

## THE BIG QUESTION

### WHAT IS THE GREATEST RIGHT WE HAVE?

What are our different rights? Which right is the most important and why?

#### Our Core Value Champion

**Selena Gomez** is an American singer, actress, producer, and businesswoman and is well known for her role on the Disney Channel programmes Hannah Montana and Wizards of Waverley Place.



Selena Gomez has spoken openly about her struggles with mental health over the years. The singer first sought treatment after she was diagnosed with lupus. She has also sought help to manage anxiety, panic attacks and depression as well as revealing that she had been diagnosed with bipolar disorder. The Rare Beauty founder has also used her platform to raise awareness about mental health, both by hosting conversations with experts and shedding light on various issues through her projects. Selena has been very vocal about her mental well-being over the years, stating "Anyone who knows me knows I will always start with my health and my well-being." After years of struggling with her mental health, Gomez revealed in April 2022 that she was relieved once she was able to get the help she needed, "It made me really happy because I started to have a relationship with myself, and I think that's the best part. Like, I've probably been the happiest I've ever been."

Being able to figure out what she needed in order to take care of herself and her mental health has allowed Gomez to help others. "I can't believe I am where I am mentally, just because of how I took the necessary steps in order to kind of remove myself," she continued. "I really want people to be understood and seen and heard. It's OK to not be OK."

1

WHAT ARE THE  
DIFFERENT RIGHTS  
WE HAVE?

2

WHICH RIGHT IS THE  
MOST IMPORTANT?  
WHY?

3

DO ALL PEOPLE HAVE  
THE SAME RIGHTS?