

### DO YOU KNOW YOUR RIGHTS?

Human rights are fundamental entitlements inherent to every person simply for being human, regardless of their race, sex, nationality, religion, or any other status. These rights are universal, inalienable, and indivisible, including freedoms from slavery and torture, as well as rights to life, education, work, and an adequate standard of living. The Universal Declaration of Human Rights (UDHR), adopted by the UN in 1948, serves as the foundational document for international human rights law.



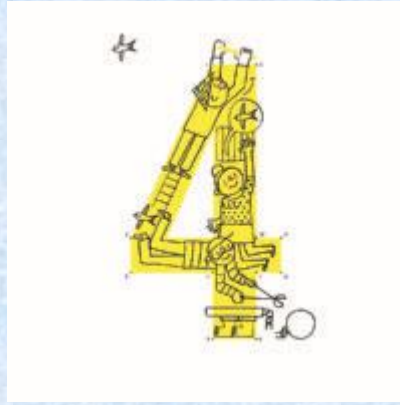
All human beings are born free and equal.



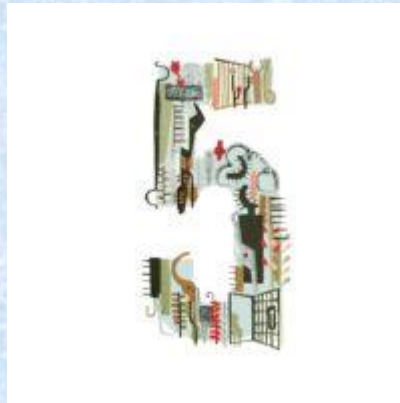
Everyone is equal regardless of race, colour, sex, language, religion, politics, or where they were born.



Everyone has the right to life (and to live in freedom and safety).



Everyone has the right to be free from slavery.



Everyone has the right to be free from torture.



Everyone has the right to be recognised before the law.



We are all are equal before the law.



Everyone has the right to seek justice if their rights are violated.



Everyone has the right to freedom from arbitrary arrest, detention or exile.





Everyone has the right to a fair trial.



Everyone has the right to be presumed innocent until proven guilty.



Everyone has the right to privacy and freedom from attacks on their reputation.



Everyone has the right to freedom of movement and to be free to leave and return to their own country.



Everyone has the right to seek asylum from persecution.



Everyone has the right to a nationality.



Everyone has the right to marry and to have a family.



Everyone has the right to own property.



Everyone has the right to freedom of thought, conscience and religion.





Everyone has the right to freedom of opinion and expression.



Everyone has the right to freedom of peaceful assembly and association.



Everyone has the right to take part in government and to have equal access to public service.



Everyone has the right to social security.



Everyone has the right to work, to equal pay, to protection against unemployment and the right to form and join trade unions.



Everyone has the right to rest and leisure.





Everyone has the right to a decent standard of living, including food, clothing, housing, medical care and social services.



Everyone has the right to education.



Everyone has the right to participate in and enjoy culture, art and science.



Everyone has the right to a social and international order where the rights in this Declaration can be fully realized.



We have a duty to other people and we should protect their rights and freedoms.



Nobody can take away these rights and freedoms from us.