. The most important one is that I have the right to education, freedom of opinion and human rights can't be taken away. However, the fastest way for me to learn English is reading a lot.

Check out Ibrahim's video <https://youtu.be/pWvjrbSB8cE>



Scan for video



Mohamad Kanawati

My Age 15

I'm From Syria

Favourite Artist

The Rock

Favourite thing about Canada

The weather

What I miss most about my home country

Castles

My favourite colour Yellow

My Goals To get my first job

In Lebanon, I needed to pay a lot of money to go to school. I did not feel respected, nor accepted in the community, but in Canada schools are free and people are nice. I love Canada because I have the right to social security.



Ahmad Karwt

My Age 16

I'm From Syria.

Favourite Artist

Mohammed Shamas

Favourite thing about Canada

The free education

What I miss most about my home country

The most thing that I miss about my home country is the lifestyle

My favourite colour Black

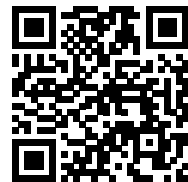
My Dream Destination Palestine

My name is Ahmad. I am 16 years old, and I'm in grade 9. In Dec 9, 2019 we arrived to Canada at the beginning we faced some obstacles such as the language, but now I learned English and I go to parks to do different activities. I like that here there is an opportunity for me to go to school, people respect each other, and people respect the law. In Lebanon, I was not able to go to school, and I was exposed to racism.



Listen to Ahmad's story (in Arabic)
https://youtu.be/I5_WenlWWu8

Scan for video



Mohammed Walid Karwt

My Age 10-year-old

My favourite colour Blue and green

I'm From Syria

Favourite thing about Canada

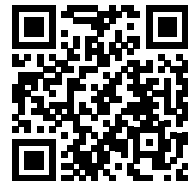
I like the weather

My name is Mohamed. I'm 10 years old. I arrived in Canada a year ago. I miss my relatives and our beloved ones. When I came it was hard for me to deal with people, and to move around because my English was weak. I love Canada so much because there are a lot of good things in it like beautiful sceneries, trees, education, respect, and it is a safe place.



Listen to Mohammed's story (in Arabic)
https://youtu.be/JJDQEa8hL_k

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Yhea Karwt

My Age 13

I'm From Syria

Favourite thing about Canada

I like the system

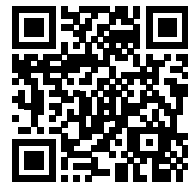
My favourite colour Black

My name is Yhea. When I came to Canada the language was a problem for me and I came during the corona time, so I needed to study online. I love the orderliness and safety in Canada.



Listen to Yhea's story (in Arabic)
https://youtu.be/4HM_0MVszs0

Scan for video



Aleef Kel Khello

My Age 10

I'm From Syria

Favourite thing about Canada

People are very friendly

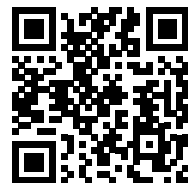
My favourite colour Black

My Dream Destination Paris



Listen to Aleef's story of coming to Canada
<https://youtu.be/v7rUCznDBWE>

Scan for video



Fatmeh Kel Khello

My Age 10

I'm From Syria

Favourite thing about Canada

The weather in BC

What I miss most about my home country

My grandparents and my cousin

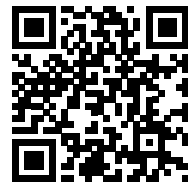
My favourite colour Purple

My Dream Destination America



Listen to Fatmeh's story
<https://youtu.be/-daVRZEQJOo>

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Rojan Kel Khello

My Age 14

I'm From Syria

My favourite colour Red

My Dream Destination Syria

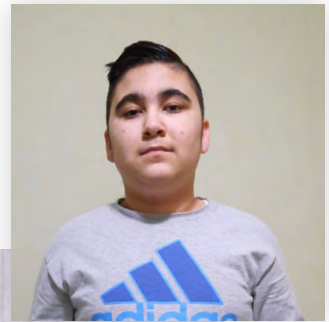
Favourite thing about Canada

I like the beautiful nature and I like that people respect each other

What I miss most about my home country

My grandparents

Freedom to move and to have
food and shelter and family



Dilpreet Kaur Luthra



My age 14

I'm From Punjab, India

My favourite colour Mango yellow.

My Dream Destination Taj Mahal - India

Favourite Artist

Bob Ross

Favourite thing about Canada

The cleanliness, greenery, multiculturalism and natural scenes.

What I miss most about my home country

Everything from the magical home fragrance in India to the energetic and breathtaking environment. I love India, and I miss every single thing about it. My maternal grandparents live there and I miss them a lot, too.

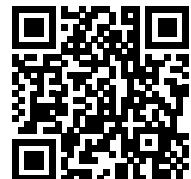
You have rights no matter you go



The Right To Life



Watch Dilpreets Whiteboard Video about what she is thankful for in Canada <https://youtu.be/-kIS4gBgHrg>



Scan for video

The right to seek a safe place to live



Right to privacy, freedom to move, to play, and to have a fair and free world

The Right to live in a safe and healthy environment, and to seek safe place to live



Hayaty Mohamed

My Age 11

I was born in Burnaby

My parents are from Sudan

My favourite colour Navy blue

My Dream Destination

Japan or London

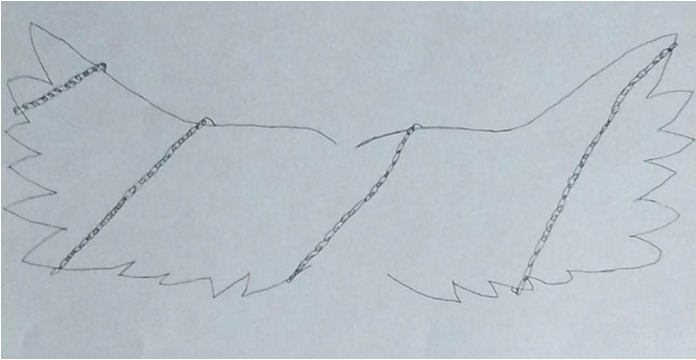
Favourite thing about Canada

Symbols of Canada (Maple Leaf, Beavers, Snow and Cold Weather)

What I miss most about my home country

The nature and culture

Right to Freedom



Hello! My name is Hayaty Mohamed and I would like to share my appreciation with you. My story takes place in Sudan, the second time I went when I was 6 years old, I went to Sudan with my mother. At the time I did not know how to speak Arabic which was the main language they speak there. I was excited to go but the problem was I did not know that I would not be able to communicate through my words. When I went there, I could only listen to people speak and not respond. I did not talk to anyone for 2 weeks straight, and when playing with my cousins I would only use symbols. Now that all changed. I am 11 years old and my Arabic has improved by landslide. I think that the main reason my Arabic improved is because the people around me that speak it. Of course, I am still learning, and I still do not know how to read or write Arabic. I am still young and learning because I have the right of education.

Some Youth Activists That Inspire Us

Bana Alabed

She is an 8-year-old Syrian refugee. She took to twitter to share her tough life as a refugee in Aleppo. After that, her family fled to Turkey. Bana's experience led her to write a book which is, A Syrian Girl's story of War and Peace. She illuminates the Syria, refugee crisis, and the impact of war on refugees. Bana wants children to not live in fear because of war, and she wants them to play and enjoy their life.

Malala Yousafzai

She is from Pakistan. She is a well-known young activist that got a Nobel Peace Prize. From the age of 11, Malala used her voice to advocate for female education. Unfortunately, Malala got shot by Taliban in a school bus because she was against Taliban, but that did not stop her. She wrote her first book, I Am Malala.

Payal Jangid

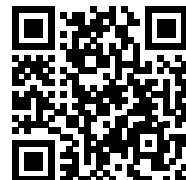
She is a young Indian activist who scaped from slavery. She advocates for several rights such as education and children's rights. She has met with Malal Yousafzai to discuss the importance of education in societies.

Thandiwe Abdullah

She is a 17-year-old girl organizer with BLM. (Black Lives Matter.) She helped launch the next generation of black rights activists. She was also hailed for playing an amazing role in getting BLM into school is the USA.

Greta Thunberg

Watch the short video we made about Greta
<https://youtu.be/oBhFJCnvWkc>



Scan for video

Resources

Parks and Recreation



[Parks & Recreation | City of Surrey](#)

[Delta's Recreation and Parks Services](#)

[Recreation & Culture - Township of Langley](#)

[White Rock Recreation and Culture](#)

[Burnaby Parks, Recreation and Cultural Services](#)

[City of Richmond Parks](#)

[Parks and Recreation | City of Vancouver](#)

[Parks, Recreation & Culture | City of North Vancouver](#)

[Parks & Rec | District of West Vancouver](#)

[Parks, Recreation, Culture and Facilities | Coquitlam, BC](#)

[City of New Westminster Parks & Recreation](#)

[Parks, Recreation & Culture | Maple Ridge, BC](#)

[Parks, Recreation & Culture | City of Abbotsford](#)

[Recreation, Culture and Community Services | City of Langley](#)

[Recreation - City of Port Coquitlam](#)

[Recreation Parks and Environment - City of Port Moody](#)

Libraries



[Vancouver Public Library](#)

[Fraser Valley Regional Library](#)

[Burnaby Public Library](#)

[Richmond Public Library](#)

[New Westminster Public Library](#)

[North Vancouver District Public Library](#)

[West Vancouver Memorial Library](#)

Agencies



[Options Community Services](#)

[MOSAIC](#)

[AMSSA](#)

[SUCCESS](#)

[DIVERSEcity](#)

[ISSofBC](#)

[Pacific Immigrant Resources Society](#)

[New Hope Community Services Society](#)

[Langley Community Services Society](#)

[PICS](#)

[Archway Community Services](#)

[North Shore Multicultural Society](#)

School Districts



[School District No. 034 \(Abbotsford\)](#)

[School District No. 035 \(Langley\)](#)

[School District No. 036 \(Surrey-White Rock\)](#)

[School District No. 037 \(Delta\)](#)

[School District No. 038 \(Richmond\)](#)

[School District No. 039 \(Vancouver\)](#)

[School District No. 040 \(New Westminster\)](#)

[School District No. 041 \(Burnaby\)](#)

[School District No. 042 \(Maple Ridge-Pitt Meadows\)](#)

[School District No. 043 \(Coquitlam\)](#)

[School District No. 044 \(North Vancouver\)](#)

[School District No. 075 \(Mission\)](#)

Phone:604 859-4891

Phone:604 534-7891

Phone:604 596-7733

Phone:604 946-4101

Phone:604 668-6000

Phone:604 713-5000

Phone:604 517-6240

Phone:604 296-6900

Phone:604 463-4200

Phone:604 939-9201

Phone:604 903-3444

Phone:604 826-6286

Hospitals



[Surrey Memorial Hospital](#)

Address: 13750 96 Ave, Surrey, BC V3V 1Z2

[Langley Memorial Hospital](#)

Address: 22051 Fraser Hwy, Langley City, BC V3A 4H4

[Peace Arch Hospital](#)

Address: 15521 Russell Ave, White Rock, BC V4B 5M2I

[Royal Columbian Hospital](#)

Address: 330 E Columbia St, New Westminster, BC V3L 3W7

[Eagle Ridge Hospital](#)

Address: 475 Guildford Way, Port Moody, BC V3H 3W9

[Burnaby Hospital](#)

Address: 3935 Kincaid St, Burnaby, BC V5G 2X6

[Abbotsford Regional Hospital and Cancer Centre](#)

Address: 32900 Marshall Rd, Abbotsford, BC V2S 0C2

[Mount Saint Joseph Hospital](#)

Address: 3080 Prince Edward St, Vancouver, BC V5T 3N4

[Vancouver General Hospital](#)

Address: Jim Pattison Pavilion, 899 W 12th Ave, Vancouver, BC V5Z 1M9

[Delta Hospital](#)

Address: 5800 Mountain View Blvd, Delta, BC V4K 3V6

[BC Children's Hospital](#)

Address: 4500 Oak St, Vancouver, BC V6H 3N1

[UBC Hospital](#)

Address: 2211 Wesbrook Mall UBC Hospital, Vancouver, BC V6T 2B5

[St. Paul's Hospital](#)

Address: 1081 Burrard St, Vancouver, BC V6Z 1Y6

[BC Women's Hospital and Health Centre](#)

Address 4500 Oak St, Vancouver, BC V6H 3N1

[Lions Gate Hospital](#)

Address: 231 15th St E, North Vancouver, BC V7L 2L7

[Ridge Meadows Hospital](#)

Address: 11666 Laity St, Maple Ridge, BC V2X 7G5

Clinics



If you are looking for Health Clinics in Surrey, Langley or Delta you can find a long list on our resources page at <https://www.options.bc.ca/sites/default/files/2021-04/Clinics%20-%20Our%20Humans%20Rights.pdf>

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Apps



[Google Maps](#) (Map app)

[Google Translate](#) (Translation app)

[Google Podcasts](#) (Podcasts on different topics)

[Google Docs](#) (Web based Word Processor app)

[Google Sheets](#) (Web based Spreadsheet app)

[Google Slides](#) (Web based Presentation app)

[Educational Games for Kids](#) (Kids games)

[PBS Kids Games](#) (Kids games)

[Sesame Street](#) (Kids games)

[Memrise](#) (Language app)

[Duolingo](#) (Language app)

[Unlimited Reading For Kids](#) (Free e books)

[Grammarly](#) (Free Online Writing Assistant)

[WEBTOON](#) (Free Manga comics)

Acknowledgments

About Options

For nearly a half a century, Options Community Services (OCS) has been providing social services in Surrey, White Rock, Delta and Langley, making meaningful and lasting impact in these communities. We believe in helping people help themselves in a healthy community where we all have a sense of belonging. Serving one of the most diverse cities in the world, we see diversity as an asset and are committed to promoting understanding and appreciation of this rich human diversity. All our services are guided by the principle of accepting and celebrating each other's differences and similarities. Today, over 500 staff and 300 volunteers work tirelessly in over 80 programs and projects to touch more than 100,000 lives each year. With the vision of a healthy, caring community where everyone thrives, we inspire hope and belonging for all. Our guiding principles are: Diversity, Integrity, Resourcefulness, Collaboration and Excellence.

About Equitas

Based in Montreal, Equitas, Canada's most recognized and active human rights education organization, was founded in 1967. The co-founders believed that human rights education would empower people to challenge inequality and discrimination and amplify their efforts to make changes that would lead to more social justice. Equitas' mission is to advance equality, social justice and respect for human dignity through transformative human rights education programs in Canada and around the world. Each year in Canada, Equitas provides practical training for community-based organizations, municipalities, and schools focused on how to use a children's rights-based approach to make programs and practices more inclusive and accessible to all children and youth. More than 1,220,000 children and youth are reached in 56 communities across Canada.

Newcomer Youth

Allen Bahnam
Alma Bahnam
Abrar Eltoul
Ibrahim Kanawati
Mohamad Rabih Kanawati
Ahmad Karwt
Mohamed Walid Karwt
Yhea Karwt
Aleef Kel Khello
Fatmeh Kel Khello
Rojan Kel Khello
Dilpreet Kaur Luthra
Hayaty Mohamed

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*Community Connections
Worker*

Jenny Lam
Senior Manager

Cindy Lee
Program Manager

Rodrigo Morales
Practicum Student

Mischa Price
Design Consultant

Khim Tan
Deputy Executive Director

Funded by



Equitas is a human rights education organization that offers training to make changes that would lead to more social justice everywhere.



Coast Capital is Canada's largest credit union by membership with over 52 branches serving 543,000 members in Metro Vancouver, Fraser Valley, Vancouver Island and the Okanagan. They have been serving these communities for over 75 years.



Immigration, Refugees and Citizenship Canada is the department of the Government of Canada with responsibility for matters dealing with immigration to Canada, refugees, and Canadian citizenship.



Funded by / Financé par:

equitas
educate. empower. change.

 **coastcapital**®



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada