

Universal Declaration of Human Rights (Summary)

Adopted by the United Nations on December 10th 1948

Article 1

All human beings are born free and equal.

Article 2

Everyone is entitled to the same rights without discrimination of any kind.

Article 3

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

Article 4

No one shall be held in slavery or servitude.

Article 5

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

Article 6

Everyone has the right to be recognized everywhere as a person before the law.

Article 7

Everyone is equal before the law and has the right to equal protection of the law.

Article 8

Everyone has the right to justice.

Article 9

No one shall be arrested, detained, or exiled arbitrarily.

Article 10

Everyone has the right to a fair trial.

Article 11

Everyone has the right to be presumed innocent until proven guilty.

Article 12

Everyone has the right to privacy.

Article 13

Everyone has the right to freedom of movement and to leave and return to one's country.

Article 14

Everyone has the right to seek asylum from persecution.

Article 15

Everyone has the right to a nationality.

Article 16

All adults have the right to marry and found a family. Women and men have equal rights to marry, within marriage, and at its dissolution.

Article 17

Everyone has the right to own property.

Article 18

Everyone has the right to freedom of thought, conscience and religion.

Article 19

Everyone has the right to freedom of opinion and expression.

Article 20

Everyone has the right to peaceful assembly and association.

Article 21

Everyone has the right to take part in government of one's country.

Article 22

Everyone has the right to social security and to the realization of the economic, social and cultural rights indispensable for dignity.

Article 23

Everyone has the right to work, to just conditions of work, to protection against unemployment, to equal pay for equal work, to sufficient pay to ensure a dignified existence for one's self and one's family, and the right to join a trade union.

Article 24

Everyone has the right to rest and leisure.

Article 25

Everyone has the right to a standard of living adequate for health and well-being, including food, clothing, housing, medical care and necessary social services.

Article 26

Everyone has the right to education.

Article 27

Everyone has the right to participate freely in the cultural life of the community.

Article 28

Everyone is entitled to a social and international order in which these rights can be realized fully.

Article 29

Everyone has duties to the community.

Article 30

No person, group or government has the right to destroy any of these rights.

Human rights are Universal, Indivisible, Interconnected and Interrelated, with equality and without discrimination for all women and men, youth and children. Democracy must be a delivery system of human rights. All must know, own, organize, plan and act guided by human rights as a way of life