

UNDERSTANDING

YOUR



AMNESTY
INTERNATIONAL



The Universal Declaration of Human Rights

1. Everyone is born free and equal in dignity and with rights.
2. You should never be discriminated against for any reason. Rights belong to all people, whatever our differences.
3. Everyone has the rights to life, liberty and security.
4. No one shall be held in slavery or servitude.
5. No-one shall be subjected to torture or cruel, inhuman or degrading treatment or punishment.
6. You have the right to be treated as a person in the eyes of the law.

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.

8. If your rights under law are violated, you have the right to see justice done in a court or tribunal.
9. No one shall be subject to arbitrary arrest, detention or exile.



10. You have the right to to a fair and public hearing by an independent and impartial tribunal, to determine your rights and obligations and of any criminal charge against you.
11. Everyone has the right to be assumed 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.
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.
13. Everyone has the right to freedom of movement within their country. Everyone has the right to leave a country and return home.
14. You have the right to seek and to enjoy asylum from persecution in other countries.



The Univeral Declaration of Human Rights

- 15. Everyone has the right to a nationality. No one shall be arbitrarily deprived of his nationality nor denied the right to change his nationality
- 16. You have the right to marry and to raise a family. Men and women have the same rights when they're married and when they're separated.
- 17. You have the right to own property and it cannot randomly be taken away from you.
- 18. Everyone has the right to freedom of thought, conscience and religion and to peacefully express those beliefs in teaching, practice and worship.
- 19. You have the right to freedom of opinion and expression.
- 20. Everyone has the right to freedom of peaceful assembly and association.
- 21. You have the right to take part in the government of your country. Everyone has the right to equal access to public service in his country.
- 22. Everyone has the right to social security.



- 23. You have the right to work, to good working conditions, to equal pay for equal work and to form and join unions.
- 24. You have the right to rest and leisure.
- 25. You have the right to decent life, including enough food, clothing, housing, medical care and social services.
- 26. Everyone has the right to education.
- 27. No one may stop you from participating in the cultrual life of your community
- 28. You have the right to live in the kind of world where you rights and freedoms are respected.
- 29. We all have a responsibility to the people around us and should protect their rights and freedoms.
- 30. There is nothing in this declaration that justifies any person or country taking away the rights of which we are all entitled.