

WORKBOOK 3.1: PROTECTING HUMAN RIGHTS

Purpose:	The purpose of this activity is to identify the significance of human rights in fostering community engagement.
Duration:	10 minutes to complete and 10 minutes for discussion
Group composition:	Large or small groups
Debrief:	Large-group discussion
Equipment:	None

Directions:

1. Take a few minutes to review the information on the following pages describing the Universal Declaration of Human Rights.
2. Select one human right that you feel is most significant. You can list the number of the corresponding right below.
3. Describe one action you can take in your work to protect the right you selected.

Universal Declaration of Human Rights

The Universal Declaration of Human Rights is a nonbinding declaration adopted by the United Nations General Assembly in 1948. This Declaration is a central component of international customary law that urges member nations to promote a number of human, civil, economic, and social rights, asserting these rights are part of the “foundation of freedom, justice, and peace in the world.”

The Declaration includes 30 articles that form a contract between a government and its people throughout the world.

Universal Declaration of Human Rights: Plain Language Version

For an exact wording of each principle, refer to the United Nations web site at <http://www.un.org/en/documents/udhr>

1. **Everyone Is Born Free and Equal.** When children are born, they are free. Each of us should be treated in the same way.
2. **Nondiscrimination.** Everyone is entitled to human rights, despite
 - A different sex
 - A different skin color
 - Speaking a different language
 - Thinking different things
 - Believing in another religion
 - Owning more or less
 - Being born in another social group
 - Coming from another country -- it also makes no difference whether the country an individual lives in is independent or not.
3. **Right to Freedom and Safety.** You have the right to live, and to live in freedom and safety.
4. **No Slavery.** Nobody has the right to treat another person as his or her slave, and you should not make anyone your slave.
5. **No Torture.** Nobody has the right to torture another person.
6. **Same Rights Everywhere.** Each individual should be legally protected in the same way everywhere, and like everyone else.
7. **Equal Treatment Under the Law.** The law is the same for everyone; it should be applied in the same way to all.

8. **Human Rights Are Protected by Law.** Individuals should be able to ask for legal help when the rights their country grants are not respected.
9. **No Unfair Detainment.** Nobody has the right to imprison or send someone away from their country unjustly, or without good reason.
10. **The Right to Trial.** All criminal trials should be done in public. The people who try other people should not let themselves be influenced by others.
11. **Innocent Until Proven Guilty.** Individuals should be considered innocent until it can be proved that they are guilty. Individuals who are accused of a crime should have the right to defend themselves. Nobody has the right to condemn others and punish them for something they have not done.
12. **The Right to Privacy.** Individuals have the right to be protected from those who would try to harm their good name, enter their house, open their letters, or bother them or their family without a good reason.
13. **Freedom to Move.** Individuals have the right to come and go as they wish within their country. People have the right to leave their country to go to another one; and should be able to return to their home country.
14. **Right to Seek a Safe Place to Live.** Individuals who have been hurt or threatened should be able to go to another country and ask for protection. Individuals lose this right if they have killed someone or violated another person's human rights.
15. **Right to a Nationality.** Everyone has the right to belong to a country. Nobody can prevent you, without a good reason, from belonging to a country if you wish.
16. **Marriage and Family.** As soon as a person is legally entitled, he or she has the right to marry and have a family. In doing this, neither the color of your skin, the country you come from nor your religion should be impediments. Men and women have the same rights when they are married and also when they are separated. Nobody should force a person to marry. The government of your country should protect you and the members of your family.
17. **Right to Your Own Things.** Everyone has the right to own things and nobody has the right to take these away without a good reason.
18. **Freedom of Thought.** Individuals should have the right to profess their religion freely, to change it, and to practice it either on their own or with other people.
19. **Freedom of Expression.** Individuals have the right to think what they want and to say what they like. Nobody should forbid you from doing so. You should be able to share your ideas also—with people from any other country.

20. **Right to Public Assembly.** People should be able to organize peaceful meetings or to take part in meetings in a peaceful way. It is wrong to force someone to belong to a group.
21. **Right to Democracy.** Individuals have the right to participate in their country's political affairs either by belonging to the government or by choosing politicians to represent their views. Governments should be voted for regularly and voting should be secret. All adults should get a vote and all votes should be equal.
22. **Social Support.** Everyone should have the right to affordable housing, medicine, education, and childcare, enough money to live on and medical help if we are ill or old.
23. **Workers' Rights.** Adults should have the right to work, to be free to choose their work, to get a salary that allows them to support their family. If a man and a woman do the same work, they should get the same pay. Workers should be able to join together to advocate for their interests.
24. **Rest and Relaxation.** Each work day should not be too long, since everyone has the right to rest and should be able to take regular paid holidays.
25. **Food and Shelter for All.** Everyone has the right to a good life. Mothers and children, people who are old, unemployed, or disabled, and all people have the right to be cared for.
26. **Right to Education.** Children and adults have the right to go to school. Individuals should be able to learn a profession or continue their studies as far as they wish. Parents have the right to choose how and what their children are learning.
27. **Valuing Arts and Sciences.** Individuals have the right to share in their community's arts and sciences. Authors, artists, and innovators should have their works protected by copyrights and be able to benefit from these endeavors.
28. **Fair and Free World.** So that these human rights will be respected, there must be an "order" that can protect these rights. This "order" should be both local and worldwide.
29. **Community Responsibility.** Each individual has a duty to treat others fairly and with respect. Protecting rights and freedoms begins within our communities.
30. **Protection of Human Rights.** In all parts of the world, no society, no human being, should act in any way as to destroy these human rights.