

# Core Activity Sheet 3.1

## Universal Declaration of Human Rights

The General Assembly makes this declaration as a standard for everyone. Every individual and organisation should try to promote respect for these rights and freedoms.

**Article 1** Right to equality

**Article 2** Freedom from discrimination

**Article 3** Right to Life, Liberty, Personal Security

**Article 4** Freedom from slavery

**Article 5** Freedom from torture or degrading (meant to humiliate) treatment

**Article 6** Right to be recognised as a person by the law

**Article 7** Right to equality before the law

**Article 8** Right to a fair hearing if your rights are broken

**Article 9** Freedom from arrest with no reason and exile (being sent away)

**Article 10** Right to a fair public hearing if accused of something illegal

**Article 11** Right to be considered innocent until proven guilty

**Article 12** Freedom from interference with privacy, family, home and correspondence (e.g. letters)

**Article 13** Right to free movement in and out of the country

**Article 14** Right to asylum in other countries (safety) if being persecuted at home

**Article 15** Right to a nationality and the freedom to change it

**Article 16** Right to marriage and family

**Article 17** Right to own property

**Article 18** Freedom of belief and religion

**Article 19** Freedom of opinion and information

**Article 20** Right to meet peacefully with others and join groups

**Article 21** Right to participate in government by voting and standing for election

**Article 22** Right to social security

**Article 23** Right to work safely for equal pay and to join a trade union

**Article 24** Right to rest and leisure

**Article 25** Right to an adequate living standard

**Article 26** Right to an education

**Article 27** Right to participate in cultural activity, e.g. the arts

**Article 28** Right to have society run in a way which protects your rights

**Article 29** Everyone has duties but these should only help to achieve everyone's rights in society, they cannot harm rights

**Article 30** Everyone should be free from interference in their rights

This is a shortened version of the Declaration. You can see the real thing at: [www.un.org](http://www.un.org)