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

**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.