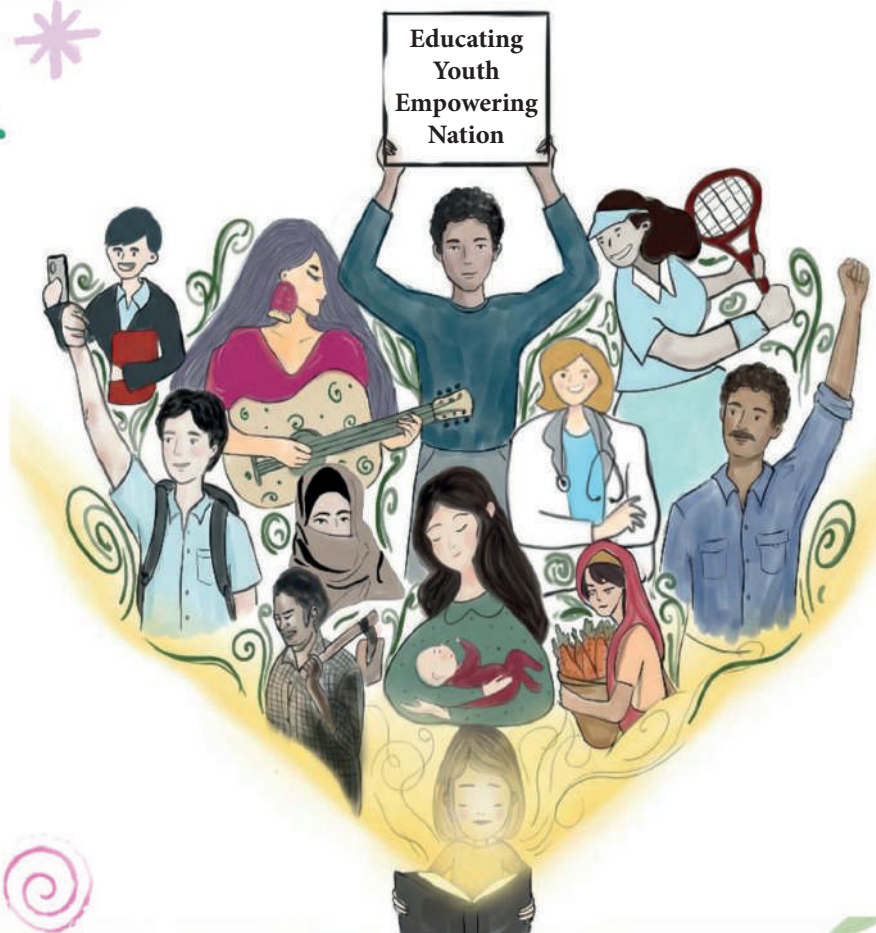


# Strengthening Gen Z Activists' Resilience to Prevent Human Rights Violations in Nepal



**BEYOND BEIJING COMMITTEE (BBC)**

*QR scan to visit online*



**Publication Information:**

Year: 2026

Organisation: Beyond Beijing Committee (BBC)

Copyright: Beyond Beijing Committee (BBC)



**This Notebook Belongs to**

Handwriting practice lines consisting of eight horizontal dashed lines, spaced evenly down the page.



# Toolkit : Gen Z Rights & Resilience in Nepal



## Module 1: The Human Rights-Based Approach (HRBA)

### 1. Rights-Holders

You are not just "beneficiaries" of the government; you are **Rights-Holders**. You have the legal power to demand:

**Participation:** The right to be at the table where decisions are made.

**Access to Information:** The right to know how taxes are spent and how policies, for example the Social Media

Bill 2081, are drafted. This right is closely linked to freedom of opinion and expression, which is guaranteed as a fundamental right under Article 17 (2) (a) of the Constitution of Nepal (2015). Meaningful exercise of freedom of expression requires access to accurate and timely public information.

## 2. Duty-Bearers (The State)

The primary duty-bearer in a human rights framework is the State. In Nepal, the Government functions as the primary duty-bearer and exercises its obligations through various institutions and public officials. These include government civil servants, government advocates, security forces such as the Nepal Army and Nepal Police, health personnel in public institutions, academicians in public universities, and other public authorities.

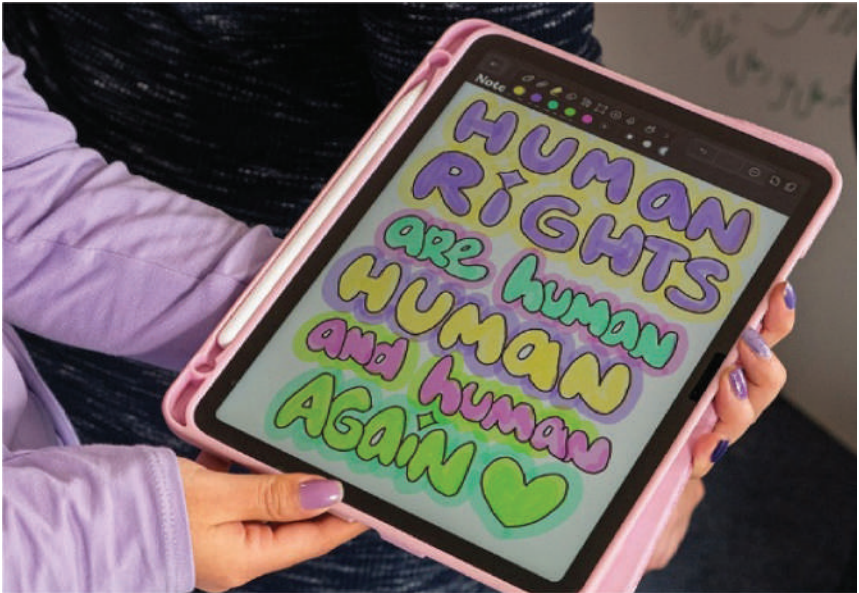
**Respect:** The State must not interfere with peaceful protests, campaigns, movements, or advocacy initiatives, as these activities fall under the constitutional guarantees of freedom of opinion and expression and peaceful assembly.

**Protect:** They must protect you from "online trolls" or physical attackers.

**Fulfill:** They must formulate laws that make it easier for you to express yourself.

## Module 2: Nepal's International Commitments

Nepal has ratified 7 out of the 9 core United Nations human rights treaties. By doing so, the Government is **legally bound** to uphold the standards and obligations set forth in these international instruments.



## Key Conventions Nepal has Ratified:

- 1. ICERD (International Convention on the Elimination of All Forms of Racial Discrimination - Ratified 1971):** While this convention was written to stop "race" discrimination, the UN has clarified that it also covers "Descent-based discrimination," which includes the Caste system in Nepal.
  - **Article 4 (Stopping Hate Speech):** Requires the government to punish hate speech and ideas of "caste superiority."
  - **Article 5 (The Right to Equality):** Guarantees equal rights in justice (fair courts), security (protection from police harm), and access to public places (ending untouchability).

## 2. **ICCPR (International Covenant on Civil and Political Rights - Ratified 1991):**

- **Article 19:** Protects your freedom of expression (including online).
- **Article 21:** Guarantees your right to peaceful assembly.

## 3. **ICESCR (International Covenant on Economic, Social and Cultural Rights- Ratified 1991):**

- **Article 6:** Protects your right to work and the freedom to choose your profession without being forced or tricked.
- **Article 11:** Guarantees your right to an adequate standard of living, including enough food, clothing, and housing for you and your family.
- **Article 13:** Guarantees your right to education, stating that primary education must be free and secondary education must be made accessible to all.
- **Article 15:** Protects your right to take part in cultural life and enjoy the benefits of scientific progress (like the internet and new technology).

## 4. **CEDAW (Convention on the Elimination of All Forms of Discrimination against Women - Ratified 1991):**

- **Article 7:** Guarantees your right to vote, to be eligible for election, and to participate in the formulation and implementation of government policy.
- **Article 10:** Ensures women have equal rights in education, including the same opportunities for scholarships, vocational training, and the elimination of gender stereotypes in textbooks.

- **Article 11:** Protects your right to work, equal pay for equal work, and prohibits dismissal from a job due to pregnancy or marriage.
- **Article 16:** Guarantees equal rights in all matters relating to marriage and family relations, including the right to choose a spouse and have the same responsibilities as parents.

5. **CAT (Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment - Ratified 1991):**

- **Article 2:** States that there are no exceptional circumstances (like war, political instability, or a national emergency) that justify torture. An order from a superior officer is never an excuse.
- **Article 10:** Requires the government to ensure that all police, military, and prison staff are fully trained on the prohibition of torture and ill-treatment.
- **Article 11:** Mandates that the rules and methods for interrogation and custody must be constantly reviewed to prevent any form of abuse.
- **Article 15:** Guarantees that any statement or confession made as a result of torture cannot be used as evidence in a court of law.

6. **CRC (Convention on the Rights of the Child - Ratified 1990):**

- **Article 12:** Guarantees your right to express your views freely in all matters affecting you, and requires adults to take those views seriously.
- **Article 13:** Protects your freedom of expression, including the right to seek, receive, and share

information and ideas of all kinds (through talking, writing, art, or the internet).

- **Article 15:** Guarantees your right to freedom of association and peaceful assembly-this is your legal right to join or set up groups and to protest peacefully.
- **Article 16:** Protects your right to privacy; no one has the right to interfere with your home, your family, or your private communications (like your texts or emails) without a lawful reason.

## 7. **CRPD (Convention on the Rights of Persons with Disabilities-Ratified 2010):**

- **Article 9:** Requires the government to ensure access to the physical environment (buildings, roads), transportation, and information/communications (including the internet) on an equal basis with others.
- **Article 12:** Guarantees that persons with disabilities enjoy "legal capacity" on an equal basis with others, meaning they have the right to make their own decisions and be recognized as people before the law.
- **Article 21:** Protects the right to freedom of expression and access to information, including the use of Sign Language, Braille, and other accessible formats for communication.
- **Article 29:** Guarantees the right to participate in political and public life, including the right to vote, be elected, and join organisations/movements like your Gen Z activist network.

## **Module 3: Digital Security & Safe Activism**

- **Secure Communication:** Use end-to-end encrypted apps (like Signal) for planning sensitive actions.

- **Metadata Awareness:** Before posting protest photos, ensure location data is stripped so your home or personal whereabouts cannot be identified.
- **The "Social Media Bill 2081" Context:** Be aware of local laws. While the government claims to "regulate," the OHCHR warns against "over regulation" that leads to self-censorship.

## Module 4: Documentation & Redress

If a violation happens use the OHCHR Documentation Standards:

1. **The 5 W's:** Who was hurt? What happened? Where? When? Why?
2. **Evidence:** Save screenshots of online threats. Take clear videos of actions and interactions, ensuring you capture name tags or vehicle numbers.
3. **Redress Channels:** Individuals can file complaints with the **National Human Rights Commission (NHRC) Nepal** regarding human rights violations. In addition, complaints may also be submitted to other relevant constitutional commissions such as the **National Women Commission and other concerned commissions** depending on the nature of the violation.

## Module 5: Self-Care & Collective Care

Activism in this era leads to "Digital Burnout."

- **Self-Care:** Recognising when to step away from the screen.
- **Collective Care:** "No one fights alone." Establish a "check-in" system where if an activist doesn't post/call by a certain time, the network knows to start a legal response.

## References:

ICERD (International Convention on the Elimination of All Forms of Racial Discrimination - Ratified 1971). <https://www.ohchr.org/en/instruments-mechanisms/instruments/international-convention-elimination-all-forms-racial>

ICCPR (International Covenant on Civil and Political Rights - Ratified 1991). <https://www.ohchr.org/en/instruments-mechanisms/instruments/international-covenant-civil-and-political-rights>

ICESCR (International Covenant on Economic, Social and Cultural Rights-Ratified 1991). <https://www.ohchr.org/en/instruments-mechanisms/instruments/international-covenant-economic-social-and-cultural-rights>

CEDAW (Convention on the Elimination of All Forms of Discrimination against Women - Ratified 1991). <https://www.ohchr.org/en/instruments-mechanisms/instruments/convention-elimination-all-forms-discrimination-against-women>

CAT (Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment - Ratified 1991). <https://www.ohchr.org/en/instruments-mechanisms/instruments/convention-against-torture-and-other-cruel-inhuman-or-degrading>

CRPD (Convention on the Rights of Persons with Disabilities -Ratified 2010). <https://www.ohchr.org/en/instruments-mechanisms/instruments/convention-rights-persons-disabilities>









## BEYOND BEIJING COMMITTEE (BBC)

The Beyond Beijing Committee (BBC) is a national feminist network organisation established after the Fourth World Conference on Women in Beijing, China, in 1995. It is a visible and credible organisation that emerged from the pre-Beijing process and was formally established after the Beijing Conference to implement the Beijing Declaration and the Beijing Platform for Action (BPfA) in Nepal. The organisation works to realise human rights, promote leadership, achieve gender equality, and contribute to peace and sustainable development.

BBC, in collaboration with the NGO Federation of Nepal (NFN) and other NGOs, has established the Nepal SDGs Forum. This forum is responsible for monitoring and reporting on the implementation and achievements of SDGs in Nepal. BBC Nepal holds the convenorship of the Women and Girls constituency and gender justice theme within the Forum. Additionally, it established the Women Major Group for Sustainable Development in Nepal to provide civil society organisations (CSOs) perspectives for preparing Voluntary National Reports. BBC Nepal is also taking the lead in establishing the Local Women Major Group for Sustainable Development at the local level.

BBC holds Special Consultative Status with the Economic and Social Council (ECOSOC), through which it exerts influence at the strategic, national, regional, and global levels. The organisation has continuously advocated for the agenda of development effectiveness and effective development cooperation across all levels. BBC emphasises the importance of viewing rights as human rights and the need for a gender-responsive, intersectional, and transformative approach to development. It promotes the empowerment of diverse women and girls in all spheres and emphasises solidarity, strength, cooperation, and collaboration with grassroots and national-level civil society organisations, as well as public and private sectors, UN and bilateral agencies, and I/NGOs at national, regional, and international levels.



## BEYOND BEIJING COMMITTEE (BBC)

Kathmandu Metropolitan City-10, Shwet Binayak Marg,  
Buddhanagar, Kathmandu, Nepal.

Contact: +977-1-4794615, 1-4794580, Fax: +977-1-4794580

 [info@beyondbeijing.org](mailto:info@beyondbeijing.org)

 [www.beyondbeijing.org](http://www.beyondbeijing.org)

 [BeyondBeijingCommittee](https://www.facebook.com/BeyondBeijingCommittee)  [@beyondbeijing](https://twitter.com/@beyondbeijing)  [@beyondbeijingcommitteenepal](https://www.instagram.com/beyondbeijingcommitteenepal)