

# THE UNIVERSAL DECLARATION OF HUMAN RIGHTS

The Universal Declaration of Human Rights, which was adopted by the United Nations in 1948, sets the international standard for human rights. The Universal Declaration of Human Rights has thirty articles. The following list paraphrases and summarizes the articles from the original document.

1. All human beings are born free and equal in dignity and rights.
2. Everyone is entitled to all the rights set forth in the declaration, without discrimination.
3. Everyone has the right to life, liberty, and safety.
4. No one shall be held in slavery or servitude; slavery is prohibited.
5. No one shall be subject to torture or to cruel or degrading treatment.
6. Everyone has a right to recognition everywhere as a person under the law.
7. All are equal before the law and are entitled without discrimination to equal protection against discrimination.
8. All people have the right to a remedy by a national court for acts violating their rights.
9. No one shall be subjected to arbitrary arrest, detention, or exile.
10. Everyone is equally entitled to a fair and public hearing by an independent and impartial tribunal (or court) to determine rights and obligations or if charged with a crime.
11. Everyone charged with a crime has the right to be presumed innocent until proven guilty in a public trial at which he or she has been allowed to defend himself or herself. People are to be held and punished only according to the penal code in place at the time of the offense.
12. Everyone has the right to legal protection against arbitrary interference with her or his privacy, family, home, or correspondence, as well as from attacks on her or his honor or reputation.
13. Everyone has the right to freedom of movement within her or his country, as well as the right to leave any country and to return to her or his own country.
14. Everyone has the right to seek asylum from persecution in other countries, except when she or he has committed a nonpolitical crime.
15. Everyone has the right to a nationality.
16. All men and women of legal age have an equal right to marry and found a family without regard to race, nationality, or religion. The family is the natural and fundamental group unit of society and is entitled to protection by society and the state.

17. Everyone has the right to own property, and no one shall be arbitrarily deprived of his or her property.
18. Everyone has the right to freedom of thought, conscience, and religion, as well as the right to practice her or his religion either alone or with others in public or private.
19. Everyone has the right to freedom of opinion and expression.
20. Everyone has the right to peaceful assembly and association, but no one may be forced to join an association.
21. Everyone has the right to participate in the government, either directly or through freely chosen representatives. Everyone has an equal right of access to public service. The will of the people is the basis of the authority of government, and shall be expressed through fair elections in which all people have the right to an equal vote, cast in secret.
22. Everyone has a right to social security and to economic, social, and cultural rights necessary for human dignity and the free development of personality.
23. Everyone has the right to work, to choose their work, to experience favorable working conditions, to protection against unemployment, to equal pay for equal work, to a just wage that supports a family's human dignity, to social protection to supplement the wage if necessary, and to join and form trade unions.
24. Everyone has the right to rest and recreate, to work a reasonable number of hours, and to receive paid vacations.
25. Everyone has a right to a standard of living that allows for the health and well-being of a person and his or her family, to security in the case of unemployment, sickness, and so on. Mothers and children deserve special care. Children have the same rights whether they are born to married or unmarried parents.
26. Everyone has the right to education. Elementary education should be free and required. Higher level education should be easily available and accessible to all on the basis of merit. Education should promote human rights and peace among all groups and nations. Parents have a right to choose how to educate their children.
27. Everyone has the right to enjoy the cultural life and scientific advancements of the community and to possession of resulting interests if one is the author of such advancements.
28. Everyone has the right to a world in which the rights and freedoms of this declaration are followed.
29. Everyone has duties to the community. An individual's rights and freedoms will be limited by law only to protect the rights of others.
30. No state, group, or person may engage in any activity that destroys these rights.

(Based on the articles of the Universal Declaration of Human Rights, from the U.N. Office of the High Commissioner for Human Rights Web site, [www.unhchr.ch/udhr](http://www.unhchr.ch/udhr), accessed November 9, 2007)