

# THE UNIVERSAL DECLARATION OF HUMAN RIGHTS

## 1 Equality

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



## 2 Freedom from Discrimination

You should never be discriminated against for any reason.



## 3 Life, Liberty and Security

Everyone has the right to life, liberty and personal security.



## 4 Freedom from Slavery

No-one shall be held in slavery or servitude.



## 5 Freedom from Torture

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



## 6 Recognition as Person Before Law

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



## 7 Equality Before the Law

You have the right to be treated by the law in the same way as everyone else



## 8 Remedy by Tribunal

You have the right to remedy by competent tribunal.



## 9 Freedom from arbitrary arrest

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



## 10 Fair Public Hearing

You have the right to a fair public hearing.



## 11 Innocent until Proven Guilty

You have the right to be considered innocent until proven guilty.



## 12 Privacy

No-one has the right to interfere with your privacy, family, or home.



## 13 Freedom of Movement

You have the right to freedom of movement in and out of the country.



## 14 Asylum

You have the right to seek asylum in other countries from persecution.



## 15 Nationality

You have the right to a nationality.



## 16 Marriage and Family

You have the right to marriage and to raise a family.



## 17 Property

You have the right to own property.



## 18 Freedom of Belief

You have the right to freedom of belief and religion.



## 19 Freedom of Opinion

You have the right to freedom of opinion and expression.



## 20 Freedom of Assembly

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



## 21 Take Part in Government

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



## 22 Social Security

You have the right to social security.



## 23 Work

You have the right to desirable work and to join trade unions.



## 24 Rest and Leisure

You have the right to rest and leisure.



## 25 Adequate Living Standard

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



## 26 Education

You have the right to education



## 27 Participate in Cultural Life

You have the right to Participate in the Cultural Life of Community.



## 28 Social Order

You have the Right to a Social Order that Articulates this Document.



## 29 Mutual Responsibility

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



## 30 Freedom from State or Personal Interference

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



**HRE USA**  
Human Rights Educators USA

A national network dedicated to building a culture of human rights.  
[hreusa.org](http://hreusa.org)

**HUMAN RIGHTS EDUCATION** is a lifelong process of teaching and learning that helps individuals develop the knowledge, skills, and values to fully exercise and protect the human rights of themselves and others; to fulfill their responsibilities in the context of internationally agreed upon human rights principles; and to achieve justice and peace in the world. **HRE USA** strives to promote human dignity, justice, and peace by cultivating an expansive, vibrant base of support for Human Rights Education (HRE) in the United States.