

Simplified Universal Declaration of Human Rights

The Universal Declaration of Human Rights (UDHR) was adopted by the general assembly of the United Nations on December 10, 1948. All U.N. member states agreed to uphold the UDHR. Through time the declaration has become so respected that it is now considered to be customary international law.

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Now, therefore, THE GENERAL ASSEMBLY proclaims this Universal Declaration of Human Rights as a common standard of achievement for all peoples and all nations, to the end that every individual and every organ of society, keeping this Declaration constantly in mind, shall strive by teaching and education 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, degrading treatment

Article 6 Right to recognition as a person before the law

Article 7 Right to equality before the law

Article 8 Right to remedy by competent tribunal

Article 9 Freedom from arbitrary arrest, exile

Article 10 Right to a fair public hearing

Article 11 Right to be considered innocent until proven guilty

Article 12 Freedom from interference with privacy, family, home and correspondence

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

Article 14 Right to asylum in other countries from persecution

Article 15 Right to a nationality and 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 of peaceful assembly and association

Article 21 Right to participate in government and in free elections

Article 22 Right to social security



Article 23 Right to desirable work and to join trade unions

Article 24 Right to rest and leisure

Article 25 Right to adequate living standard

Article 26 Right to education

Article 27 Right to participate in the cultural life of community

Article 28 Right to social order assuring human rights

Article 29 Community duties essential to free and full development

Article 30 Freedom from state or personal interference in the above rights

(Source: University of Minnesota Human Rights Resource Centre,
http://www1.umn.edu/humanrts/edumat/hreduseries/hereandnow/Part-5/8_udhr-abbr.htm)

