

Handout: Simplified Version of the Universal Declaration of Human Rights

All people everywhere have the same human rights which no one can take away. This is the basis of freedom, justice and peace in the world.

This Declaration affirms the dignity and worth of all people, and the equal rights of women and men. The rights described here are the common standard for all people everywhere. Every person and nation is asked to support the understanding and respect for these rights, and to take steps to make sure that they are recognised and observed everywhere, for all people.

Article 1

Everyone is born free and equal in dignity and with rights.

Article 2

You should never be discriminated against for any reason. Rights belong to all people, whatever our differences.

Article 3

Everyone has the rights to life, liberty and security.

Article 4

No-one shall be held in slavery or servitude.

Article 5

No-one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment.

Article 6

You have the right to be treated as a person in the eyes of the law.

Article 7

You have the right to be treated by the law in the same way as everyone else. Everyone has a right to protection

against violations of their human rights.

Article 8

If your rights under law are violated, you have the right to see justice done in a court or tribunal.

Article 9

No-one shall be subject to arbitrary arrest, detention or exile.

Article 10

You have the right to a fair and public trial by an independent and impartial tribunal.

Article 11

Everyone is to be presumed innocent until proven guilty in a fair trial. No one should be charged with a criminal offence for an act which wasn't an offence at the time the act was done.

Article 12

No-one has the right to intrude in your private life or interfere with your home and family without good reason. No-one has the right to attack your good name without reason.

Article 13

You have the right to freedom of movement within your country. Everyone has the right to leave a country and to return home.

Article 14

You have the right to seek and to enjoy asylum from persecution in other countries. You may not invoke this right if fleeing just laws in your own country.

Article 15

You have the right to a nationality.

Article 16

You have the right to marry and to raise a family. Men and women have the same rights when they are married and when they are separated.

Article 17

You have the right to own property and it cannot randomly be taken away from you.

Article 18

You have the right to freedom of thought, conscience and religion and to peacefully express those beliefs in teaching, practice and worship.

Article 19

You have the right to freedom of opinion and expression.

Article 20

You have the right to freedom of peaceful assembly and association.

Article 21

You have the right to take part in the government of your country.

Article 22

As a member of society, you have a right to social security.

Article 23

You have the right to work, to good working conditions, to equal pay for equal work and to form and join unions.

Article 24

You have the right to rest and leisure.

Article 25

You have the right to a decent life, including enough food, clothing, housing, medical care and social services.

Article 26

You have the right to an education.

Article 27

No-one may stop you from participating in the cultural life of your community.

Article 28

You have the right to live in the kind of world where your rights and freedoms are respected.

Article 29

We all have a responsibility to the people around us and should protect their rights and freedoms.

Article 30

There is nothing in this declaration that justifies any person or country taking away the rights to which we are all entitled.

The above Articles are abbreviated. For a full version of the Declaration go to www.un.org/Overview/rights