

HART Prize for Human Rights

Sample Essay Titles

2025 Competition



**Humanitarian
Aid Relief Trust**



If you wish to submit an essay to the HART Prize for Human Rights, feel free to use these suggested essay titles – or use them as a guide to come up with your own!

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

Where we work

- Abyei
- Armenia
- Myanmar (Burma)
- Nigeria
- Sudan
- South Sudan
- Syria

What we do

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

Junior entrants (11-14 years old)

Suggested essay titles:

- Numerous children in Nigeria have been denied the chance to seek education by the terrorist group Boko Haram. Why is education so vital to development and/or democracy, and what does it mean to you?
- Imagine you have been granted one hour to discuss a key human rights issue with Prime Minister Keir Starmer. Which issue would you discuss and why?
- 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 examples from your own experience.

Intermediate entrants (15-18 years old)

Suggested essay titles:

- Myanmar is one of the most dangerous places in the world to be a health worker. Referring to Burma or another country where we operate, discuss the impact of conflict on access to healthcare.
- Sanctions on Syria are described by experts as some of the “most complicated and far-reaching sanctions regimes ever imposed.” Explore how the application of sanctions can impact civilians and increase human rights violations.
- 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.

- Aung Suu Kyi has in the past called on the international community to 'use your liberty to promote ours'. What should be the key actions and/or stances of the international community now that the NLD has been ousted from power following the military coup in Myanmar?

Senior entrants (19-25 years old)

Suggested essay titles:

- The UN has warned that Sudan faces one of the “worst humanitarian disasters in recent memory.” To what extent can foreign and international organisations intervene to improve the situation in Sudan?
- The military regime in Myanmar is in “systematic denial of humanitarian aid”, according to the United Nations’ human rights chief. How should national and international NGOs respond when aid is weaponised?
- 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?
- Civilians often bear the brunt of conflict between the government and rebel groups. To what extent can foreign and international organisations intervene to improve the situation in countries torn apart by civil war?

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