

# MY RIGHTS

# PASSPORT

THE UNIVERSAL DECLARATION  
OF HUMAN RIGHTS

AMNESTY  
INTERNATIONAL





## 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).

In doing so this global citizen affirms their conviction that every human being has rights, regardless of their race, colour, creed, religion, sex, national origin, sexual orientation, disability or age.

They recognise that each citizen everywhere has the duty to stand up, not only for their own rights but also for the rights of others. In global solidarity, the holder of this global passport stands up therefore for universal, indivisible human rights.

This global passport symbolises the bearer's solidarity with the global human rights movement demanding justice and dignity for all. It is a public pledge by the bearer to promote the Universal Declaration of Human Rights, to defend its values, and to take action to make its vision a reality.

Sacha Deshmukh  
**Amnesty International**

## A LIVING REALITY

**THE UNIVERSAL DECLARATION OF HUMAN RIGHTS** establishes the equality and dignity of every human being and stipulates that every government has a core duty to enable all people to enjoy all their inalienable rights and freedoms.

All of us have a right to speak freely and participate in decisions that affect our lives. We all have a right to live free from all forms of discrimination. We have a right to education, health care, economic opportunities and a decent standard of living. We have rights to privacy and justice. These rights are relevant to all of us, every day. They are the foundation of peaceful societies and sustainable development.

...I urge people and leaders everywhere to stand up for all human rights – civil, political, economic, social and cultural – and for the values that underpin our hopes for a fairer, safer and better world for all.

**Antonio Guterres**  
Secretary General, United Nations



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

Warsaw, 1943 © AP



## 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, 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.**

# 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.

### 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.

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

A silent march in London marks the first anniversary  
of the Grenfell Tower fire, which took the lives of  
72 people © Getty Images





## 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.

## 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.

## 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.

## 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.



Everyone has the right to seek  
and to enjoy in other countries  
asylum from persecution.

A child plays with her toys in a refugee camp  
near Idlib, Syria, 2021 © Getty Images

## 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.

## 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.

## 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.



Everyone has the right to freedom of opinion and expression.

LGBTI+ rights campaigners take part in the Pride parade in Santiago, Chile, 2021 © AFP/Getty Images

## 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.

## 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.

## 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.

## 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.

## 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.





Everyone has the right to education.

Afghan schoolgirls in Mazar-i-Sharif, October 2021. With the Taliban's return to power, girls were effectively barred from secondary school  
© Anadolu Agency/Getty Images

## 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.

## 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.

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.amnesty.org.uk/udhr](http://www.amnesty.org.uk/udhr)  
For background see [www.un.org/rights](http://www.un.org/rights)



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

Malala Yousafzai, Amnesty Ambassador of Conscience and Nobel Laureate. As a teenager, Malala was shot by the Taliban for speaking out for the right of girls to education © Getty Images

## **BUILDING AND PROTECTING OUR RIGHTS AND FREEDOMS**

The adoption of the Universal Declaration of Human Rights 70 years ago marked a fundamental shift. In a world emerging from the ruins of the Second World War and forced to confront the horror of the Holocaust, a world still divided by colonialism and inequality, the declaration dared to state that all human beings are free and equal, regardless of colour, creed or origin. For the first time a global agreement put human beings, not power politics, at the heart of its agenda.

The UDHR became the foundation stone of international human rights law. The 80-plus international human rights treaties that protect human rights are all based on core principles first set out in the declaration. This body of international law is a work in progress, evolving with efforts to apply the rights and freedoms enshrined in the UDHR to particular issues and social groups.

## **SOME CONVENTIONS**

**1951**

**Convention relating to the Status of Refugees**

**1965**

**International Convention on the Elimination of All Forms of Racial Discrimination**

**1979**

**Convention on the Elimination of All Forms of Discrimination against Women**

**1989**

**Convention on the Rights of the Child**

**1992**

**Declaration on the Rights of Persons Belonging to National or Ethnic, Religious and Linguistic Minorities**

**1998**

**Declaration on Human Rights Defenders**

**2006**

**Convention on the Rights of Persons with Disabilities**

## 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.

**Amnesty International's emblem, a candle surrounded by barbed wire, was inspired by the proverb: 'It is better to light a candle than to curse the darkness.'** It symbolises the light of public attention that Amnesty shines on hidden abuses (the barbed wire); the spark for dramatic, positive change; and the beacon of hope and solidarity.



## AS AN AMNESTY SUPPORTER....

... you have joined millions of people who, like you, choose to make a stand for human rights. Our work has a huge impact on the lives of individual people. And your active support makes us even stronger, whether it's signing a petition or undertaking a sponsored challenge. Take a look here:

- Sign a petition  
[www.amnesty.org.uk/get-involved](http://www.amnesty.org.uk/get-involved)
- Join your local group  
[www.amnesty.org.uk/groups](http://www.amnesty.org.uk/groups)
- Sign up for a Challenge event  
[www.amnesty.org.uk/challenge](http://www.amnesty.org.uk/challenge)

Amnesty International UK  
Human Rights Action Centre,  
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A young protester at a Black Lives Matter demonstration, Belfast, 2020 © Getty Images



Everyone has the right to peaceful assembly and association.

# ALL HUMAN BEINGS ARE BORN FREE AND EQUAL

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