



**Humanitarian
Aid Relief Trust**

HART PRIZE FOR HUMAN RIGHTS 2024

SUGGESTED ESSAY TITLES

If you're considering submitting an essay to the HART Prize for Human Rights, you can use these suggested essay titles – or use them as a guide to create your own!

Please remember that essays should relate to the locations where HART operates or to a human rights issue connected to our work. If you have any questions about your essay title, please get in contact at hart.competition@hart-uk.org

Where we work

- Abyei
- Burma (Myanmar)
- Nagorno Karabakh and Armenia
- Nigeria
- Sudan
- South Sudan
- Syria

Our programmes

- Conflict and disaster relief
- Education
- Disability equality
- Food security
- Healthcare provision
- Peacebuilding and reconciliation
- Women's rights and gender equality

Suggested titles for Junior entrants (11-14 years old)

- Imagine you have been granted one hour to discuss a key human rights issue with Prime Minister Rishi Sunak. Which human rights issue would you discuss?
- “HART is the only foreign NGO to help with education in Miango, Plateau State” – HART partner in Nigeria. Why is education such an important human right?
- HART advocates for people in areas where human rights violations are often overlooked. Referring to one of the countries where we operate, explain why you think this so important.
- What does it mean for a country to be developed? Refer to one or more of the countries where we operate.
- Imagine you are hosting an event for three leading human rights activists. Who would you invite, and which topics would you discuss?
- What does it mean to be a human rights activist? Draw on examples from your own experience.

Suggested titles for Intermediate entrants (15-18 years old)

- The conflict in Sudan has created one of the world’s fastest growing displacement crises. Referring to Sudan or another country where we operate, explain which policy measures that government should adopt to assist Internally Displaced Persons (IDPs) and refugees.
- Social media is widely used to share examples of human rights abuses. Please describe a powerful online campaign that has inspired young generations to advocate for human rights and advocate for such issues.
- Over 100,000 people have fled Nagorno Karabakh since Azerbaijan’s blitz military offensive in September 2023. Our local partners in the region – the staff and patients of the Lady Cox Rehabilitation Centre – were among those who were forced to flee. Referring to one or more of the countries

where we operate, explain why additional protection measures are needed to support people with disabilities during a crisis.

- The Burmese military coup d'état in 2021 has resulted in the collapse of the country's democratic institutions and public health system. Thousands of doctors have since been detained or killed. Referring to Burma or another country where we operate, discuss the impact of conflict on the right to health care.
- Economic sanctions on Syria are described by experts as some of the "most complicated and far-reaching sanctions regimes ever imposed". They have resulted in devastating consequences for the civilian population. Explain how the use of sanctions increases human rights violations in targeted countries.
- HART's local partners advocate for the equality and freedom of all people. Referring to one or more of the countries where we operate, discuss which obstacles they may encounter in pursuit of this achievement.

Suggested titles for senior entrants (19-25 years old)

- Human Rights Watch has cautioned that Sudan "is no longer at the precipice of mass atrocities; it has fallen over the edge." To what extent can foreign and international organisations intervene to improve the situation in Sudan?
- The military regime in Burma is in "systematic denial of humanitarian aid", according to the United Nations' human rights chief. Millions of people are prevented from receiving life-saving food and medicine. How should national and international NGOs respond when aid is weaponised?
- "Modern day technology will only improve the world's accessibility to knowledge." Discuss this statement in relation to Articles 12 (Right to Privacy) and 19 (Freedom of Opinion and Expression) of the Universal Declaration of Human Rights.
- South Sudan is highly vulnerable to the effects of climate change. Large populations experience extreme flooding and droughts, projecting famine-

like conditions in the near future. To what extent should developed countries take responsibility for climate change, and how can they help?

- Religious conflict in central Nigeria has claimed up to 22,000 lives in 14 years. Despite the scale and nature of the violence, it rarely hits our headlines. What can HART do to raise the profile on a crisis that does not attract adequate media attention?
- The Universal Declaration of Human Rights was originally published in 1948. To what extent is modern society closer to achieving equality, freedom, and dignity for all than it was 75 years ago?

Remember: All senior essays must be properly referenced, in your own preferred referencing style. The word count does not include footnotes or bibliographies.

These example essay titles are just suggestions – feel free to challenge yourself or create your own!

If you have any questions, please get in contact at hart.competition@hart-uk.org

Good luck!