

Human Rights are something that each and every one of us is born with.

They are the agreed upon standard for a Human being to be able to live with dignity.

With these right come the responsibility to ensure you do not violate another persons rights.

## A Simplified Version of the Universal Declaration of Human Rights

- 1 Everyone is free and we should all be treated in the same way.
- 2 Everyone is equal despite differences in skin colour, sex, disability, religion, language for example.
- 3 Everyone has the right to life and to live in freedom and safety.
- 4 No one has the right to treat you as a slave nor should you make anyone your slave.
- 5 No one has the right to hurt you or to torture you.
- 6 Everyone has the right to be treated equally by the law.
- 7 The law is the same for everyone, it should be applied in the same way to all.
- 8 Everyone has the right to ask for legal help when their rights are not respected.
- 9 No one has the right to imprison you unjustly or expel you from your own country.
- 10 Everyone has the right to a fair and public trial.
- 11 Everyone should be considered innocent until guilt is proved.
- 12 Everyone has the right to ask for help if someone tries to harm you, but no-one can enter your home, open your letters or bother you or your family without a good reason.
- 13 Everyone has the right to travel as they wish.
- 14 Everyone has the right to go to another country and ask for protection if they are being persecuted or are in danger of being persecuted.
- 15 Everyone has the right to belong to a country. No one has the right to prevent you from belonging to another country if you wish to.
- 16 Everyone has the right to marry and have a family.
- 17 Everyone has the right to own property and possessions.
- 18 Everyone has the right to practise and observe all aspects of their own religion and change their religion if they want to.
- 19 Everyone has the right to say what they think and to give and receive information.
- 20 Everyone has the right to take part in meetings and to join associations in a peaceful way.
- 21 Everyone has the right to help choose and take part in the government of their country.
- 22 Everyone has the right to social security and to opportunities to develop their skills.
- 23 Everyone has the right to work for a fair wage in a safe environment and to join a trade union.
- 24 Everyone has the right to rest and leisure.
- 25 Everyone has the right to an adequate standard of living and medical help if they are ill.
- 26 Everyone has the right to go to school.
- 27 Everyone has the right to share in their community's cultural life.
- 28 Everyone must respect the 'social order' that is necessary for all these rights to be available.
- 29 Everyone must respect the rights of others, the community and public property.
- 30 No one has the right to take away any of the rights in this declaration.