



The following is a list of Canadian citizens who have made great contributions in the support of democratic ideals in Canada or in the world.

Select a person who interests you, and research his or her accomplishments. Explain in your own words how this person has contributed to the advancement of democratic ideals in Canada or the world. (You may suggest your own example of an individual Canadian, past or present.)

- **Tommy Douglas**, political leader, medicare
- **Lester Pearson**, prime minister, peacekeeping and international relations
- **Nellie McLung** and other members of the Famous Five, women's rights
- **John Diefenbaker**, prime minister, Bill of Rights – human rights in Canada
- **Pierre Elliott Trudeau**, prime minister, multiculturalism, Canadian Constitution 1982
- **Dr. Norman Bethune**, medical doctor and humanitarian in China
- **John Peters Humphreys**, lawyer, co-writer of the UN Declaration of Human Rights
- **Stephen Lewis**, special envoy to Africa on AIDS
- **Louise Arbour**, Supreme Court Justice, international human rights advocate
- **Lloyd Axworthy**, peace-building and international relations, Nobel Peace Prize nominee
- Major-General **Romeo Dallaire**, head of Canadian UN peacekeeping forces in Rwanda
- Chief Justice of Canada **Beverley McLachlin**, defender of human rights and diversity in Canada
- **George Erasmus**, advocate of Aboriginal rights and self-determination in Canada, co-writer of the Royal Commission on Aboriginal Peoples
- **Dr. Lucille Teasdale-Corti**, medical doctor and humanitarian in Africa
- **Jean Vanier**, humanitarian and sponsor of programs for disabled persons
- **Clarence Andrews**, humanitarian, educator, aid to Africa
- **David Suzuki**, environmentalist and educator
- **Craig Kielberger**, advocate for children's rights in the world
- **Louise Fréchette**, former Deputy Secretary General of the United Nations, international relations
- **J.S. Woodsworth**, political leader, peace activist, and defender of the poor