



# MY RIGHTS PASSPORT



**Activities and actions**  
based on the Universal  
Declaration of Human Rights



## MY RIGHTS PASSPORT

**THE BEARER OF THIS PASSPORT** is a citizen of the world and has signed up to the Universal Declaration of Human Rights (UDHR).

It affirms the bearer's conviction that every human being has equal rights and fundamental freedoms, and a duty to stand up for the rights of people all over the world. It is also a public pledge to promote the UDHR, to defend its values, and to take action to make its vision a reality.

**Kate Allen**, Director, Amnesty International


## A LIVING REALITY

**ON 10 DECEMBER 1948**, the Universal Declaration of Human Rights was adopted by the General Assembly of the United Nations. The Declaration was the first international recognition that all human beings have fundamental rights and freedoms and it continues to be a living and relevant document today. It has inspired more than 80 international conventions and treaties as well as laws and institutions that have improved the lives of many.

The UDHR matters not only in times of conflict and in societies suffering repression, but also in addressing social injustice and achieving human dignity in times of peace. The UDHR consists of 30 articles that set out a range of human rights and freedoms which belong to all of us.

*The UDHR has become a yardstick by which we measure respect for what we know, or should know, as right and wrong. It is our duty to ensure that these rights are a living reality – that they are known, understood and enjoyed by everyone, everywhere... I hope you will make it part of your life?*

**Ban Ki-moon**, Secretary General, United Nations



**This special edition of our My Rights Passport promotes Give It Up – an inventive way for people to fundraise and demonstrate the importance of human rights.**

The idea behind Give It Up is simple: choose a sponsored activity or action connected to a human rights article and raise money for Amnesty International's work around the world. You can organise a Give It Up day at your school. For more information see the extra booklet provided with this passport and [www.amnesty.org.uk/youthgiveitup](http://www.amnesty.org.uk/youthgiveitup)





The atrocities of World War II sparked a determination to protect the rights of all human beings, everywhere.  
Warsaw, 1943 © AP



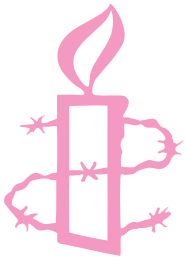
Eleanor Roosevelt, chair of the UN Commission on Human Rights, which drafted the UDHR. The widow of US President Franklin D Roosevelt, she was a social activist and civil rights advocate.

## In small places

'Where, after all, do universal human rights begin? In small places, close to home – so close and so small that they cannot be seen on any maps of the world. Yet they are the world of the individual person; the neighborhood he lives in; the school or college he attends; the factory, farm, or office where he works. Such are the places where every man, woman, and child seeks equal justice, equal opportunity, equal dignity without discrimination. Unless these rights have meaning there, they have little meaning anywhere. Without concerted citizen action to uphold them close to home, we shall look in vain for progress in the larger world.' **Eleanor Roosevelt**

# UDHR

On 10 December 1948, the General Assembly of the United Nations adopted and proclaimed the Universal Declaration of Human Rights. The preamble recognised the inherent dignity and ‘the equal and inalienable rights of all members of the human family as the foundation of freedom, justice and peace in the world’.



## PREAMBLE

### The Universal Declaration of Human Rights

If everyone recognises the essential dignity and worth of all human beings and if everyone recognises that all human beings have the same basic, equal rights, then this will lead to freedom, justice and peace in the world.

Disrespect for human rights has led to horrific acts that have outraged people across the world. We all want a world where people can enjoy freedom of speech and belief and freedom from fear and want. If these rights are made law, then people will be protected from tyranny and oppression.

It is important that people understand these rights and freedoms as this will lead to a better, fairer standard of life for everyone. We have dedicated ourselves to promote universal respect for these rights.

We see the Universal Declaration of Human Rights as a common goal for all people and all nations. Every individual and every organ of society should try by teaching and education to promote respect for these rights and freedoms. Both individuals and governments should try their best to make sure that these rights are fully respected both in their own country and across the world.

## THE ARTICLES

### The Universal Declaration of Human Rights

#### Article 1

**'All human beings are born free  
and equal in dignity and rights'**

When we are born, we are free and each of us should be treated in the same way. We have reason and conscience and should act towards one another in a friendly manner.



Villagers in Sierra Leone. Everyone,  
everywhere, has human rights  
© AI





## Article 2

**‘Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind’**

These rights belong to everybody, whether we are rich or poor, whatever country we live in, whatever sex or whatever colour we are, whatever language we speak, whatever social group we come from, whatever we think, or whatever we believe.

Palestinian schoolchildren beside the barrier separating Israel and the West Bank © AP



## Article 3

**‘Everyone has the right to life, liberty and security of person’**

We all have the right to live, and to live in freedom and safety.



## Article 4

**‘No one shall be held in slavery or servitude. Slavery and the slave trade shall be prohibited in all their forms’**

Nobody has the right to treat anyone else as their slave, and we cannot make anyone our slave.



Central American mothers tour Mexico in search of their missing and disappeared children. Amnesty reported that the kidnapping of migrants heading to the United States via Mexico is at epidemic levels, with little being done to stop it. Criminal gangs are usually responsible.





## Article 5

**'No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment'**

Nobody has the right to hurt us or to torture us.



Amnesty activists demand justice for Claudia Medina Tamariz, who was wrapped in plastic by her torturers so her bruises wouldn't show. Mexican Embassy, London © AI

## Article 6

**‘Everyone everywhere has the right to recognition as a person before the law’**

We should all be legally protected in the same way everywhere, and like everyone else.

## Article 7

**‘All are equal before the law and are entitled without any discrimination to equal protection of the law’**

The law is the same for everyone. It must treat us all fairly.

## Article 8

**‘Everyone has the right to an effective remedy if their rights are not respected’**

We can all ask for legal help when we are not treated fairly.

## Article 9

**‘No one shall be subjected to arbitrary arrest, detention or exile’**

Nobody has the right to put us in prison without a good reason, to keep us there, or to send us away from our country unjustly.



**DID YOU KNOW?**



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The Reverend Bienvenido Samba Momesori was imprisoned for five years in Equatorial Guinea, although he was never charged with a crime or put on trial. Amnesty members around the world kept writing to the president of Equatorial Guinea until Rev Samba was released.



## Article 10

**‘Everyone charged with a crime is entitled equally to a fair and public hearing by an independent and impartial tribunal’**

If we are accused of breaking the law, we have the right to a fair and public trial. The people who try us should not let themselves be influenced by others.

## Article 11

**‘Everyone charged with a penal offence has the right to be presumed innocent until proved guilty’**

Nobody should be blamed for doing something until it has been proved that they did it. If we are accused of a crime we have the right to defend ourselves. Nobody has the right to condemn us and punish us for something we have not done.



Cambodian housing rights activist Yorm Bopha was imprisoned on false charges to stop her work against forced evictions. She was released on bail after more than 85,000 people signed Amnesty’s global petition. She leads a protest below.



# Get involved

## We did it

Students at Ashford School in Kent came up with a new way to raise funds and awareness of human rights – by giving up one of their rights for a day.

At their Amnesty 'Dare to Be Different Day' students chose a sponsored action or activity linked to the articles in the UDHR. This included: giving up speaking for the day (Article 19), going without their mobile phones (Article 17), missing out on breaks (Article 24) and shackling teachers together (Article 13). One person even shaved his head! (Article 22). It raised over £1,000 for Amnesty and won the students the Most Creative Fundraiser award in the Amnesty Youth Awards 2014. It was so inspired we've created this fundraising project based on it.



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## You Give It Up

Now it's your turn to give up something for the day. Read through all the articles in this passport and choose one with a Give It Up stamp that you'd like to promote. Then ask friends and family to sponsor you. Or come up with your own idea to fundraise and promote human rights. For more information:

[www.amnesty.org.uk/youthgiveitup](http://www.amnesty.org.uk/youthgiveitup)

## Article 12

**‘No one shall be subjected to arbitrary interference with their privacy, family, home or correspondence, nor suffer attacks on their reputation’**

We have the right to ask to be protected if someone tries to harm our good name. Nobody has the right to enter our home, open our mail, or bother us or our families without a good reason.

## Article 13

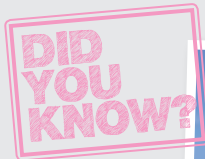
**‘Everyone has the right to freedom of movement’**

We all have the right to come and go as we wish within our country. We have the right to leave our country to go to another one; and we should be able to return to our country if we want.

## Article 14

**‘Everyone has the right to seek and to enjoy in other countries asylum from persecution’**

If someone hurts us, we have the right to go to another country and ask it to protect us.



Amnesty action for migrants  
in Lampedusa, Italy  
©AI/Dario Samadi

European migration policies put lives and rights at risk. An estimated 23,000 people fleeing war and poverty in countries such as Syria and Afghanistan have lost their lives making the often dangerous journey across land and sea to ‘safety’ in Europe. Others have been returned to places where they would be in danger of unfair imprisonment, torture or death. Pressure from Amnesty supporters convinced the UK government to take in vulnerable refugees escaping the Syrian conflict.



## Article 15

### **‘Everyone has the right to a nationality’**

We all have the right to belong to a country and nobody can prevent us, without a good reason, from belonging to another country if we wish.

## Article 16

### **‘Men and women... have the right to marry and to found a family’**

As soon as we are legally entitled, we have the right to marry and have a family. Neither the colour of our skin, nor the country we come from nor our religion should be impediments to doing this. Men and women have the same rights when they are married and also when they are separated. Nobody should force us to marry. The government of our country should protect us and each member of our family.

## Article 17

### **‘Everyone has the right to own property’**

We all have the right to own things or share them. Nobody has the right to take these from us without a good reason.



## Article 18

### **‘Everyone has the right to freedom of thought, conscience and religion’**

We all have the right to believe in what we want to believe, to have a religion, to change it if we want, and to practise it either on our own or with other people.



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Yoo Yun-Jong, imprisoned for objecting to military service in South Korea, was released in 2013. Amnesty youth groups had written to the authorities and sent solidarity messages.



В РОССИИ КАЖДЫЙ МОЖЕТ  
СВОБОДНО ГОВОРИТЬ ВСЁ,  
ЧТО ДУМАЕТ...  
ТОЛЬКО У СЕБЯ  
НА КУХНЕ

AMNESTY  
INTERNATIONAL



## Article 19



**‘Everyone has the right to freedom of opinion and expression, and to seek, receive and impart information through any media and regardless of frontiers’**

We all have the right to make up our own minds, think what we want, to say what we like, and nobody should forbid us from doing so. We should be able to share our ideas with other people wherever they live, through books, radio, television and in other ways.

Amnesty supporters in Moscow exercise their increasingly limited right to free speech – and remind Russians that soon their kitchen tables will be the only places where they can talk freely. ‘Freedom of expression is being limited step by step, and people aren’t noticing it.’  
© AI Russia

## Article 20

### **‘Everyone has the right to freedom of peaceful assembly and association’**

We all have the right to organise peaceful meetings freely or to take part in meetings in a peaceful way. Nobody can force us to belong to a group if we don't want to.

**DID YOU KNOW?**



© AP

## Article 21

### **‘Everyone has the right to take part in the government of their country. The will of the people shall be the basis of the authority of government’**

We all have the right to take part in our country's political affairs either by belonging to the government ourselves or by freely choosing politicians to represent us. Governments should be voted for regularly and voting should be secret. We should each get a vote and all votes should be equal. We have the same right to join the public service as anyone else.

Huge public demonstrations erupted in Brazil against social inequality and the cost of hosting the 2014 World Cup. Police sometimes responded with excessive force, tear gas and rubber bullets. Amnesty supporters gave Brazil's government more than 100,000 yellow cards to remind them that protest is not a crime in the No Foul Play, Brazil campaign.



## Article 22



**'Everyone, as a member of society, has the right to social security and is entitled to realisation... of... economic, social and cultural rights'**

The society in which we live should help everyone to develop and to make the most of all the advantages (culture, work, social welfare) that are offered to us and to all the men and women in our country.



A balloon floats through Kibera slum, Nairobi, where residents face forced eviction by the Kenyan government every day. Amnesty is working with local activists to fight and publicise forced evictions.

## Article 23

**'Everyone has the right to work... Everyone has the right to form and to join trade unions'**

We all have the right to work, to be free to choose our work, and to get a salary that allows us to live and support our family. Everyone, without discrimination, doing the same work has the right to equal pay. Everyone who works has the right to join together to defend their interests.



## Article 24

### **‘Everyone has the right to rest and leisure’**

Each work day should not be too long, since everyone has the right to rest and should be able to take regular paid holidays.

The Single Leg Amputee football team practise on a beach, Sierra Leone © PA



## Article 25

### **‘Everyone has the right to a standard of living adequate for... health and well-being’**


We all have the right to enough food, clothing, housing, and healthcare for ourselves and our families. We should be given help if we are out of work, ill, elderly, disabled, widowed, or cannot earn a living for any other reason we cannot help. Both a mother who is going to have a baby and her baby should get special help. All children have the same rights at birth.

## Article 26

### **‘Everyone has the right to education’**

We all have the right to go to school and everyone should go to school. Primary schooling should be free. We should be able to learn a career or continue our studies as far as we wish. At school, we should be able to develop all our talents and be taught to respect human rights and to get on with others, whatever their race, religion or the country they come from. Our parents have the right to choose what we will be taught at school.



A photograph of Malala Yousafzai, a Pakistani activist for female education, speaking at a podium during her 16th birthday celebration at the United Nations in July 2013. She is wearing a pink and white headscarf and is smiling. Several men in suits are seated around her, clapping. The background is slightly blurred, showing other people in the room.

Malala addresses the UN on her  
16th birthday, July 2013  
© Reuters/Brendan McDermid

**‘Let us pick up our books  
and our pens. They are our  
most powerful weapons.  
One child. One teacher  
and one book and one pen  
can change the world.’**

Amnesty Ambassador of  
Conscience **Malala Yousafzai**, the  
teenager shot by the Taliban for  
speaking out on the right of girls  
to seek education, called for world  
leaders to protect rights to equality  
and education.



## Article 27

### **‘Everyone has the right freely to participate in the cultural life of the community’**

We all have the right to share in our community’s arts and sciences, and in any benefits they bring. Our works as an artist, a writer or a scientist should be protected, and we should be able to benefit from them.



© Private

When Russian journalist Elena Klimova was accused of gay ‘propaganda’ for running a website offering support to LGBTI teenagers, more than 5,000 Amnesty supporters in the UK called on the Russian authorities to drop the charges. The court ruled in her favour and she can continue her project.

## Article 28

### **‘Everyone is entitled to a social and international order in which all these rights and freedoms can be fully realised’**

We all have the right to live in peace and order so that all these rights and freedoms are protected, and we can enjoy them in our own country and all over the world.

## Article 29

### **‘Everyone has duties to the community’**

We all have duties towards the community within which we ourselves can fully develop. The law should guarantee human rights and should allow everyone to respect others and to be respected.

## Article 30

### **‘No governments, groups or individuals should destroy any of these rights or freedoms’**

No society and no human being in any part of the world should act in such a way as to destroy the rights and freedoms set out in this declaration.

## MAKING RIGHTS A REALITY

Amnesty International is a movement of ordinary people standing up for humanity and human rights. Our purpose is to protect individuals wherever justice, fairness, freedom and truth are denied.

At the heart of our work is the belief that ordinary people can take action to right the wrongs done to individuals anywhere in the world. Together we can achieve extraordinary results. Prisoners of conscience are released. Death sentences are commuted. Torturers are brought to justice. Governments are persuaded to change their laws and practices. Join us and stand up for human rights for all.

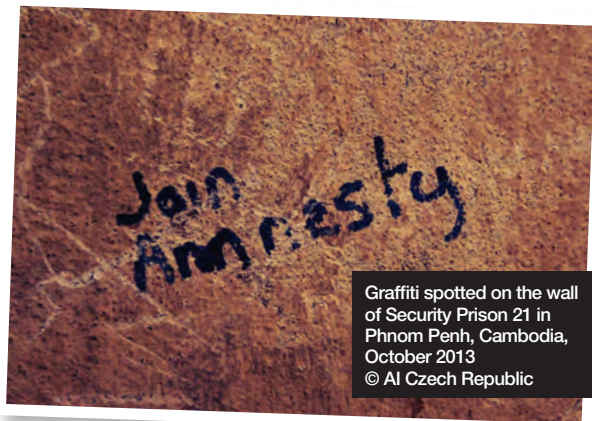
## GET INVOLVED

It has never been easier to get involved with Amnesty International as an individual or as part of a group at your school, university or in your community. If you're a teacher, we have a range of resources to help you bring human rights issues into your classroom.

To find out more

[amnesty.org.uk/youth](https://www.amnesty.org.uk/youth)

[amnesty.org.uk/education](https://www.amnesty.org.uk/education)

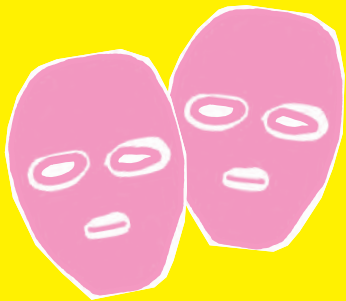


Graffiti spotted on the wall of Security Prison 21 in Phnom Penh, Cambodia, October 2013  
© AI Czech Republic

Become a member of Amnesty and join millions of people throughout the world who, like you, are choosing to make a stand for human rights. Our achievements have a huge impact on the lives of individual people. And your support makes us even stronger. Go to [amnesty.org.uk/passport](https://www.amnesty.org.uk/passport)

**Amnesty International UK**  
**Human Rights Action Centre,**  
**17-25 New Inn Yard, London EC2A 3EA**

The simplified version of the Universal Declaration of Human Rights used in this booklet is by Amnesty International UK. Each Article starts with an abbreviated extract from the original text. To see the full version of the UDHR, go to [www.un.org/en/documents/udhr](https://www.un.org/en/documents/udhr)  
For background see [www.un.org/rights](https://www.un.org/rights)



**'If you live in a free country  
it's your duty to support  
those who don't.'**

Artist David Shrigley stands up for Pussy Riot, a protest band imprisoned in Russia. Their arrest was condemned by Amnesty and they have since been released.

**[www.amnesty.org.uk](http://www.amnesty.org.uk)**



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August 2014