

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



Right up your street picture



Ideas for showing solidarity

Your task is to show your support of **key workers**. Maybe you'd like to say thank you, raise awareness of what they are doing in your community, spotlight someone in particular, or ask for a change to help them.

You can do this in any way you like, for example:

- Create a poster, drawing, sign, model, banner or mural with your message
- Get people to take part in a helping hands mural – download instructions at [amnesty.org.uk/hre-helpinghands](https://www.amnesty.org.uk/hre-helpinghands)
- Make mini flags or bird bunting and write an uplifting solidarity word, phrase or message on it – download the bunting template at [amnesty.org.uk/hre-birdbunting](https://www.amnesty.org.uk/hre-birdbunting)
- Draw people who inspire you and write why they are important underneath
- Take a photo and write a picture caption or message for your school Instagram or website
- Write a slogan on a placard for your window
- Send a letter, card or picture, or make a video, thanking a worker who has made a difference to you
- Start a petition to fight for key worker rights
- Write an article for a local magazine or newspaper
- Promote a local charity that helps key workers in your area

Have fun thinking of your own ideas too. Little acts of solidarity can make a huge difference.

Key workers are the people who keep the country running. They include doctors, nurses, hospital workers like cleaners and porters, drivers, teachers, bin collectors, supermarket staff, and people who clean public areas, buses and trains. Farmers and others who produce food, journalists, police and firefighters are also key workers.

TIP

Ask for help with your idea if you need it, for example from your teacher, family and friends, local community groups and charities, local MP, the media.

TIP

Do you know a key worker in your area? Ask what they would recommend you do to help them.



Weighing it up grid

How easy is it to achieve this solidarity action? Consider the time, resources and opportunities you have			
	Difficult	Average	Easy
Big impact			
	How much impact will this solidarity act have?	Consider the message you want to get across.	Who will see it?
Average impact	Who can join in?	Who will it help?	
Little impact			

