

A simple approach to understanding human rights and how it links to advocacy~

It is a common misunderstanding that once a person becomes incarcerated, they no longer have rights. Human rights are universal and belong to *all* humans, including individuals who are incarcerated.

Knowing what human rights are and how they are applied to individuals who are incarcerated is a necessary step in advocating for your loved one who may have sustained violations of their basic rights to humanity.

The United States is the world leader in mass incarceration rates. Educating yourself how your state ranks in incarceration rates and how human rights of prisoners should be protected can provide you the “right talk” when engaging the judicial system.

You don't have to be an expert, there are “helping” agencies and organizations available to assist you in documenting and investigating human rights complaints.

Journal your findings, thoughts, issues, concerns, case tracking, visitations, important dates, etcetera. Encourage your incarcerated loved one to do so as well. This is a good exercise of self-preservation as well as keeping track of important milestones, support contacts, and complaint filings if necessary.

- **Understanding Human Rights**

[Free Human Rights E-Course](#)

- **How are human rights applied to individuals who are incarcerated?**

[0442541 CORRPocketBook11Add3.qxp \(ohchr.org\)](#)

- **Are human rights of prisoners protected?**

[Rights of Prisoners. | U.S. Constitution Annotated | US Law | LII / Legal Information Institute \(cornell.edu\)](#)

[Prisoners' Rights | American Civil Liberties Union \(aclu.org\)](#)

- **How does your state rank in world incarcerations?**

[States of Incarceration: The Global Context 2021 | Prison Policy Initiative](#)

- **Link with “helping” networks**

[Membership - US Human Rights Network \(ushrnetwork.org\)](#)

[7 Helpful Programs For Children of Incarcerated Parents \(connectnetwork.com\)](#)

- **Filing independent complaints**

[Habeas Corpus: The Process of the Writ. | U.S. Constitution Annotated | US Law | LII / Legal Information Institute \(cornell.edu\)](#)

[OAS :: IACHR :: What is the IACHR?](#)