



Universal Declaration of Human Rights

The preamble states that the declaration is "a common standard of achievement for all peoples and all nations, to the end that every individual and every organ of society ... shall strive by teaching and education to promote respect for these rights and freedoms ..."

The following is a summary of the 30 articles included in the declaration.

1. All human beings are born free and equal.
2. Everyone is entitled to the same rights without distinction of any kind, such as race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth, or other status.
3. Everyone has the right to life, liberty, and security of person.
4. No one shall be held in slavery or servitude.
5. No one shall be subjected to torture or to cruel, inhuman, or degrading treatment or punishment.
6. Everyone has the right to be recognized as a person before the law.
7. All are equal before the law and have the right to the protection of the law.
8. Everyone has the right to justice.
9. No one shall be subjected to arbitrary arrest, detention, or exile.
10. Everyone has the right to a fair trial.
11. Everyone has the right to be presumed innocent until proven guilty.
12. Everyone has the right to privacy and to be protected against attacks on his or her honour and reputation.
13. Everyone has the right to freedom of movement.
14. Everyone has the right to seek in other countries shelter from persecution.
15. Everyone has the right to a nationality.
16. Everyone has the right to marry and found a family.
17. Everyone has the right to own property and no one's property can be arbitrarily seized.
18. Everyone has the right to freedom of thought, conscience, and religion.
19. Everyone has the right to freedom of opinion and expression.
20. Everyone has the right to freedom of peaceful assembly and association.
21. Everyone has the right to take part in government.
22. Everyone has the right to social security and to share in the benefits of society's progress.
23. Everyone has the right to work, to equal pay for equal work, to a fair wage, and to form or join a trade union.
24. Everyone has the right to rest and leisure.
25. Everyone has the right to an adequate standard of living. Mothers and children are entitled to special care and help.
26. Everyone has the right to education, and parents have the right to choose the kind of education their children will have.
27. Everyone has the right to participate freely in the cultural life of a community.
28. Everyone is entitled to a social and international order in which the rights set out in the declaration can be fully realized.
29. Everyone has duties to the community. People's rights can be limited only by laws that recognize and respect the rights of others and that meet the just requirements of morality, public order, and the general welfare in a democratic society.
30. No one has the right to destroy any of the rights and freedoms set out in the declaration.