

# Disability and Human Rights

## Universal Declaration of Human Rights

– in plain English



The **Universal Declaration of Human Rights** (UDHR) is a declaration made by the United Nations General Assembly. It talks about basic human rights - rights that all people have just because they are human. It was agreed to by the United Nations General Assembly on December 10, 1948.

The UDHR has 30 parts, called *articles*. Each article says one idea about human rights.

<b>Article 1</b>	Everyone is equal and should be treated with dignity.
<b>Article 2</b>	Everyone has the same human rights; it does not matter who you are.
<b>Article 3</b>	Everyone has the right to live, to be free and safe.
<b>Article 4</b>	No one should be held as a slave, and no one should make another person a slave.
<b>Article 5</b>	No one should be tortured or treated cruelly.
<b>Article 6</b>	Everyone has the right to be treated as a person by the law.
<b>Article 7</b>	The law is the same for everyone. Everyone is protected by the law.
<b>Article 8</b>	Everyone has the right to get legal help if their rights have not been respected.
<b>Article 9</b>	No one should be arrested, put in prison or sent away from their country without a proper reason.
<b>Article 10</b>	If you have to go on trial, it should be fair and done in public.
<b>Article 11</b>	Everyone is innocent until proved guilty.
<b>Article 12</b>	No one should intrude in your private life or say bad things about you without good reason.
<b>Article 13</b>	Everyone has the right to leave and return to their state or their country.

<b>Article 14</b>	Everyone has the right to ask another country for protection.
<b>Article 15</b>	Everyone has the right to a nationality.
<b>Article 16</b>	Everyone has the right to marry and have a family.
<b>Article 17</b>	Everyone has the right to have their own things.
<b>Article 18</b>	Everyone has the right to choose whatever religion they want.
<b>Article 19</b>	Everyone has the right to express their own opinions.
<b>Article 20</b>	Everyone has the right to have peaceful meetings.
<b>Article 21</b>	Everyone has the right to vote and be in the government if they want to.
<b>Article 22</b>	Everyone has the right to social security.
<b>Article 23</b>	Everyone has the right to work and be treated well at work.
<b>Article 24</b>	Everyone has the right to rest and have time off from work.
<b>Article 25</b>	Everyone has the right to enough food, clothing, housing and medical care.
<b>Article 26</b>	Everyone has the right to an education.
<b>Article 27</b>	Everyone has the right to enjoy and be involved in community activities.
<b>Article 28</b>	Everyone has the right to live in a world where rights and freedoms are protected.
<b>Article 29</b>	Everyone has the responsibility to protect human rights.
<b>Article 30</b>	No one can take away any of these human rights.



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