



2025 ESSAY CONTESTS

\$5000, \$2500, AND \$1250 PRIZES

The Kemper Human Rights Education Foundation(khref.org) is offering prizes of **\$5000, \$2500, and \$1250** to high school students from countries other than the U.S. judged to have written the best answers to the question below.

QUESTION

How are leaders in your country and/or other countries undermining or promoting human rights? Refer to specific policies and actions to support your view.

CRITERIA

Essays will be judged according to how clearly and well they answer the question posed and the extent to which they are supported by research. They are **due on or before December 10, 2025** (Human Rights Day) and should:

1. Be written in English.
2. Be 2500 words or less (not including the footnotes and bibliography).
3. Be submitted as a Microsoft Word attachment to: kemperhumanrights@gmail.com or by regular mail to: KHREF, 184 Fallow Street, Norwalk, CT 06850, USA.
4. Via footnotes and a bibliography indicate the names, titles, year of publication, and page numbers for all references.
5. Include a cover page with:
 - i. the title,
 - ii. author's name and grade level,
 - iii. name and address of author's high school,
 - iv. the following statement signed by a teacher at the author's high school: *"I [teacher's name], a teacher of [subject] at [name of the essay author's school] am aware of [author's name] participation in the KHREF essay contest and to the best of my knowledge the essay [s/he] submitted represents [her/his] independent work,*
 - v. the following statements signed by the author: *"My essay is based on the research cited in its footnotes and bibliography and represents my own thoughts on the subject and prior to receiving a prize I agree to participate in a Zoom interview with members of KHREF's board regarding my essay and I give the Kemper Human Rights Education Foundation permission to publish this essay."*

AWARDS

Winners will be announced, and awards presented by the end of January 2026.