

UNIVERSAL DECLARATION OF HUMAN RIGHTS SUMMARY VERSION



- 1 We are all born free and equal. We all have our own thoughts and ideas. We should all be treated in the same way.
- 2 These rights belong to everybody, whatever our differences.
- 3 We all have the right to life, and to live in freedom and safety.
- 4 Nobody has any right to make us a slave. We cannot make anyone else our slave.
- 5 Nobody has any right to hurt or torture us or treat us cruelly.
- 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 without a good reason, to keep us there or to send us away from our country.
- 10 If we are put on trial, this should be in public. The people who try us should not let anyone tell them what to do.
- 11 Nobody should be blamed for doing something until it has been proved. When people say we did a bad thing we have the right to show it is not true.
- 12 Nobody should try to harm our good name. Nobody has the right to come into our home, open our letters, or bother us, or our family, 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 we are frightened of being badly treated in our own country, we all have the right to run away to another country to be safe.
- 15 We all have the right to belong to a country.
- 16 Every grown up has the right to marry and have a family if they want to. Men and women have the same rights when they are married, and when they are separated.
- 17 Everyone has the right to own things or share them. Nobody should take our things from us without a good reason.
- 18 We all have the right to believe in what we want to believe, to have a religion, or to change it if we wish.
- 19 We all have the right to make up our own minds, to think what we like, to say what we think, and to share our ideas with other people.
- 20 We all have the right to meet our friends and to work together in peace to defend our rights. Nobody can make us join a group if we don't want to.
- 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 We all have the right to a home, enough money to live on and medical help if we are ill. Music, art, craft and sport are for everyone to enjoy.
- 23 Every grown up has the right to a job, to a fair wage for their work, and to join a trade union.
- 24 We all have the right to rest from work and relax.
- 25 We all have the right to enough food, clothing, housing and health care. Mothers and children and people who are old, unemployed or disabled have the right to be cared for.
- 26 We all have the right to education, and to finish primary school, which should be free. We should be able learn a career, or to make use of all our skills.
- 27 We all have the right to our own way of life, and to enjoy the good things that science and learning bring.
- 28 There must be proper order so we can all enjoy rights and freedoms in our own 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. For the full version of the Declaration see www.un.org/en/documents/index.shtml