

# The Universal Declaration of Human Rights.

## Article 1

All human beings are born free and equal in dignity and rights.

## Article 2

The rights included in the UDHR apply to everyone regardless of race, ethnicity, gender, nationality, language, politics or faith. No one should be discriminated against.

## Article 3

Everyone has the right to life and to live in freedom and safety.

## Article 4

Nobody should be made to be a slave, slavery and the slave trade are prohibited in all their forms.

## Article 5

Nobody should be subjected to torture or to cruel, inhuman or degrading treatment or punishment.

## Article 6

Everyone has the right to be recognised as a person wherever they go.

## Article 7

Everyone is equal before the law and has the right to be protected by the law. The law must treat everyone fairly.

## Article 8

Everyone has the right to ask the law for help if they are not being treated fairly.

# The Universal Declaration of Human Rights.

## Article 9

No one should be arrested, detained or exiled without good cause.

## Article 10

Everyone has the right to a fair and public trial if they are accused of a crime.

## Article 11

Everyone has the right to be assumed to be innocent until they are proven guilty. Nobody should be blamed for anything until it is proven. You cannot be held guilty for a crime if it was not a crime at the time that the offence was committed.

## Article 12

Everyone has the right to privacy, No one should come into your home or open your private letters unless they have good cause.

## Article 13

We all have the right to move around our country as we wish. We also all have the right to leave our country and then return to it.

## Article 14

We all have the right to seek a safe place to live. If we are frightened of being badly treated in our own country, we have the right to run away to another country in order to be safe.

## Article 15

We all have the right to a nationality, to belong to a country.

## Article 16

Every adult has the right to marry and have a family if they want to. Men and women have the same rights when they are married and when they are separated.

# The Universal Declaration of Human Rights.

## Article 17

Everyone has the right to own property. You have the right to own things or to share them as you like. No one should take away your property without good cause.

## Article 18

Everyone has the right to freedom of thought. This means that you have the right to believe in what you want to believe in, to have a religion (or none at all) and to change it if you want.

## Article 19

Everyone has the right to freedom of expression. This means that you have the right to make up your own mind about things and to share your thoughts and ideas with other people.

## Article 20

Everyone has the right to public assembly. This means that you have the right to meet with other people and to protest peacefully if you wish. However, you also have the right to refuse to join any group, no one should force you to join a group if you don't want to.

## Article 21

Everyone has the right to democracy. This means that you have the right to take part on the government of your own country and that every adult should be allowed to vote and choose their leaders.

## Article 22

Everyone has the right to social security. This means that you have the right to affordable housing, medicine, education and childcare, enough money to live on and medical help if you are ill or old.

## Article 23

Everyone has the right to work for a fair wage and to be able to join a trade union.

## Article 24

Everyone has the right to rest from work and to be able to relax.

# The Universal Declaration of Human Rights.

## Article 25

Everyone has the right to food and shelter. We all have the right to a standard of living that is adequate for our health and wellbeing and that of our families. This includes food, clothing, housing, and medical care. Mothers and children are entitled to special care and assistance, all children, whether they are born within a marriage or not, are entitled to the same social care.

## Article 26

Everyone has the right to an education, including free primary education. Education should promote equality and tolerance. Parents have the right to choose the type of education that their children receive.

## Article 27

Everyone has the right to join in with the cultural life of their community including enjoying the arts and accessing scientific advancement and its benefits. You have the right to any financial or moral benefits from anything that you develop, for example if you develop a drug or vaccine.

## Article 28

Everyone has the right to live in a fair and free world. There must be proper order in the world so that you can enjoy rights and freedoms in your own country and all over the world.

## Article 29

We have a duty to other people and we should act in such a way as to protect their rights and freedoms as well as our own.

## Article 30

No one can take away the rights that are included in this declaration.