GLOBAL DIGNITY DAY

TOOLKIT
WELCOME TO GLOBAL DIGNITY!

A LITTLE BACKGROUND

Global Dignity is the story of three friends—a prince, a philosopher, and a community leader and organizer—who share the belief that dignity has the power to transform our world into a place where compassion, understanding and love triumph over intolerance, injustice and inequality.

They founded Global Dignity in 2006 to engage young people around the world in a powerful and immersive learning experience focused on the universal values of our shared humanity: dignity.

Since then, Global Dignity’s community of leaders has grown dramatically, now working in over 70 countries around the world—from Mongolia to Costa Rica, Poland to South Africa—to instill a deeper understanding of the values and principles of dignity. In 2018, over 860,000 people participated in Global Dignity events.

While young people have been at the heart of the Global Dignity movement, you can use this toolkit and other Global Dignity resources to introduce anyone, any age, anywhere to the powerful universal concept of dignity.

On behalf of the entire Global Dignity community, we welcome you to the Global Dignity Movement!

WHAT IS GLOBAL DIGNITY DAY?

Global Dignity Day is an inspirational and participatory event that engages hundreds of thousands of people from around the world in both understanding and celebrating dignity.

Global Dignity Day serves to unite everyone in living lives of dignity, honoring the dignity of others, and creating a societies based on dignity. By the end of the day, people feel empowered, are more aware of their own unique value, and can recognize these same qualities in others.

Global Dignity Day officially takes place on the third Wednesday of October each year, but we encourage you to hold your event on a day in October that works best for your school or organization.
HOW THIS TOOLKIT WILL HELP

This toolkit will help you plan and organize a Global Dignity Day in your school, community center, place of worship—anywhere you choose to celebrate and build an understanding of the values and principles of dignity.

It includes a brief primer for teachers and event facilitators to start thinking about the concept of dignity, a framework for choosing your Global Dignity Day activities, a sample schedule, and tips for keeping the momentum going even after your event.

Now, let's get started!
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GLOBAL DIGNITY: THE BASICS</strong></td>
<td>1-2</td>
</tr>
<tr>
<td>What is Global Dignity Day?</td>
<td></td>
</tr>
<tr>
<td>Who Can Organize a Global Dignity Day?</td>
<td></td>
</tr>
<tr>
<td>Why Celebrate Global Dignity Day?</td>
<td></td>
</tr>
<tr>
<td><strong>UNDERSTANDING DIGNITY:</strong></td>
<td>3-4</td>
</tr>
<tr>
<td><strong>BACKGROUND FOR TEACHERS AND FACILITATORS</strong></td>
<td></td>
</tr>
<tr>
<td>So...What is Dignity, Anyway?</td>
<td></td>
</tr>
<tr>
<td>Donna Hicks' 10 Essential Elements of Dignity</td>
<td></td>
</tr>
<tr>
<td>Let's Think About Dignity More Deeply</td>
<td></td>
</tr>
<tr>
<td><strong>PLANNING YOUR GLOBAL DIGNITY DAY:</strong></td>
<td>5-8</td>
</tr>
<tr>
<td><strong>FRAMEWORK AND ACTIVITIES</strong></td>
<td></td>
</tr>
<tr>
<td>Event Framework</td>
<td></td>
</tr>
<tr>
<td>Event Activities</td>
<td></td>
</tr>
<tr>
<td><strong>SAMPLE GLOBAL DIGNITY DAY SCHEDULE</strong></td>
<td>9-10</td>
</tr>
<tr>
<td><strong>CREATING A NETWORK OF SUPPORT:</strong></td>
<td>11</td>
</tr>
<tr>
<td><strong>VOLUNTEERS AND FUNDRAISING</strong></td>
<td></td>
</tr>
<tr>
<td>Recruiting Volunteers</td>
<td></td>
</tr>
<tr>
<td>Fundraising</td>
<td></td>
</tr>
<tr>
<td><strong>HOW TO MAKE A LASTING IMPACT</strong></td>
<td>12-13</td>
</tr>
<tr>
<td>Documenting and Sharing Your Global Dignity Day Activities</td>
<td></td>
</tr>
<tr>
<td>Keep the Momentum Going</td>
<td></td>
</tr>
<tr>
<td>Stay Connected after Global Dignity Day</td>
<td></td>
</tr>
</tbody>
</table>
GLOBAL DIGNITY DAY: THE BASICS

WHAT IS GLOBAL DIGNITY DAY?

Global Dignity Day is an inspirational and participatory event that engages hundreds of thousands of people from around the world in both understanding and celebrating dignity. It harnesses the power of uplifting speakers, music, storytelling, film, service projects and engaging "learning experiences" (30+ engaging lesson plans to help teach and understand the concept of dignity) to involve entire schools, organizations and communities in celebrating dignity.

Global Dignity Day serves to unite everyone in living lives of dignity, honoring the dignity of others, and creating societies based on dignity. By the end of the day, people feel empowered, are more aware of their own unique value, are able to recognize these same qualities in others, and are motivated to put these values and principles into action.

Global Dignity Day officially takes place on the third Wednesday of October each year, but you are welcome to hold your event on a day in October that works best for your school, organization or community.

Although our global leadership network organizes initiatives and activities throughout the year, Global Dignity Day remains an important annual event for championing dignity for all.

WHO CAN ORGANIZE A GLOBAL DIGNITY DAY?

A Global Dignity Day event can be organized by anyone, anywhere who wishes to celebrate and build an understanding of the powerful, universal values and principles of dignity, including educators, non-profit and corporate leaders, community organizers and faith leaders.

There is no one-size-fits-all approach and we encourage you to design your Global Dignity Day event in the most impactful and meaningful way for the people and communities with which you work.

A NOTE FOR EDUCATORS

Global Dignity’s learning experiences align with a multitude of education initiatives, including those focused on social-emotional learning, global education and citizenship, anti-bullying, values and ethics, human rights, empathy and compassion, project-based learning and the UN’s Sustainable Development Goals. They provide participants with the opportunity to improve skills such as critical thinking, collaboration, taking action, communication, media literacy, team-building and teamwork, and exploring the world.

You will find learning experiences for all ages on the Teaching Dignity section of globaldignity.org.
WHY CELEBRATE GLOBAL DIGNITY DAY?

In our hyper-connected yet too often polarized world, Global Dignity Day is a powerful and uplifting way to introduce and explore our shared humanity. No matter the country or setting, Global Dignity Day helps participants:

- explore and celebrate the values and principles of dignity.
- feel worthy, confident, and capable—and to recognize these same qualities in others.
- express in their own words what dignity means for them.
- promote a respectful, accepting and welcoming culture within your school, organization or community that nurtures dignity-centered leadership.
- be inspired to positively impact their local communities and care about the global challenges we face.
- connect to others and move the dignity values and principles into action.
- understand what it really means to live a life of dignity.
- realize that their own dignity is mutually dependent on the dignity of others.
- understand that honoring one’s own dignity and the dignity of others will make their community and the world a better place.
- become change agents who actively work towards creating local and global communities where the dignity values flourish.
UNDERSTANDING DIGNITY: BACKGROUND FOR TEACHERS AND FACILITATORS

We are thrilled to have you as part of the Global Dignity community!

You’re in good company—2.2 million people in over 70 countries have also committed themselves to learning about dignity, sharing it with others and moving these values into action in their communities, schools and workplaces since we organized the first Global Dignity Day in 2006.

Before we dive into organizing your Global Dignity Day, let’s spend some time thinking about the concept of dignity itself.

SO...WHAT IS DIGNITY, ANYWAY?

Great question! Here is our definition at Global Dignity:

Dignity starts with each one of us.

It is our inherent value... an inextricable part of what it means to be a human being.

Dignity is a feeling in your core.
A belief in your own worth.
A belief in the worth of others.
With dignity, we lead lives of hope, optimism and compassion,
Guided by a universal ethical compass.
Dignity is the belief that our basic humanity Is shared with every other person on this planet.
DR. DONNA HICKS’ 10 ESSENTIAL ELEMENTS OF DIGNITY

Dr. Donna Hicks of Harvard University is a renowned authority on dignity. She explains that when we honor someone’s dignity, we:

- Accept their identity and give them the freedom to express their authentic selves without fear of being negatively judged.
- Recognize their unique qualities, talents and ways of life, and give them credit for their contributions, ideas and experience.
- Acknowledge them and make them feel seen and heard. Validate and respond to their concerns and what they have been through.
- Include them and make them feel that they belong and are part of a community.
- Make them feel safe—both physically and from fear of being shamed or humiliated.
- Treat them fairly and with equality.
- Give them a sense of freedom and independence, and empower them to experience a sense of hope and possibility.
- Seek understanding and give them the chance to explain their experiences and perspectives.
- Give them the benefit of the doubt by starting with the premise that they have good motives and are acting with integrity.
- Apologize and take responsibility when we have violated their dignity. Make a commitment to change hurtful behaviors.

LET’S THINK ABOUT DIGNITY MORE DEEPLY

Before you organize Global Dignity Day, it is helpful to spend some time thinking about dignity and its connection to you, on a personal level.

1. We recommend beginning your dignity journey with the What is Dignity? learning experience.

2. Next, you may want to complete Where I Stand and one of the following learning experiences: Dignity Every Day: What Would You Do?, George Orwell’s Dignity Story, Chimamanda Adichie’s Dignity Story, and Jacqueline Novogratz’s Dignity Story.

3. Conclude your training with Make a Statement, and you will be ready to go!

TIP!
You will find all of the learning experiences mentioned above in the Teaching Dignity section of globaldignity.org
PLANNING YOUR GLOBAL DIGNITY DAY: FRAMEWORK AND ACTIVITIES

There is no right or wrong way to hold a Global Dignity Day—you know your school, organization or community best, and we encourage you to make the day your own!

Here we offer examples of elements that make for a great event. Feel free to use or modify these to suit your own timeframe, objectives, resources and needs.

**TIP!** Watch Crown Prince Haakon of Norway’s video, How to Hold a Dignity Day Session, for best practices and some helpful insights.

**EVENT FRAMEWORK**

Many schools, community and youth organizations have used the following framework for their Global Dignity Day:

**OPENING SESSION**, including:
Welcome and introduction to the day (why the event is being held and what to expect)
Brief overview of the concept of dignity and why it is relevant to participants’ lives
Short video screening
Dignity story shared by an inspirational speaker and role model

**DIGNITY WORKSHOP**, including:
Overview of the Workshop and what to expect from these small, interactive sessions
Two or more Global Dignity learning experiences (more information below)
Participants identified who will share their dignity stories in the Closing Session

**CLOSING SESSION**, including:
Recap of the day and thank yous to facilitators, volunteers, any outside speakers and participants
Dignity story shared by one or more participants
Creative and uplifting closing, such as music, dance, film or call to action
Closing remarks

**TIP!** Ensure that your teachers, facilitators or volunteers know the Dignity Day schedule and where participants will go for each activity, at least one day in advance.
EVENT ACTIVITIES

OPENING AND CLOSING ASSEMBLIES, PLENARY SESSIONS AND FORUMS
Many schools and organizations begin and end their Global Dignity Day with an Opening and Closing Assembly, plenary session or forum. The Opening Sessions are used to welcome everyone, introduce Global Dignity Day, begin the conversation about dignity, share one or more dignity stories, and set the tone for the Global Dignity Day experience. The Closing Sessions serve to review the day, share several participants’ dignity stories gathered during smaller Dignity Workshops, establish shared dignity goals for the future, and thank everyone for their participation.

During the Opening or Closing Sessions, you may also decide to include musical or dance performances, film screenings, or other forms of artistic expression that inspire, spark conversations and deepen the understanding of dignity.

TIP!
People around the world have told us that the sharing of personal dignity stories is one of the most powerful moments during the day. We encourage you to build time for sharing stories into your event, if possible.

INSPIRATIONAL GUEST SPEAKERS AND ROLE MODELS
An inspirational guest speaker can come from your local community or beyond. He or she should be committed to living a life of dignity and respecting the dignity of others. Ideally, they should have strong public speaking skills. Examples of speakers from past Global Dignity Day programs include human rights activists, philanthropists, entrepreneurs, non-profit workers or volunteers, athletes, attorneys, educators, religious and spiritual leaders, and the list goes on!

Your speaker might kick off or close your event by sharing a dignity story of his/her own and by inspiring participants to continue to think about and incorporate the dignity values into their life, moving forward.

SPEAKER FROM YOUR OWN ORGANIZATION
Inviting someone from your school or organization to share his or her own dignity story can be a very effective way to inspire participants to open up and share their own experiences with dignity—positive or negative. Similar to an inspirational guest speaker, a speaker from your own organization should be someone who is committed to living a life of dignity and respecting the dignity of others. In a school setting, a student who is comfortable speaking before an audience is a great choice.

Leaders from your organization can identify potential speakers, or you can ask for volunteers.

TIP!
If you plan to have one or more students or speakers from your organization share dignity stories during the Opening Session, help them begin to prepare at least a few days in advance.
EVENT ACTIVITIES (CONTINUED)

DIGNITY WORKSHOPS
Once participants have returned to their classrooms, meeting places or broken into small-to-medium sized groups, Dignity Workshops allow them to really delve in. These Workshops are a vital feature of Global Dignity Day because they focus on understanding the concept of dignity, exploring dignity in its many forms, and sharing personal experiences with dignity. Dignity Workshops are interactive, rather than in lecture format, in order to encourage each and every participant to internalize the dignity values and principles.

Dignity Workshops are made up of two or more of Global Dignity’s engaging learning experiences. Learning Experiences are segmented by target age (ages 5 - 9, and ages 10+ which are also suitable for teens and adults), and by objective (Understand, Explore, Share). Select the learning experiences that best suit your age group, objective and time frame.

Learning experiences can be used in any combination and in any order. You can find all of the learning experiences in the Teaching Dignity section of the Global Dignity website.

DIGNITY SERVICE PROJECTS
Service projects allow participants to experience dignity-in-action within their own communities, and feel empowered to make a difference. Examples of dignity service projects are providing support to a refugee community, senior center or school for differently abled children, cleaning up a community park, and planting a garden or tree.

Service projects can take place in addition to Dignity Workshops or in lieu of them, depending on how much time you have for your Global Dignity Day program.

CREATIVE PROJECTS
Creative projects use art to deepen participants’ understanding of dignity, help them to think creatively about how to express dignity. Some creative projects from the past include mural painting, writing and performing songs or poems, and dancing. Last year, Global Dignity partnered with French street artist JR’s Inside Out Project. This is a great example of how to use art and creativity to build community, and a deeper understanding of the values and principles behind dignity.

Like service projects, creative projects can be used in addition to Dignity Workshops or in lieu of them, depending on how much time you have for your Global Dignity Day program.
EVENT ACTIVITIES (CONTINUED)

MUSIC AND CONCERTS
Music or concerts are inspiring ways to open or close your Global Dignity Day. Tap into your networks—you never know who might have a connection to a musician willing to donate his or her time! You might also find a local band to perform, ask one or more participants to perform, create a drumming circle with some or all participants, or ask participants to suggest songs that reinforce the message of dignity and play them at the close your event.

FILM AND VIDEO
Full-length films and video clips that reinforce dignity messages, or that reflect on what happens when a person’s dignity is not acknowledged, can be helpful starting points for conversation. Documentary filmmakers, or filmmakers who have incorporated dignity into their work, can make for great inspirational speakers. Participants can even use their phones to create their own brief videos about dignity.

TIP!
Visit the Teaching Dignity section of globaldignity.org for plenty of inspirational videos.
SAMPLE GLOBAL DIGNITY DAY SCHEDULE

The following sample schedule incorporates several of the elements listed above. It is designed for a two-three hour time frame, which can easily be shortened or extended.

OPENING SESSION (20-50 MINUTES)

INTRODUCTION (10-15 minutes)

The event facilitator/school head/teacher welcomes everyone.

Explain what Global Dignity Day is and why you are holding a Global Dignity Day event.

Give an overview of the concept of dignity. The points to include are:

- Dignity is our inherent value...an inextricable part of what it means to be a human being.
- We can all enhance our own dignity and that of other people through our choices and actions.
- In our society we need more reflection and discussion about dignity, as well as greater action.

Show a short video reflecting the dignity values.

TIP!

Visit the Teaching Dignity section of globaldignity.org for plenty of inspirational videos.

Introduce the participant who is telling the story. Emphasize to everyone that it takes a lot of courage to come up on stage and thank them for sharing his/her story.

DIGNITY STORY (5 minutes)

A student or inspirational speaker tells a dignity story that s/he has prepared in advance.

MUSIC PERFORMANCE (10-25 minutes)

A guest musician or student group performs, or play the "Dignity Song" by Nadirah X.

OPENING SESSION CONCLUDES (5 minutes)

The event facilitator/school head/teacher concludes the session by thanking participants and encouraging them to actively take part in the day’s activities.

Explain briefly what participants can expect from the Dignity Workshops or other activities planned for the day.

Tell participants when they should return for the Closing Session.
SAMPLE GLOBAL DIGNITY DAY SCHEDULE (CONTINUED)

DIGNITY WORKSHOP (45-120 MINUTES)

The teacher/facilitator introduces him/herself and provides an overview of Dignity Workshop plan and objectives

Participants complete the What is Dignity? Learning Experience, followed by one more Learning Experience covering each of the three objectives: Understand, Explore, and Share.

You can find all of the Learning Experiences in the Teaching Tools section of the Global Dignity website.

Identify one or more participants who will share personal stories during the Closing Session.

You will find all Learning Experiences on Teaching Dignity section of globaldignity.org.

CLOSING SESSION (10-30 MINUTES)

RECAP AND THANK YOU (2 minutes)

The event facilitator/school head/teacher recaps the day’s events and thanks all of the participants, volunteers, speakers, etc., for participating in Global Dignity Day.

Introduce participants who will share their stories, musician or inspirational speaker.

DIGNITY STORY (5-10 minutes)

One or more participants share stories from their Dignity Workshop.

MUSIC, FILM/VIDEO OR INSPIRATIONAL SPEAKER (10-25 minutes)

A guest musician or student group performs, or a inspirational speaker offers remarks.

FINAL REMARKS, THANKS AND INSTRUCTIONS (5 minutes)
CREATING A NETWORK OF SUPPORT: VOLUNTEERS AND FUNDRAISING

RECRUITING VOLUNTEERS
Enlisting volunteers who share your belief in the dignity values can be key to a successful Global Dignity Day, whether they help facilitate activities, document the day through photo and video, spread the word through your local media or community, or simply be on hand to help the day go smoothly.

Volunteers come from all walks of life, but here are some possible sources to consider:
- Retired principals and teachers
- Parents and grandparents
- Women’s groups and mothers groups
- Local university students, especially those studying education, conflict resolution or international relations (university department heads are often happy to alert their students to volunteer opportunities related to their studies)
- Corporate employees
- Global Shapers from the World Economic Forum (there are Global Shaper hubs in hundreds of cities around the world. They are a great source of energy and people power.)
- Local volunteer associations dedicated to community improvement and nonprofit work, like Rotary International

Many cities and towns also have online forums for posting volunteer opportunities, or physical bulletin boards in coffee shops, libraries, universities, etc.

TIP!

FUNDRAISING
Even small Global Dignity Day events often require at least a modest budget for materials, equipment rentals or refreshments. Every community has a different culture of philanthropy and corporate giving, but here are some ideas for identifying potential funders or event sponsors:

BUSINESS OR CORPORATE SPONSORS
Think about companies in your community that care about youth leadership, education, inclusivity, justice or peace-building, that may be willing to underwrite your event. You may want to offer to include their logo on any marketing or printed materials in exchange for their support.

EMBASSIES AND LOCAL LEADERS
Some embassies and offices of mayors and other local leaders offer small grants for cultural and community work. Ambassadors and local leaders can also make for great Global Dignity Day speakers.

INDIVIDUAL DONORS
Grassroots fundraising in the form of small donations from individuals in your community can be very effective, especially if those same community members are welcome to participate in Global Dignity Day.
HOW TO MAKE A LASTING IMPACT

Like anything we want to do well, dignity must be practiced. Here we offer some ways you can encourage participants to keep dignity top of mind even after Global Dignity Day, along with ways to stay in touch with us at Global Dignity (we hope you will!).

DOCUMENTING AND SHARING YOUR GLOBAL DIGNITY DAY ACTIVITIES

There is no better way to demonstrate the power of dignity in action than through the moments you capture during your Global Dignity Day activities. But it’s easy to forget to capture them while you are busy facilitating your event! Deciding in advance what and how you would like to document your Dignity Day will help.

Here are some ideas for sharing your day’s activities on social media, your website or e-newsletters:

• Record students’ dignity stories (with their permission), remarks by your inspirational speaker, and/or musical performance.

• Encourage facilitators/teachers/volunteers to record 15-20 second videos of participants describing “To me, dignity means...,” or “I put dignity into action by....” Or, take photos of participants holding signs with these questions and their responses.

• Record short videos or ask participants to write down what they learned about dignity—and how they plan to incorporate what they’ve learned into their daily life.

• When posting on social media, Use the #GlobalDignity and #GlobalDignityDay hashtags to join our global community!

TIP!

Assign a volunteer to act a roving photographer/videographer throughout the day to capture all of your day’s activities, or find someone from your community to help you capture powerful stories and moments.

KEEP THE MOMENTUM GOING

Think about how to keep the collective insights and individual goals that emerged during your Global Dignity Day. Here are some ideas:

• Permanently hang a large piece of paper listing some of the most impactful and inspirational ideas to emerge from the day. Or, allow participants to add dignity moments to the paper over time.

• Ask any participants who were particularly engaged during Global Dignity Day to write a brief blog post about the impact that their newfound understanding of dignity has had on their lives.

• Use one or more of the dozens of learning experiences available on globaldignity.org to continue the dignity conversation.
STAY CONNECTED AFTER GLOBAL DIGNITY DAY

Everyone who celebrates Global Dignity Day joins a global community of people committed to living lives of dignity and treating others with dignity. We hope you’ll stay connected and share your successes and challenges with us!

SUBMIT GLOBAL DIGNITY DAY FEEDBACK

Please share your reflections, highlights, challenges and ideas with us at info@globaldignity.org so that we can continue to improve the Global Dignity Day program.

PLEDGE YOUR COMMITMENT TO DIGNITY!

Encourage participants to consciously incorporate acts of dignity into their daily life. They can also visit globaldignity.org/pledge to join thousands of people who have taken the Dignity Pledge.

SIGN UP TO RECEIVE OUR E-NEWSLETTER

Visit globaldignity.org to join our e-mail list.

CONNECT ON SOCIAL MEDIA

Follow us on Facebook and Twitter: @GlobalDignity
Follow us on Instagram: @Global__Dignity
THANK YOU

Special thanks to our team of thoughtful and dedicated educators who contributed their ideas to this Toolkit: Deanne Moore, who worked alongside Emily Liebtag and Janice Walton from the Getting Smart team. www.gettingsmart.com

Thank you to Donna Hicks whose 10 Essential Elements of Dignity are reproduced courtesy of Donna Hicks, Weatherhead Center for International Affairs, Harvard University. Copyright © 2011 Donna Hicks

And, most importantly...thank YOU for helping create a world where understanding, compassion and love triumph!

HOW TO FIND US

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