



# Guide for Speaking on Panels and Participatory Spaces

Project  
**The Future of Human Rights in the Digital Age**

## Mini Field Notebook / Observation Diary

### 1 Strategic Preparation Before the Event

- Map the space: Who is organizing, what interests do they have, who decides, and who influences?
- Design your core message: A clear, repeatable powerful idea that connects the local with the global agenda.
- Develop your “personal brief”: Who you are, what causes you represent, and a local example.
- Be clear about your objectives: Raising visibility for a problem, promoting a proposal, weaving alliances, or influencing a final document.



### 2 How to Speak on Panels and in Conversations



#### Practical Strategies

- Speak from a collective perspective, not just an individual one.
- Translate local realities into a universal language of rights.
- Use a 4-step narrative:
  - 1. Who I am and who I represent.
  - 2. What the problem is.
  - 3. What should change.
  - 4. What concrete action we are asking for in this space.

#### Example:

*“I am \_\_\_\_, a youth activist from Colombia. In my region, internet shutdowns are used to silence protests. When we talk about digital freedom, we cannot forget that those decisions put lives at risk. We propose that this forum establishes concrete commitments to sanction arbitrary internet shutdowns.”*

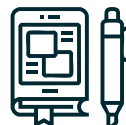
### 3 How to Formulate Questions That Clear the Path

- Use the formula: Context + Problem + Expected Action.  
Be brief: Maximum 30 seconds.
- Connect the global with the local.
- Strive to have your question included in the minutes or official records.

#### Example:

*“In Latin America, activists face... [Context]. However, current digital security policies do not reflect these territorial risks [Problem]. What concrete mechanisms will this committee implement to protect defenders in the region? [Action].”*





## 4 Strategic Networking

- Incidence doesn't just happen on stage: Many decisions are negotiated in hallways or coffee breaks.
- Build regional alliances: Collective statements carry more weight.
- Prepare your "emergency message": A 30-second phrase.
- Anticipate rebuttals: Carry data and concrete examples.

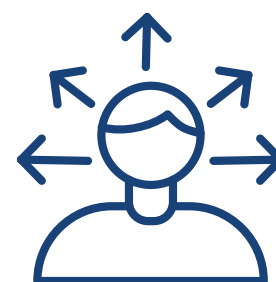


### Example of an emergency message:

*"I am a youth activist from Colombia and I represent rural communities that remain disconnected. While there is a debate here about artificial intelligence, thousands of people in my country do not even have basic internet access. Global digital justice must start by guaranteeing the essentials: that no one is left behind in connectivity."*

### This type of message fulfills three key things:

- Identity and representation: "I am a youth activist from Colombia..."
- Urgent problem: "Rural communities without basic access..."
- Call to action: "Digital justice must ensure that no one is left behind."



## 5 Advocacy Keys

### Practical Strategies

- Evidence + humanity: Combine data with stories that show the human dimension.
- Disruption with rigor: Make people uncomfortable when necessary, always with solid arguments.
- Change the narrative, not just the norm.
- Use the language of rights: Freedom of expression, access to information, privacy.

## 6 Checklist Before Participating

- I am clear about which actors I should approach.
- I have my core message and my emergency message.
- I prepared local examples that make the problem visible.
- I identified potential allies.
- I am carrying concrete proposals, not just complaints.

