

# HAKI NA USAWA



A simplified Citizens Handbook  
for human Rights Advocacy

**HAKI NA**

**USAWA**

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Layout & Illustrations by Mdogo

# Haki na Usawa

A Simplified Citizens Handbook for Human  
Rights Advocacy

 Uraia

 PAWA254  
Art Rising!

 Norway

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## Acknowledgement

Great effort, dedication, and commitment have gone into the development of **RITAI – Uwazi na Haki**, a citizen's handbook on civic engagement and participation in advancing human rights within our communities. PAWA 254 sincerely appreciates all the stakeholders who contributed to the preparation of this handbook.

In particular, we acknowledge the generous support of the **Royal Norwegian Embassy** and **URAIA**, whose funding made the production of this handbook possible. We also extend special recognition to the **PAWA 254 team** involved in implementing the RITAI project, whose passion and dedication continue to drive meaningful change.

## Introduction

PAWA 254 is implementing a three-year project (2024–2026) titled **Rights, Inclusion, and Transparency for Accountable Institutions (RITAI)**. The project is implemented in partnership with **URAIA, Haki Yetu, Friends of Lake Turkana (FOLT), and Muslim Women Advancement of Rights and Protection (MWARP)**, with support from the **Royal Norwegian Embassy (RNE)**. RITAI is being implemented across three counties: **Nairobi, Kajiado, and Nakuru.**

This handbook aims to raise awareness on human rights by equipping both citizens and duty bearers with a clear understanding of what human rights are, as well as practical strategies that citizens can use to claim and defend their rights.

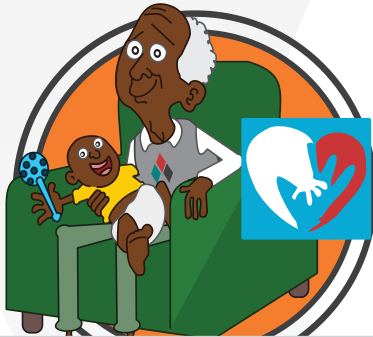
This handbook is dedicated to all those who have paid the ultimate price in the pursuit of human rights for the most vulnerable among us. Your courage, sacrifice, and commitment are not in vain.

# 2

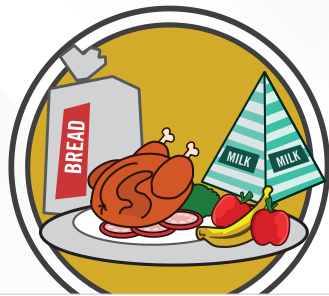
## HUMAN RIGHTS

### What are Human Rights?

Human rights are entitlements or freedoms that every human being is entitled to by virtue of the fact that they are human but without breaking the law. Human rights do not discriminate in race, sex, color, origin, background, height and weight, young, old among others. Globally Human Rights are anchored in the Universal Declaration of Human Rights (1948).



Right to Life



Right to Food



Right to Education

Right to Adequate Housing



Right to Own Property

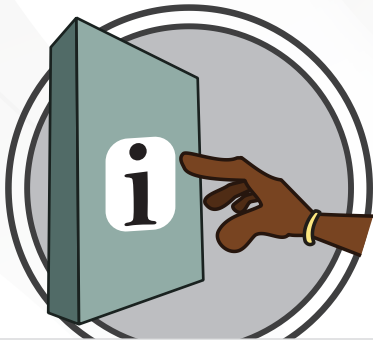


Right to Work



# Rights of Arrested Persons

## Right to Health



## Right of Access to Information

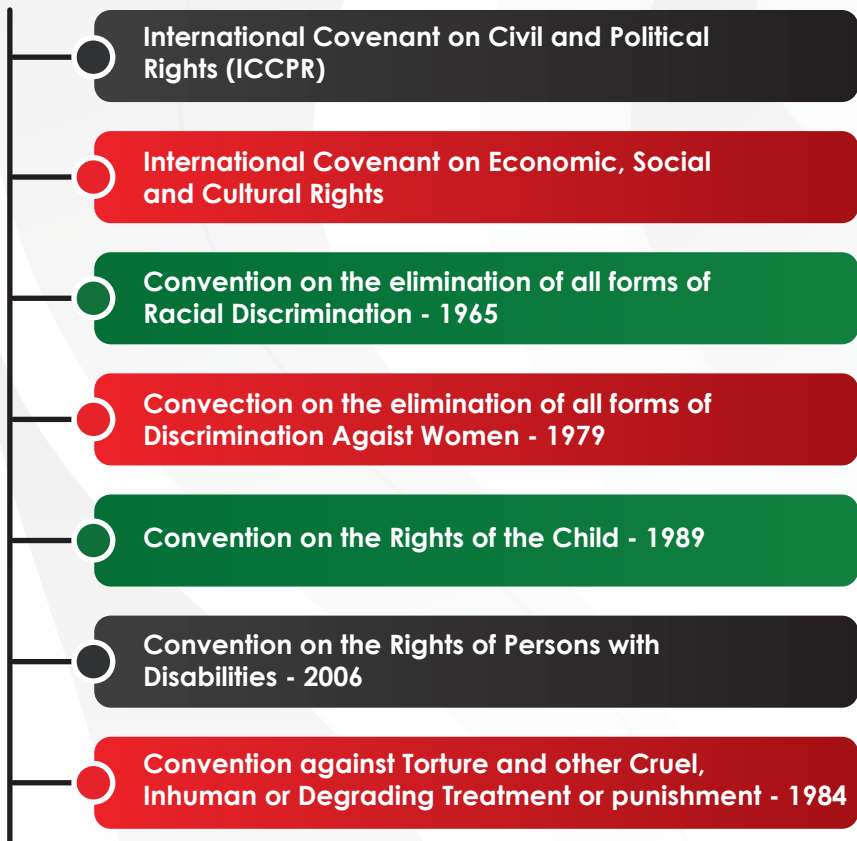
## The Universal Declaration of Human Rights (1948)

The Universal Declaration of Human Rights recognizes that 'the inherent dignity of all members of the human family is the foundation of freedom, justice and peace in the world'.

It declares that human rights are universal – to be enjoyed by all people, no matter who they are or where they live.

The Universal Declaration includes civil and political rights, like the right to life, liberty, free speech and privacy. It also includes economic, social and cultural rights, like the right to social security, health and education. The UNDHR birthed other International legal instruments that are specific to certain aspects of Human Rights.

These legal instruments include: 7



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## HUMAN RIGHTS IN KENYA

### Introduction to Human Rights in Kenya



Human Rights in Kenya are enshrined in the Constitution of Kenya 2010 especially in Chapter 4. Bill of Rights where the constitution provides the frame work for advancing the Human Rights agenda in Kenya.

Just like the UNDHR the Bill of Rights in the Kenyan Constitution provide for the following fundamental Rights and Freedoms:



Right to Life



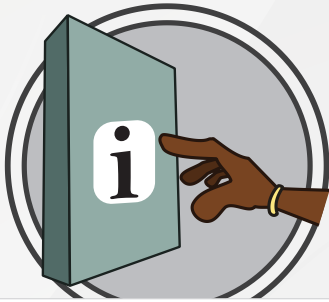
Right to Worship



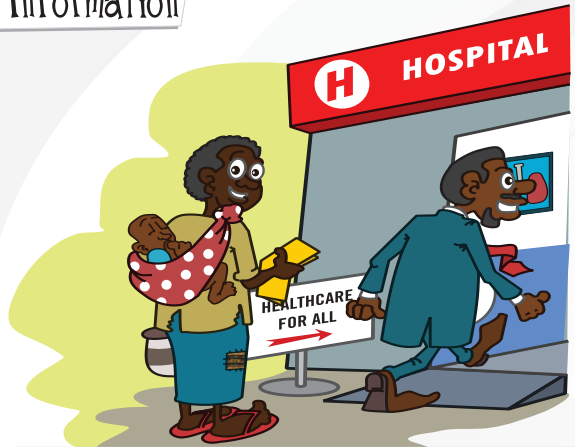
Right to Own Property  
AnyWhere in the Country



Right to a Fair Hearing



Right of Access to Information



Right to Affordable Healthcare



Right to a Clean Environment

## Other legal instruments that anchor human rights in Kenya include:



1. **Environmental Management and Coordination Act (2007):** Provides for a clean and healthy environment for all.

2. **Prevention of Torture Act (2007):** Provides for people in detention to be treated with dignity and not to be tortured whilst under police custody.

3. **Health Act (2017):** Provides the legal framework for access to healthcare for all Kenyans

4. **Basic Education Act (2014):** Provides for all children of school going age the right to access free primary education

5. **Access to Information Act (2016):** Provides the legal framework for any person to acquire information from public and state bodies.

6. **Childrens Act (2001):** Provides for the protection and care for all persons under the age of 18 years.

# 4

## COMMON HUMAN RIGHTS VIOLATIONS IN KENYA



Armed Robberies



Defilement/Rape



Arbitrary Arrests



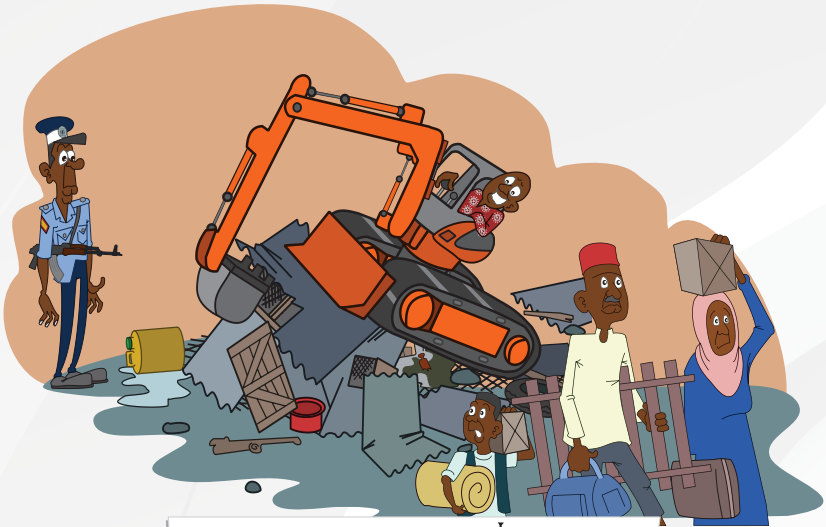
Poorly Equipped Schools



Poor Sanitation



EXtra-Judicial Killings



Forceful Evictions



Inadequate Health Facilities



Poor Infrastructure/Markets

# 5

## STRATEGIES FOR TACKLING HUMAN RIGHTS ABUSES

### Community Conscientization through Art

Convene Curation workshops and settle on the Human Rights themes to be addressed through art.



Produce/create artistic works/productions that speak to the Human Rights themes.

Use online spaces like YouTube, WhatsApp, Facebook and Twitter to disseminate the artistic works/productions. If visual art use walls and/or exhibitions to showcase the human rights themes/issues.



Engage the public on the artistic works/productions and agree the way forward.

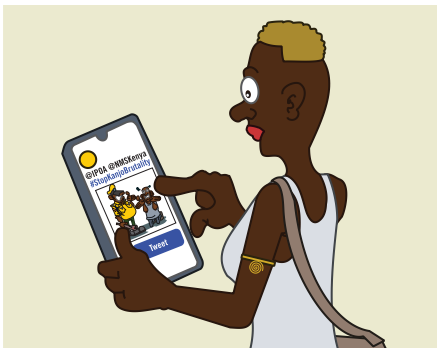
## Citizen Journalism & Online Organizing



Equip yourselves with basic skills in citizen journalism i.e. Journalism ethics, article writing, taking photos and videos, captioning the photos/videos etc.



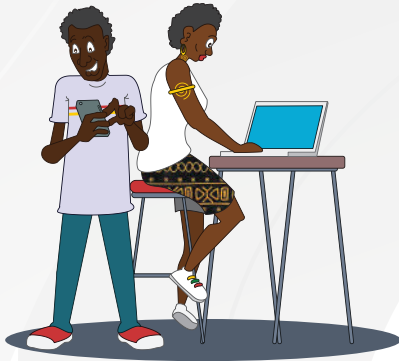
Whenever you witness human rights violations, take a photo/caption it well and upload the photo on online spaces.



Tag the necessary duty bearers as well as community leaders and bring the issue to their attention.

Do follow ups until the issue is satisfactorily concluded.

## Online organizing for Community Action



Identify the issue you want to organize around and give it a catchy title.

Develop the specific asks on the specific issue.

Identify supporters and tag them to support your campaign.

Tag the relevant duty bearers asking them to respond to the campaign asks.

Do follow ups until the matter is satisfactorily concluded.

## Public Interest Litigation

Identify an issue of public interest that needs to be addressed.

Organize community forums to rally the community around that central issue.



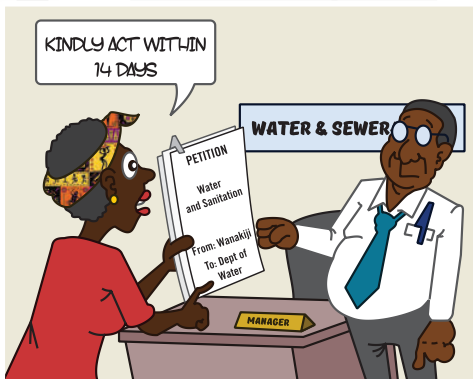


Conduct research to identify the issues, the persons/state department responsible and what the community want done (Asks of the Community)

Organize community forums where duty bearers and the community together dissect the issue that needs to be addressed.



Develop a petition addressed to specific duty bearer(s) containing clear Community Asks giving a timeframe within which they ought to respond.



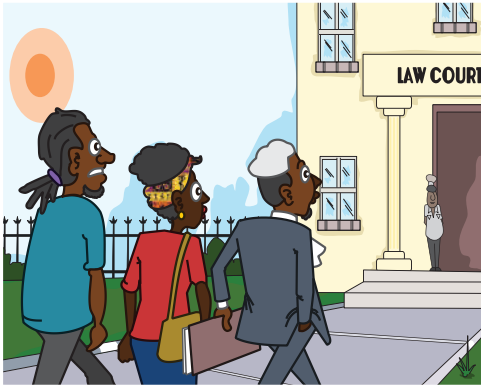


Follow up on the petition if not addressed within the specified time period.

If there's no response involve lawyers to draft a petition to the courts.



Organize moot courts (fake court hearings) to prep the plaintiffs to prepare for their day in court.



With the aid of the advocate, file your case in court and wait for the hearing date.

Present your case in court as prepped by the advocate and await judgement.

## PEACEFUL PROTESTS



Identify an issue of human rights violations within the community.

Organize Community Forums where the community will meet and discuss the issue at length.

Develop a joint action plan with the objectives for the protest as well as the protest route clearly defined.





Most important ensure to capture the grievances in a petition to be handed over to the relevant duty bearers.

Notify the area police of the intended protest.

Carry out the peaceful protest according to the laid out rules governing peaceful assembly.



Present your petition to the relevant authority and demand for action on the petition.

Follow up on the petition from the affected duty bearers.

# 6

## WHERE TO REPORT HUMAN RIGHTS VIOLATIONS

Once we know how to organize our human rights advocacy it is important that the public knows where to take their complaints on human rights. The following institutions are mandated by law to support citizens who have had their rights violated. Complaints can either be filed in person or through letters (including anonymous letters for sensitive cases), petitions, emails etc.

### 1. Kenya National Commission on Human Rights (KNCHR)

The official national human rights institution handles a wide range of human rights complaints.

**Office:** CVS Plaza, 1st Floor, Kasuku Lane (off Lenana Road), Nairobi, Kenya.

**P.O. Box:** 74359-00200, Nairobi, Kenya

**Tel:** +254-020-3969000

**Mobile/WhatsApp:** 0798-849-871

**Email:** [complaint@knchr.org](mailto:complaint@knchr.org)

**Toll-free hotline:** 0800-720-627

**SMS reporting:** send to 22359

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### 2. Independent Policing Oversight Authority (IPOA)

Handles police misconduct, brutality and related violations.

**Address:** 1st Ngong Avenue, ACK Garden Annex, Nairobi, Kenya

**P.O. Box:** 23035-00100, Nairobi

**Tel:** (020) 490 6000

**Mobiles:** +254 792 532 626 / +254 773 999 000 / +254 772 333 000

**Email:** [info@ipoa.go.ke](mailto:info@ipoa.go.ke)

**Complaints email:** [complaints@ipoa.go.ke](mailto:complaints@ipoa.go.ke)

**Toll-free/short code:** 1559 or 0800-720-434

### 3. Kenya Human Rights Commission (KHRC)

Civil society group that documents and supports human rights cases.

**Office:** 849 Amboseli Road, Opposite Gracefield Kindergarten,  
Nairobi, Kenya

**P.O. Box:** 41079-00100, Nairobi

**Tel:** +254-20-2044545 / +254-20-2106763

**Mobile:** +254-722-264497 / +254-733-629034

**Email (general):** admin@khrc.or.ke

**Media inquiries:** press@khrc.or.ke

### 4. National Police (For Immediate Incidents & Crimes)

You can report direct crimes, threats.

**Emergency:** 999 / 112 / 911 (all networks)

**Report at the nearest police station** and request an  
OB (Occurrence Book) entry.

**Internal Affairs Unit (police complaints):** iau@nationalpolice.go.ke /  
internalaffairsunitkenya@gmail.com

### 5. Office of the Director of Public Prosecutions (ODPP):

**Attorney General's Office (for legal redress):**

communications@ag.go.ke

Email: dpp@odpp.go.ke



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   @PAWA254  [www.pawa254.org](http://www.pawa254.org)

 4th floor, Tetu Apartments Ralph Bunche, Nairobi