

Special **UNITED** Edition

What Are Human Rights?

30 Rights We All Have - No Matter What



Based on the United Nations Universal Declaration of Human Rights

**You were born with human rights.
Learn them, know them and teach others.**

To:

From:

Contents of Booklet

What is UNITED?	Page	2
What Are Human Rights?	Page	3
About the United Nations Universal Declaration of Human Rights	Page	3
The Universal Declaration of Human Rights (with illustrations).	Page	4
The Universal Declaration of Human Rights (unabridged)	Page	22
Become a Supporter of Human Rights	Page	26
Statements from Famous Human Rights Leaders.	Page	28
About Youth for Human Rights International	Page	29
Purpose of Youth for Human Rights International	Back cover	

What is UNITED

UNITED is a human rights music video unlike any the world has ever seen. The production for UNITED covered a world tour of 45,000 miles through 14 countries and 4 continents. Two thousand volunteers contributed their time to this international project. The director, Taron Lexton, was 19 years old when he directed UNITED, with the rest of the crew being mostly teenagers and preteens, making it truly a youth project.

The story is about an inner city kid with a heart for basketball who rallies the people of the world to fight for his right to play.

First shown inside the United Nations World Headquarters in New York City in August 2004, UNITED has now aired in countries throughout the world. It is available with subtitles in 15 languages.

This booklet goes along with the UNITED music video as it teaches you what your rights are.

What Are Human Rights?

Every person is entitled to certain rights – simply by the fact that they are a human being. They are “rights” because they are things you are allowed to be, to do or to have. These rights are there for your protection against people who might want to harm or hurt you. They are also there to help us get along with each other and live in peace.

These thirty basic human rights, which are explained in this booklet, were first published in 2001 by Youth for Human Rights International in their original booklet, “What Are Human Rights?”. Children from around the world have learned about human rights through this booklet, which is now printed in 19 languages.

About the United Nations Universal Declaration of Human Rights

The Universal Declaration of Human Rights was created by the United Nations in 1948. The United Nations came into being in 1945, shortly after the end of World War II. Today there are 191 countries that are part of the United Nations.

Because the purpose of the United Nations is to bring peace in all nations of the world, a committee of persons headed by Mrs. Eleanor Roosevelt, the wife of Franklin D. Roosevelt, the President of the United States from 1933–1945, wrote a special document which “declares” the rights that everyone in the entire world should have. This booklet lays out what each of the rights are as written in the Universal Declaration of Human Rights.



1. We are all free and equal

We are all born free. We all have our own thoughts and ideas.
We should all be treated in the same way.

2. Don't discriminate

These rights belong to everybody,
whatever our differences.

3. The right to life

We all have the right to life, and to live
in freedom and safety.

4. No slavery - past and present

Nobody has any right to make us a slave.
We cannot make anyone our slave.

5. No torture

Nobody has any right to hurt us or to torture us.

6. We all have the same right to use the law

I am a person just like you!

7. We are all protected by the law

The law is the same for everyone.
It must treat us all fairly.

8. Fair treatment by fair courts

We can all ask for the law to help us
when we are not treated fairly.

9. No unfair detainment

Nobody has the right
to put us in prison without a good
reason and keep us there,
or to send us away from our country.



10. The right to trial

If we are put on trial this should be in public.
The people who try us should not let anyone
tell them what to do.

11. Innocent until proven guilty

Nobody should be blamed for doing something until it is proven.
When people say we did a bad thing
we have the right to show it is not true.

12. The right to privacy

Nobody should try to harm our good name.
Nobody has the right to come into our home, open our letters,
or bother us or our family without a good reason.



13. Freedom to move

We all have the right to go where we want in our own country
and to travel as we wish.

14. The right to asylum

If we are frightened of being badly treated in our own country, we all
have the right to run away to another country to be safe.



15. The right to a nationality

We all have the right
to belong to a country.

16. Marriage and family

Every grown-up has the right to marry and have a family
if they want to. Men and women have the same rights
when they are married, and when they are separated.



17. Your own things

Everyone has the right to own things or share them.
Nobody should take our things from us
without a good reason.

18. Freedom of thought

We all have the right to believe in what we want to believe,
to have a religion, or to change it if we want.



19. Free to say what you want

We all have the right to make up our own minds, to think what we like, to say what we think, and to share our ideas with other people.



20. Meet where you like

We all have the right to meet our friends and to work together
in peace to defend our rights.

Nobody can make us join a group if we don't want to.



21. The right to democracy

We all have the right to take part in the government of our country.
Every grown-up should be allowed to choose their own leaders.

22. The right to social security

We all have the right to affordable housing, medicine, education,
and child care, enough money to live on and medical help
if we are ill or old.

23. Workers' rights

Every grown-up has the right to do a job, to a fair wage for their
work, and to join a trade union.

24. The right to play

We all have the right to rest from work and to relax.

25. A bed and some food

We all have the right to a good life. Mothers and children, people who are old, unemployed or disabled, and all people have the right to be cared for.

26. The right to education

Education is a right. Primary school should be free. We should learn about the United Nations and how to get on with others. Our parents can choose what we learn.





27. Culture and copyright

Copyright is a special law that protects one's own artistic creations and writings; others cannot make copies without permission.

We all have the right to our own way of life and to enjoy the good things that art, science and learning bring.



28. A free and fair world

There must be proper order so we can all enjoy rights and freedoms
in our own country and all over the world.



29. Our responsibilities

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



**30. Nobody can take away these rights
and freedoms from us**



Universal Declaration of Human Rights

Adopted and proclaimed by General Assembly resolution 217 A (III) of December 10, 1948. On December 10, 1948, the General Assembly of the United Nations adopted and proclaimed the Universal Declaration of Human Rights, the full text of which appears in the following pages. Following this historic act the Assembly called upon all Member countries to publicize the text of the Declaration and "to cause it to be disseminated, displayed, read and expounded principally in schools and other educational institutions, without distinction based on the political status of countries or territories."

PREAMBLE

Whereas recognition of the inherent dignity and of the equal and inalienable rights of all members of the human family is the foundation of freedom, justice and peace in the world,

Whereas disregard and contempt for human rights have resulted in barbarous acts which have outraged the conscience of mankind, and the advent of a world in which human beings shall enjoy freedom of speech and belief and freedom from fear and want has been proclaimed as the highest aspiration of the common people,

Whereas it is essential, if man is not to be compelled to have recourse, as a last resort, to rebellion against tyranny and oppression, that human rights should be protected by the rule of law,

Whereas it is essential to promote the development of friendly relations between nations,

Whereas the peoples of the United Nations have in the Charter reaffirmed their faith in fundamental human rights, in the dignity and worth of the human person and in the equal rights of men and women and have determined to

promote social progress and better standards of life in larger freedom,

Whereas Member States have pledged themselves to achieve, in cooperation with the United Nations, the promotion of universal respect for and observance of human rights and fundamental freedoms,

Whereas a common understanding of these rights and freedoms is of the greatest importance for the full realization of this pledge,

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 and by progressive measures, national and international, to secure their universal and effective recognition and observance, both among the peoples of Member States themselves and among the peoples of territories under their jurisdiction.



Article 1.

All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.

Article 2.

Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind, such as race, color, sex, language, religion, political or other opinion, national or social origin, property, birth or other status. Furthermore, no distinction shall be made on the basis of the political, jurisdictional or international status of the country or territory to which a person belongs, whether it be independent, trust, non-self-governing or under any other limitation of sovereignty.

Article 3.

Everyone has the right to life, liberty and security of person.

Article 4.

No one shall be held in slavery or servitude; slavery and the slave trade shall be prohibited in all their forms.

Article 5.

No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment.

Article 6.

Everyone has the right to recognition everywhere as a person before the law.

Article 7.

All are equal before the law and are entitled without any discrimination to equal protection of the law. All are entitled to equal protection against any discrimination in violation of this Declaration and against any incitement to such discrimination.

Article 8.

Everyone has the right to an effective remedy by the competent national tribunals for acts violating the fundamental rights granted him by the constitution or by law.

Article 9.

No one shall be subjected to arbitrary arrest, detention or exile.

Article 10.

Everyone is entitled in full equality to a fair and public hearing by an independent and impartial tribunal, in the determination of his rights and obligations and of any criminal charge against him.

Article 11.

(1) Everyone charged with a penal offense has the right to be presumed innocent until proved guilty according to law in a public trial at which he has had all the guarantees necessary for his defense.

(2) No one shall be held guilty of any penal offense on account of any act or omission which did not constitute a penal offense, under national or international law, at the time when it was committed. Nor shall a heavier penalty be imposed than the one that was applicable at the time the penal offense was committed.

Article 12.

No one shall be subjected to arbitrary interference with his privacy, family, home or correspondence, nor to attacks upon his honor and reputation. Everyone has the right to the protection of the law against such interference or attacks.

Article 13.

(1) Everyone has the right to freedom of movement and residence within the borders of each state.

(2) Everyone has the right to leave any country, including his own, and to return to his country.

Article 14.

(1) Everyone has the right to seek and to enjoy in other countries asylum from persecution.

(2) This right may not be invoked in the case of prosecutions genuinely arising from non-political crimes or from acts contrary to the purposes and principles of the United Nations.

Article 15.

(1) Everyone has the right to a nationality.

(2) No one shall be arbitrarily deprived of his nationality nor denied the right to change his nationality.

Article 16.

(1) Men and women of full age, without any limitation due to race, nationality or religion, have the right to marry and to found a family. They are entitled to equal rights as to marriage, during marriage and at its dissolution.

(2) Marriage shall be entered into only with the free and full consent of the intending spouses.

(3) The family is the natural and fundamental group unit of society and is entitled to protection by society and the State.

Article 17.

(1) Everyone has the right to own property alone as well as in association with others.

(2) No one shall be arbitrarily deprived of his property.

Article 18.

Everyone has the right to freedom of thought, conscience and religion; this right includes freedom to change his religion or belief, and freedom, either alone or in community with others and in public or private, to manifest his religion or belief in teaching, practice, worship and observance.

Article 19.

Everyone has the right to freedom of opinion and expression; this right includes freedom to hold opinions without interference and to seek, receive and impart information and ideas through any media and regardless of frontiers.

Article 20.

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

(2) No one may be compelled to belong to an association.

Article 21.

(1) Everyone has the right to take part in the government of his country, directly or through freely chosen representatives.

(2) Everyone has the right of equal access to public service in his country.

(3) The will of the people shall be the basis of the authority of government; this will shall be expressed in periodic and genuine elections which shall be by universal and equal suffrage and shall be held by secret vote or by equivalent free voting procedures.

Article 22.

Everyone, as a member of society, has the right to social security and is entitled to realization, through national effort and international cooperation and in accordance with the organization and resources of each State, of the economic, social and cultural rights indispensable for his dignity and the free development of his personality.

Article 23.

(1) Everyone has the right to work, to free choice of employment, to just and favorable conditions of work and to protection against unemployment.

(2) Everyone, without any discrimination, has the right to equal pay for equal work.

(3) Everyone who works has the right to just and favorable remuneration ensuring for himself and his family an existence worthy of human dignity, and supplemented, if necessary, by other means of social protection.

(4) Everyone has the right to form and to join trade unions for the protection of his interests.

Article 24.

Everyone has the right to rest and leisure, including reasonable limitation of working hours and periodic holidays with pay.

Article 25.

(1) Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control.

(2) Motherhood and childhood are entitled to special care and assistance. All children, whether born in or out of wedlock, shall enjoy the same social protection.

Article 26.

(1) Everyone has the right to education. Education shall be free, at least in the elementary and fundamental stages. Elementary education shall be compulsory. Technical and professional education shall be made generally available and higher education shall be equally accessible to all on the basis of merit.

(2) Education shall be directed to the full development of the human personality and to the strengthening of respect for human rights and fundamental freedoms. It shall promote understanding, tolerance and friendship among all nations, racial or religious groups, and shall further the activities of the United Nations for the maintenance of peace.

(3) Parents have a prior right to choose the kind of education that shall be given to their children.

Article 27.

(1) Everyone has the right freely to participate in the cultural life of the community, to enjoy the arts and to share in scientific advancement and its benefits.

(2) Everyone has the right to the protection of the moral and material interests resulting from any scientific, literary or artistic production of which he is the author.

Article 28.

Everyone is entitled to a social and international order in which the rights and freedoms set forth in this Declaration can be fully realized.

Article 29.

(1) Everyone has duties to the community in which alone the free and full development of his personality is possible.

(2) In the exercise of his rights and freedoms, everyone shall be subject only to such limitations as are determined by law solely for the purpose of securing due recognition and respect for the rights and freedoms of others and of meeting the just requirements of morality, public order and the general welfare in a democratic society.

(3) These rights and freedoms may in no case be exercised contrary to the purposes and principles of the United Nations.

Article 30.

Nothing in this Declaration may be interpreted as implying for any State, group or person any right to engage in any activity or to perform any act aimed at the destruction of any of the rights and freedoms set forth herein.

Become a Supporter of Human Rights!

Human rights begin with each one of us insisting they be used everywhere. People who care about others and who work to create human rights for all have made great advances in getting governments to adopt and respect human rights the world over.

But the continuing violence and turmoil we see in some countries show that something else is very important: Human rights must be learned, understood and observed by *everyone*.

There are many ways you can help to get the human rights listed in the Universal Declaration of Human Rights known and used.

For example, one way to utilize Article* 2 of the Declaration—“*Freedom from discrimination*”—is to write to your elected representatives in government and ask them to support rules and laws that ensure people are treated equally.

You can apply Article 5—“*Freedom from cruel, inhuman and degrading treatment*”—by supporting human rights organizations or groups that work to stop torture, slavery or other activities that harm others.

When you become aware of violations of Article 9—“*Freedom from false arrest and detention*”—such as when someone is put in jail for something he didn’t do, you can write or call your government representatives to inform them of your views.

You can exercise Article 19—“*Freedom of expression*”—by letting people know how you feel about people being mistreated by others in your community, your country or the world. This can be done in many ways. For example, you can speak out at community events or public meetings, or write letters for publication in your local newspaper.

* Article: a separate section or paragraph in a legal document.

Article 21—“*The right to take part in the government of one’s country*”—is vital to every democratic society. If you are old enough to vote, be sure to do so. Encourage others to vote and to take part in public affairs.

Most important, because all else depends on it, is the responsibility to make people aware of human rights and to ensure they are used in every community, as stated in Article 29—which covers “*Our responsibilities*.” Insist not only on your own rights but those of other people.

Is it just a dream to believe that we can truly make human rights a reality? No. Every advance for humankind has been accomplished through the vision and courage of men and women working toward a specific, worthwhile goal.

Human rights are not an option. They are essential to our survival.



Statements from Famous Human Rights Leaders

Many humanitarians have stood up for human rights. They worked bravely for what they believed in, and they have inspired millions.

“Human rights must be made a fact, not an idealistic dream.”

L. RON HUBBARD

“Young friends all over the world, you are the ones who must realize these rights, now and for all time. Their fate and future is in your hands.”

KOFI ANNAN — SECRETARY-GENERAL, UNITED NATIONS

“Nonviolence is the greatest force at the disposal of mankind. It is mightier than the mightiest weapon of destruction devised by the ingenuity of man.”

MOHANDAS K. GANDHI

“Injustice anywhere is a threat to justice everywhere.”

MARTIN LUTHER KING, JR.

“I disapprove of what you say, but I will defend to the death your right to say it.”

FRANCOIS MARIE DE VOLTAIRE

“Compassion is not religious business, it is human business, it is not luxury, it is essential for our own peace and mental stability, it is essential for human survival.”

THE DALAI LAMA



About Youth for Human Rights International

Ms. Mary Shuttleworth, a school principal and long-time educator, founded Youth for Human Rights International in 2001 and serves as its Director. This vital project is an educational program for children so they truly understand the importance of human rights.

A native of South Africa, Ms. Shuttleworth has traveled extensively throughout Africa, Europe and the USA. After personally observing violations of human rights, most of them associated with the denial or lack of education, she decided to work in a field where she could do something about it. Ms. Shuttleworth has devoted thirty years to working with children in the home, childcare and school environments, and is an active advocate of bringing resolution to human rights abuses.

Youth for Human Rights International teaches children around the world about human rights and in 2002 it produced an illustrated booklet, "What Are Human Rights?" to help accomplish this goal. "What Are Human Rights?" has now been printed in 19 languages.

Because children vitally need this basic education in fundamental human rights in their own language, the booklet is being translated into additional languages as resources become available. Youth for Human Rights International relies on volunteers and donations for its continued delivery and expansion. Your assistance is welcome.



The purpose of Youth for Human Rights International (YHRI) is to teach kids their human rights, based on the United Nations Universal Declaration of Human Rights. YHRI began in 2001 as an outreach project of the International Foundation for Human Rights and Tolerance (www.humanrightsandtolerance.org) and due to its international expansion, it formed its own nonprofit, tax-exempt corporation, which is based in Los Angeles.

The music video "UNITED" was created by TXL Films for YHRI with the help of the Human Rights Department of the Church of Scientology International.

This special UNITED edition of "What Are Human Rights?" has been printed as a public service by the Church of Scientology International. It accompanies the UNITED music video, which you can get copies of from the website below.

Youth for Human Rights International™
P.O. Box 27306
Los Angeles, CA 90027 U.S.A.
Phone: (323) 663-5799
Fax: (323) 663-2013
info@youthforhumanrights.org
www.youthforhumanrights.org

Church of Scientology International European Public Affairs and Human Rights Office
Rue de la Loi 91
1040 Brussels, Belgium
Phone: + 32 2231 1596
www.scientology.org/humanrights

**Church of Scientology International
Human Rights Department**
6331 Hollywood Blvd., Suite 1200
Los Angeles, CA 90028 U.S.A.
Phone: (323) 960-3500
www.scientology.org/humanrights



**Youth
for Human Rights
International™**



www.youthforhumanrights.org www.unitedmusicvideo.org