Student Resource Sheet on Human Rights and Refugees: Universal Declaration of Human Rights (abbreviated)

Teaching Tools

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:

- **Article 1** Right to Equality
- **Article 2** Freedom from Discrimination
- **Article 3** Right to Life, Liberty, Personal Security
- **Article 4** Freedom from Slavery
- **Article 5** Freedom from Torture, Degrading Treatment
- **Article 6** Right to Recognition as a Person before the Law
- **Article 7** Right to Equality before the Law
- **Article 8** Right to Remedy by Competent Tribunal
- **Article 9** Freedom from Arbitrary Arrest, Exile
- **Article 10** Right to a Fair Public Hearing
- **Article 11** Right to be considered innocent until proven Guilty
- **Article 12** Freedom from Interference with Privacy, Family, Home and Correspondence
- **Article 13** Right to Free Movement in and out of the Country
- **Article 14** Right to Asylum in other Countries from Persecution
- **Article 15** Right to a Nationality and Freedom to Change It
- **Article 16** Right to Marriage and Family
- **Article 17** Right to own Property
- **Article 18** Freedom of Belief and Religion
- **Article 19** Freedom of Opinion and Information
- **Article 20** Right of Peaceful Assembly and Association
- **Article 21** Right to Participate in Government and in Free Elections
- **Article 22** Right to Social Security
- **Article 23** Right to Desirable Work and to join Trade Unions
- **Article 24** Right to Rest and Leisure
- **Article 25** Right to Adequate Living Standard
- **Article 26** Right to Education
- **Article 27** Right to Participate in the Cultural Life of Community
- **Article 28** Right to Social Order assuring Human Rights
- **Article 29** Community Duties essential to Free and Full Development
- **Article 30** Freedom from State or Personal Interference in the above Rights

(Source: University of Minnesota Peace and Environment Resource Centre)