Guide students through the visualization:

- Think of a human rights issue in your community, which can include your school, your neighborhood, your state, or a national or international issue that you would like to change. All of these communities are a part of our global community.

- Once you have identified the issue, take some time to look at it closely. You may even get a sense of what it feels like to be affected by this issue or how it makes others feel.

- Examine this issue from many sides.
  - Where does it take place?
  - Who does it negatively affect? Does someone benefit from another person being victimized or mistreated?
  - What is the cause of the issue?

- Now try to imagine what the human rights issue would look like if it was suddenly resolved.
  - If it is a polluted river, do you now see it clean and fresh?
  - If it is a problem of homelessness, do you now see people with homes and jobs?
  - If there is a corrupt dictatorship, do you now visualize a democratic government?
  - If it is an issue around gun violence, can you envision specific laws that might curtail the loss of innocent lives?
  - If it is an issue around gender equality, can you see a time when men and women receive equal pay?

- What is it like to see the human rights issue resolved?
  - Stay with this image. See how good it looks and feels.
  - Now, remember what it is truly like in reality.
  - Can you picture those two images side by side? Can you think of the two images as a “before” and “after”—the reality of the present and the possibility of a more positive future?

- Now we have to begin to come up with ideas about how to make the current picture become the picture of positive change.
  - For example, if it is a polluted river, what is needed to clean it?

- Think of different methods that can support your goal. For example:
  - build a campaign
  - build public awareness through posters, a mural, etc.
  - write a newspaper article
  - gather like-minded people

- When you think you are able to articulate at least one of your ideas, open your eyes and write the name of the human rights issue on the top of a page in your MVP Journal. Take the next few minutes to write your idea and list the different methods you will use to address the issue.