

TRAINING TOOL ON THE CONVENTION AGAINST TORTURE (CAT) AND ITS OPTIONAL PROTOCOL (OPCAT)

[OHCHR video on CAT & SPT](#)

These short animated videos explain what the Committees do and which rights they monitor.

[Preventing Torture: An Operational Guide for National Human Rights Institutions \(2010\)](#)

OHCHR, the Asia Pacific Forum and the Association for the Prevention of Torture have published a practical guide and interactive CD Rom (available online), entitled 'Preventing Torture: An Operational Guide for National Human Rights Institutions'.

The Operational Guide

The Guide is a practical tool designed to strengthen the capacity of NHRIs to engage in torture prevention in their countries. The first part provides the legal context for torture prevention. The second part outlines the practical steps that NHRIs can undertake to prevent torture, illustrated with examples of good practices.

It is available in English, Spanish, French, Serbian and Arabic.

The CD Rom

The Guide is complemented by a CD Rom (also available online) that contains an electronic version of the guide, as well as relevant documents and further readings. It also features [audio-visual support](#) in the form of a documentary featuring interviews with leading international experts, as well as interviews with representatives of NHRIs in Asia-Pacific describing their work on different aspects of torture prevention.

[OHCHR Practical Guide on Preventing Torture: The Role of National Preventive Mechanisms](#)

This Guide draws on the decade-long expertise of the Subcommittee on Prevention of Torture in guiding and advising on NPMs. It summarizes the Subcommittee's documents and recommendations in a simple, practical guide to assist States – both States parties to the Optional Protocol, and those considering becoming a State party – to establish or strengthen their NPMs. It also builds on the experience of OHCHR staff in the field, many of whom have been and continue to be instrumental in supporting NPMs with human rights expertise on the ground.

Available in [Arabic](#), [English](#), [French](#), [Russian](#) and [Spanish](#).

[OHCHR's video on OPCAT](#)

Torture is an act of cruelty against human dignity. It is considered one of the most serious violation of human rights and is completely prohibited in international law. The OPCAT is a helpful tool to prevent its occurrence.

The video is available in Spanish with English subtitles

[Association on Prevention of Torture \(APT\)'s videos on torture prevention, monitoring places of detention and ending impunity](#)

APT has produced a number of videos, including animated short movies, on torture prevention, monitoring places of detention and ending impunity. Most videos are available in several languages.

Video of [Juan Mendez, Campaigner Against Torture – YouTube](#)

[Convention against Torture Initiative \(CTI\)'s tools and Guides](#)

[UNCAT Article-by-Article](#) - an easy-to-read summary of the UN Convention against Torture's obligations, drafted in bullet point-style to simplify the take-away message of each provision and making them more easily understandable.

[The "UNCAT Explainer"](#) is a guide for States as they take stock ahead of ratification/accession and devise plans for implementing the Convention.

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