



Foreword	i
Introduction	iii
How to use this guide	1
Some basic points about the UN	3
Glossary	7
The human rights machinery of the UN	
Diagram	15
Description	17
Making a submission	27
Lobbying	35
Resolutions	41
Making a complaint under the Optional Protocol	43
Using the 1503 procedure	45
Urgent cases	47
Website map	53
The Commission	57
Provisional agenda 1996	59
The Sub-Commission	61
Provisional agenda 1996	63
The Committees	
Human Rights Committee	65
Committee against Torture	67
Committee on Economic, Social and Cultural Rights	69
Committee on the Elimination of All forms of Racial Discrimination	71
Committee on the Elimination of All Forms of Discrimination against Women	73
Committee on the Rights of the Child	75

The Special Rapporteurs	
Religious intolerance	79
Extra-judicial, summary or arbitrary executions	80
Torture	82
Independence and impartiality of judges and lawyers	83
Toxic waste	84
Violence against women	85
Freedom of expression	86
Contemporary forms of racism	87
Sale of children, child prostitution and child pornography	88
The Working Groups	
Contemporary forms of slavery	89
1503 communications	90
Arbitrary detention	91
Minorities	93
Enforced or involuntary disappearances	94
Appendix A: Domestic representatives of NGOs with consultative status	95
Appendix B: About the UN Information Centre in London	96
Appendix C: About the International Service for Human Rights	97
Appendix D: Other useful addresses	98
Appendix E: UN human rights timetable 1996	99
Index	101