



Amnesty International

RESOURCE SHEET 1

Universal Declaration of Human Rights summary version

- 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 wages 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 is a simplified version of the Universal Declaration of Human Rights from Amnesty International UK. It has been developed for the purpose of enabling younger children to understand the rights in the Declaration. For the full version of the Declaration see www.amnesty.org.uk/thearticles