


Simplified Version of the UDHR

“Universal Declaration of Human Rights Abridged for Youth.” *Youth for Human Rights*. n.p. n.d Web. 22 June 2016.



Universal Declaration of Human Rights Abridged for Youth

- We are all born 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.
- Don't discriminate.** These rights belong to everybody, whatever our differences.
- The right to life.** We all have the right to life, and to live in freedom and safety.
- No slavery.** Nobody has any right to make us a slave. We cannot make anyone our slave.
- No torture.** Nobody has any right to hurt us or to torture us.
- You have rights no matter where you go.** I am a person just like you!
- We're all equal before the law.** The law is the same for everyone. It must treat us all fairly.
- Your human rights are protected by law.** We can all ask for the law to help us when we are not treated fairly.
- No unfair detainment.** Nobody has the right to put us in prison without good reason and keep us there, or to send us away from our country.
- 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.
- We're always innocent till 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.
- 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.
- Freedom to move.** We all have the right to go where we want in our own country and to travel as we wish.
- The right to seek a safe place to live.** 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.
- Right to a nationality.** We all have the right to belong to a country.
- 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.
- The right to your own things.** Everyone has the right to own things or share them. Nobody should take our things from us without a good reason.
- 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.
- Freedom of expression.** 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.
- The right to public assembly.** 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.
- 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.
- Social security.** We all have the right to affordable housing, medicine, education, and childcare, enough money to live on and medical help if we are ill or old.
- 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.
- The right to play.** We all have the right to rest from work and to relax.
- Food and shelter for all.** 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.
- 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.
- 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.
- A fair and free world.** There must be proper order so we can all enjoy rights and freedoms in our own country and all over the world.
- Responsibility.** We have a duty to other people, and we should protect their rights and freedoms.
- No one can take away your human rights.**

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