

THE HUMAN RIGHTS

This is a list of human rights contained in the Universal Declaration of Human Rights (UDHR), which was drawn up by the UN (United Nations) on December 10th, 1948.

The United Nations was formed in 1945 to prevent the atrocities that occurred during World War II from ever happening again. One of their first orders of business was to create a document that guaranteed these individual rights around the world.

Their primary goal was, “promoting and encouraging respect for human rights and for fundamental freedoms for all without distinction as to race, sex, language, or religion.”

<ol style="list-style-type: none"> 1. Right to life. 2. Freedom from torture. 3. Freedom from slavery. 4. Right to liberty and security. 5. Right to a fair trial. 6. Right to an effective remedy if a human right is violated. 7. Freedom from discrimination; right to equality. 8. Right to be recognised as a person; right to nationality. 9. Right to privacy and family life. 10. Right to marry. 11. Right to own property. 12. Right to movement of persons. 	<ol style="list-style-type: none"> 13. Right to asylum. 14. Freedom of thought, conscience and religion. 15. Freedom of expression. 16. Freedom of assembly and association. 17. Right to food, drink and housing. 18. Right to health care. 19. Right to education. 20. Right to employment. 21. Right to rest and leisure. 22. Right to social protection. 23. Right to political participation. 24. Right to take part in cultural life. 25. Prohibition of destruction of human rights. 26. Right to a social order that recognises human rights. 27. Responsibilities and duties of the individual.
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ACTIVITY: Work in group and create a list in which you include the 5 human rights that you believe are fundamental and explain why. Also, on the list, put the three rights that you think are least important. Finally, respond to the next question:

What problems would a person or a society have without those rights that you have eliminated?



Eleanor Roosevelt was the president of the Human Rights Commission of the United Nations, and the main promoter that in 1948 created the Universal Declaration of Human Rights.