

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.

Article 1 Everyone is equal and should be treated with dignity.

Article 2 Everyone has the same human rights; it does not matter who you are.

Article 3 Everyone has the right to live, to be free and safe.

Article 4 No one should be held as a slave, and no one should make another person a slave.

Article 5 No one should be tortured or treated cruelly.

Article 6 Everyone has the right to be treated as a person by the law.

Article 7 The law is the same for everyone. Everyone is protected by the law.

Article 8 Everyone has the right to get legal help if their rights have not been respected.

Article 9 No one should be arrested, put in prison or sent away from their country without a proper reason.

Article 10 If you have to go on trial, it should be fair and done in public.

Article 11 Everyone is innocent until proved guilty.

Article 12 No one should intrude in your private life or say bad things about you without good reason.

Article 13 Everyone has the right to leave and return to their state or their country.

Article 14 Everyone has the right to ask another country for protection.

Article 15 Everyone has the right to a nationality.

Article 16 Everyone has the right to marry and have a family.

Article 17 Everyone has the right to have their own things.

Article 18 Everyone has the right to choose whatever religion they want.

Article 19 Everyone has the right to express their own opinions.

Article 20 Everyone has the right to have peaceful meetings.

Article 21 Everyone has the right to vote and be in the government if they want to.

Article 22 Everyone has the right to social security.

Article 23 Everyone has the right to work and be treated well at work.

Article 24 Everyone has the right to rest and have time off from work.

Article 25 Everyone has the right to enough food, clothing, housing and medical care.

Article 26 Everyone has the right to an education.

Article 27 Everyone has the right to enjoy and be involved in community activities.

Article 28 Everyone has the right to live in a world where rights and freedoms are protected.

Article 29 Everyone has the responsibility to protect human rights.

Article 30 No one can take away any of these human rights.



[Click here for United Nations website on the UDHR](#)