

THE UNIVERSAL

DECLARATION OF


HUMAN RIGHTS



WHAT IS THE UNIVERSAL DECLARATION OF HUMAN RIGHTS?

The most important document of the United Nations that establishes human rights standards and norms. For short we call it UDHR.

The UDHR creates obligations for Governments to do or NOT to do certain things in order to promote and protect human rights and fundamental freedoms of all.



Art. 1. You are born free
with the same rights and
freedoms as everyone
else. You have the right to
decide what is right and
wrong. You should treat
others with kindness.



Art. 2 You have all these human rights no matter what you look like, where you live, what language you speak, what your religion is, what you think, if you are a boy or girl or you don't identify as any of them, if you have a disability, if you are rich or poor, and no matter who your parents or families are or what your parents or families believe in or what they do.



Art. 3 You have the right to live,
to be free and to feel safe.

Art. 4 Nobody can treat you as a
slave or servant, and you cannot
make anyone your slave or
servant.

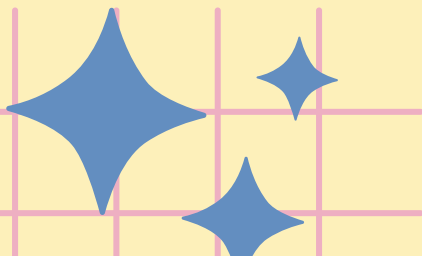
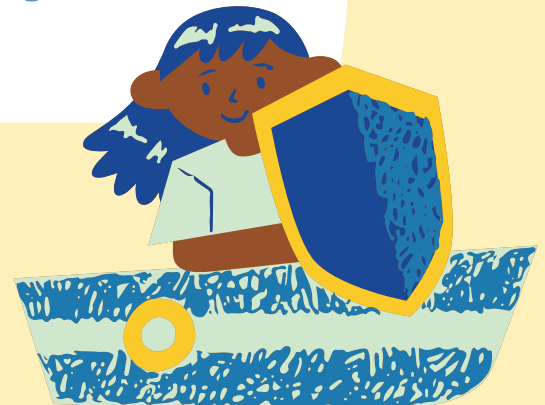
Art. 5 Nobody can torture,
harm or humiliate you.



Art. 6 You have the right to be accepted everywhere as a human being according to law.

Art. 7 You have the right to be protected and treated equally by the law without discrimination of any kind.

Art. 8 If your rights are violated, you can seek justice at the court.



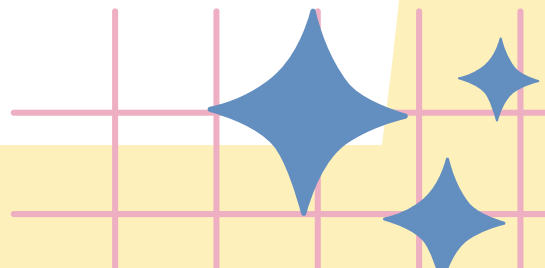
Art. 9 Nobody can arrest you, put you in prison or force you out of the country without good reason.

Art. 10 If you must go on trial because you claim your rights or you are accused of a crime, this should happen in public. The people who decide in your case should not let themselves be influenced by others.



Art. 11 You should be considered innocent unless you are proven guilty in a fair trial. You always have the right to defend yourself.

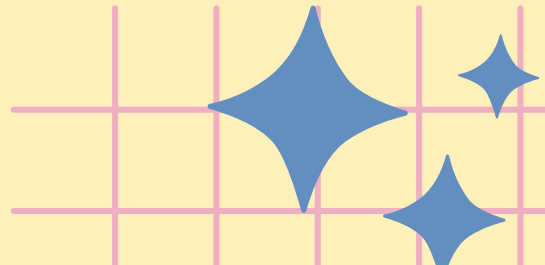
You can only be punished for doing something wrong if it was a crime when you did it. The punishment you receive should not be more serious than what was agreed by law at the time of the crime.



Art. 12 No one can harm your name, enter your house, open your mail or bother you or your family without good reason. If this happens, you have the right to be protected.



Art. 13 You have the right to leave
a country to go to another one,
including your home country,
and you should be able to return
to your home country if you
want.



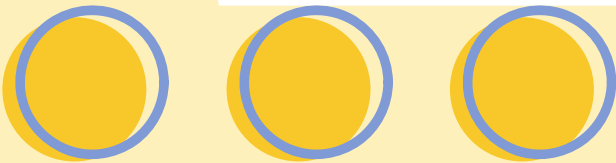
Art. 14 If you feel your life is in danger, you are threatened or you have been hurt, you have the right to go to another country and ask for protection there as a refugee. The only exception to this, if you commit a crime or violate the human rights or freedoms of others.





Art.15 You have the right to
belong to a country and have a
nationality.

No one can take away your
nationality without a good reason.
You have the right to change your
nationality if you wish.



Art. 16 When you are old enough, you have the right to marry and have a family no matter how you look, where you come from or what your religion is. Both partners have the same rights when they are married and also when they are separated.

Nobody can force you to get married.

Family is an important unit of society that needs protection.



Art. 17 You have the right to own things.

Nobody has the right to take these things from you without a good reason.



Art. 18 You have the right to your own thoughts and to believe in any religion. You are free to practise your religion or beliefs alone or in a group and also to change them if you want.




Art. 19 You have the right to hold, express and share your own opinion as well as to search, receive and share information and ideas through any media and across borders.



Art. 20 You have the right to
meet peacefully with other
people and team up with them in
an association.

No one can force you to join a
group or association.





Art. 21 When you are old enough to vote, you have the right participate in your government, either by holding an office or by electing someone to represent you.

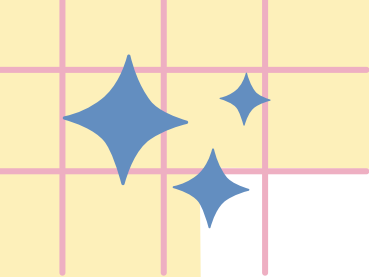
You have the right to have access to public services.

Governments should be elected regularly by fair and secret voting. Every citizen of voting age should be able to participate in elections.



Art. 22 You have the right to social security, which means your government should support you to live a healthy and respectful life.





Art. 23 When you are old enough,
you have the right to work, to
choose your job and to work in good
conditions. You should be able to
earn enough money to live and
support your family.

People who do the same work
should get the same pay.
All people who work have the right
to come together in unions to
defend their interests.



Art. 24 You have the right to rest and have free time.

Art. 25 You have the right to the things you and your family need to have a healthy and comfortable life, including food, clothing, housing, medical care and other social services.

Mothers and children should receive special care and help.



Art. 26 You have the right to go to school. Primary education should be free and obligatory. You should be able to learn a profession or continue your studies as far as you can.

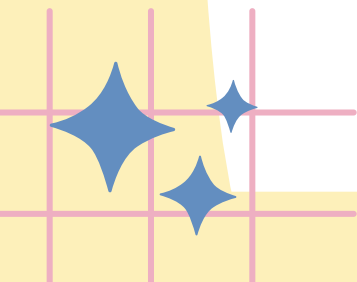
At school, you should be able to develop all your skills and talents, and learn about human rights and respect for others.

Your parents should have a say in what kind of education you receive.



Art. 27 You have the right to participate in the traditions and cultural life of your community, to enjoy the arts and to benefit from scientific progress.

If you are an artist, writer or scientist, your work should be protected and you should be able to benefit from it.



Art. 28 You have a right to live
in a world where everyone can
enjoy these rights and
freedoms.





Art. 29 Community supports you to be who you are and you should do what is needed to support your community.

Human rights should be guaranteed by law for everyone. Human rights can only be limited if it is necessary to respect the rights of others and the interest of society.

These rights and freedoms should support the purposes and principles of the United Nations.



Art. 30 No person, group or government anywhere in the world should do anything to take these rights or freedoms away from anyone.



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