

The Universal Declaration of Human Rights

1. All humans are born free and equal in dignity and rights.
2. Everyone is entitled to all the rights set forth in the Declaration, without distinction of any kind.
3. Everyone has the right to life, liberty and security of person.
4. No one shall be in slavery or servitude; slavery and the slave trade shall be prohibited in all their forms.
5. No one should be subjected to torture or cruel, inhuman or degrading treatment or punishment.
6. Everyone has the right to recognition everywhere as a person before the law.
7. All are equal before the law and are entitled without any discrimination to equal protection of the law.
8. Everyone has the right to effective remedy granted by the constitution or by law.
9. No one shall be subjected to arbitrary arrest, detention or exile.
10. If accused of breaking the law, everyone has the right to a fair and public trial.
11. Innocent until proven guilty: no one should be accused of committing a crime until it has been proven that they did. Everyone has the right to a fair and public trial if charged with a penal offence. Trials and sentencing should be free from bias.
12. No one shall be subjected to arbitrary interference with their privacy, family, home or correspondence, nor their honour or reputation. Everyone has the right to the protection of the law against such interference or attacks.
13. Everyone has the right to freedom of movement and residence within the borders of each state. Everyone has the right to leave any country, including their own, as well as the right to return to their country.
14. Everyone has the right to seek and to enjoy asylum from persecution.
15. Everyone has the right to a nationality. No one shall be arbitrarily deprived of their nationality nor denied the right to change their nationality.
16. Human beings of full age, without any limitation, have the right to marry and found a family. Marriage shall be entered into only with the free and full consent of the intending spouses. The family is entitled to protection by society and the State.
17. Everyone has the right to own property alone as well as in association with others.
18. Everyone has the right to freedom of thought, conscience and religion.
19. Everyone has the right to freedom of opinion and expression.
20. Everyone has the right to freedom of peaceful assembly (protest) and association. No one may be compelled to belong to an association.
21. Everyone has the right to take part in the government of their country, directly or through chosen representatives. Everyone has the right of equal access to public service in their country. The will of the people shall be the basis of the authority of the government.
22. Everyone has the right to social security and is entitled to realisation of the economic, social and cultural rights indispensable for their dignity and the free development of their personality.
23. Everyone has the right to work, to free choice of employment, to just and favourable conditions of work and to protection against unemployment. Everyone has the right to equal pay for equal work. Everyone who works has the right to just and favourable remuneration, ensuring for themselves and their family an existence worthy of human dignity. Everyone has the right to form and join trade unions for the protection of their interests.
24. Everyone has the right to rest and leisure, including reasonable limitation of working hours and periodic holidays with pay.
25. Everyone has the right to a standard of living adequate for the health and well-being of themselves and their family. Motherhood and childhood are entitled to special care and assistance. All children, whether born in or out of wedlock, shall enjoy the same social protection.
26. Everyone has the right to education. Education shall be free, at least in the elementary and fundamental stages and elementary education shall be compulsory. Education shall be directed to the full development of the human personality and to the strengthening of respect for human rights and fundamental freedoms.
27. Everyone has the right to freely participate in the cultural life of the community, to enjoy the arts and to share in scientific advancement and its benefits. Everyone has the right to the protection of the moral and material interests resulting from any scientific, literary or artistic production of which he is the author.
28. Everyone is entitled to a social and international order in which the rights and freedoms set forth in this Declaration can be fully realised.
29. Everyone has duties to the community, in the exercise of our rights and freedoms we shall respect the rights and freedoms of others. These rights and freedoms may in no case be exercised contrary to the purposes and principles of the United Nations.
30. No State, group or person shall engage in any activity or to perform any act aimed at the destruction of any of the rights and freedoms set forth herein.

