

WHAT ARE HUMAN RIGHTS?

Human rights are basic entitlements that belong to every one of us. No one can take these rights away from us. They are ours simply because we are human beings.

We are all different. We may differ in our nationality, race, ethnicity, place of origin, sex, religion, age, sexual orientation, disability, economic and social status. Yet, despite these differences, there are things we have in common: needs and wants shared by all people.



WHAT WE WANT

- To live free from violence, harm or abuse
- To be able to express our ideas freely and share them with others
- To learn, to grow and develop our potential
- To feel that we are part of a community
- To be able to meet the basic needs of ourselves and our families, such as having adequate food and shelter

Human rights have been codified in international agreements, regional frameworks and national laws.



OUR RIGHTS

- To enjoy life and liberty
- To be treated equally before the law
- To have and express our own thoughts and ideas
- To have access to quality education
- To have adequate housing
- To own property
- To be free from torture
- To enjoy free speech and expression
- To choose and practice our religion and beliefs
- To marry who we want and have a family