

# Summary Universal Declaration of Human Rights

**1** We are born free and equal, and should treat others in the same way.

**2** We have all these rights in the Declaration, no matter who we are, where we're from or what we believe in.

**3** We have the right to life, and to be free and feel safe.

**4** Nobody has any right to make us a slave. We cannot make anyone else our slave.

**5** Nobody has any right to hurt, torture or humiliate us.

**6** Everyone has the right to be protected by the law.

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

**8** We can all ask for the law to help us when we are not treated fairly.

**9** Nobody has the right to put us in prison, or to send us away from our country, without good reasons.

**10** If we are accused of breaking the law, we have the right to a fair and public trial.

**11** Nobody should be blamed for doing something until it has been proved that they did it.

**12** Nobody has the right to enter our home, open our letters or bother us or our families without a good reason.

**13** We all have the right to go where we want to in our own country and to travel abroad as we wish.

**14** If someone hurts us, we have the right to go to another country and ask for protection.

**15** We all have the right to belong to a country.

**16** When we are legally old enough, we have the right to marry and have a family.

**17** Everyone has the right to own things or share them.

**18** We all have the right to our own thoughts and to believe in any religion.

**19** We can all think what we like, say what we think and share ideas and information with other people.

**20** We all have the right to meet our friends and work together in peace to defend our rights. It is wrong to force someone to belong to a group.

**21** We all have the right to take part in the government of our country. Every grown up should be allowed to vote to choose their own leaders.

**22** The place where we live should help us to develop and to make the most of all the advantages (culture, work, social welfare) on offer. Music, art, craft and sport are for everyone to enjoy.

**23** Every grown up has the right to a job, to a fair wage and to join a trade union.

**24** We all have the right to rest and free time.

**25** We all have the right to a decent living standard, including enough food, clothing, housing and medical help if we are ill. Mothers and children and people who are old, out of work or disabled have the right to be cared for.

**26** We all have the right to education.

**27** We have the right to share in our community's arts and sciences, and any good they do.

**28** There must be peace and order to protect these rights and freedoms, and we can enjoy them in our country and all over the world.

**29** We have a duty to other people, and we should protect their rights and freedoms.

**30** Nobody can take away these rights and freedoms from us.

This version of the Universal Declaration of Human Rights has been simplified by Amnesty International UK and is especially useful for younger people. Download a full version at [www.amnesty.org.uk/universal](http://www.amnesty.org.uk/universal)









# What, why, who, how

**WHAT** is your issue? What is wrong and what needs to change?  
What human rights are involved? Are any rights being denied?



**WHY** is this issue occurring?



**WHO** can help sort out this issue?



**HOW** could you persuade them or work with them to bring about change?  
How can you convey your message? What action could you take? List three ideas.

# Ideas for taking action

During uncertain times it's easy to feel overwhelmed and that you can't do anything to change things. It takes all kinds of activism to protect human rights so don't be daunted. You can create artwork, write a letter, make protest signs, raise money and create a social media campaign. Here are some ways for you to make a difference.

Remember your action will need to follow social distancing guidelines.

These are some people who can have power at local, national and global levels. Can any of them help you sort out your chosen issue?

### Members of the community (school/ local/ national)

Teachers, senior teachers, governors

School groups and council

Friends and family

Local community groups

Local council

The government (depending on where you live)  
and other political parties

NGOs and charities

The media

## How could you persuade them or work with them to bring about change?

Choose one or more of the actions below or think of your own.

RAISE AWARENESS: CHANGE ATTITUDES AND BEHAVIOUR
Write an article for a local magazine or newspaper
Ask adults to help you set up a blog or start up a discussion on an existing website or on social media
Hold an online workshop
Create posters with a campaign slogan and place them in your window
Share information on your issue in other interesting ways (drama, song, photo, video)
Take part in or organise a peaceful protest in your community (this could be an online protest due to social distancing guidelines)
Do a survey to gain an insight into how people in your community feel about the issue, and what they would do to solve it



# Ideas for taking action continued

### LOBBY AND PERSUADE: CHANGE POLICIES

Start an e-petition or online campaign to show support for your aims

Collect evidence (eg research, interviews, videos) and present your findings to people who are responsible for this issue

Write a letter to the people who are responsible for this issue, persuading them to help you

Look up your local MP and send a letter about your issue

Organise an online vigil and ask a local councillor or another person in authority to take part

### WORK WITH OTHERS: SUPPORT CHARITIES AND NGOS (NON-GOVERNMENT ORGANISATIONS)

Raise some money for a charity or NGO to help their work addressing your issue

Research and join an existing campaign

Invite a speaker from a charity or NGO to do a talk (via video call). This could be an Amnesty speaker

Contact a charity or NGO to find out what action it recommends

Volunteer at local level (get permission from someone at home if you are under 19). Or spread the word about opportunities to get involved



# Weighing it up grid

How easy is it to achieve this action? Consider the time, resources and opportunities you have			
	Difficult	Average	Easy
Big impact			
Average impact			
Little impact			

How much impact will this action have?

Consider the message you want to get across.

Who will see it?

Who can join in?

Who will it help?

