**UNITED NATIONS
UNIVERSAL DECLARATION OF HUMAN RIGHTS**

**Simplified Version**
This simplified version of the 30 Articles of the [Universal Declaration of Human Rights](http://www.youthforhumanrights.org/what-are-human-rights/universal-declaration-of-human-rights/introduction.html) has been created especially for young people.

**1. We Are All Born Free & Equal.** We are all born free. We all have our own thoughts and ideas. We should all be treated in the same way.

**2. Don’t Discriminate.** These rights belong to everybody, whatever our differences.

**3. The Right to Life.** We all have the right to life, and to live in freedom and safety.

**4. No Slavery.** Nobody has any right to make us a [slave](http://www.youthforhumanrights.org/what-are-human-rights/videos/no-slavery.html). We cannot make anyone our slave.

**5. No Torture**. Nobody has any right to hurt us or to torture us.

**6. You Have Rights No Matter Where You Go.** I am a person just like you!

**7. We’re All Equal Before the Law.**The law is the same for everyone. It must treat us all fairly.

**8. Your Human Rights Are Protected by Law.** We can all ask for the law to help us when we are not treated fairly.

**9. 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.

**10. 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.

**11. 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.

**12. 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.

**13. Freedom to Move.**We all have the right to go where we want in our own country and to travel as we wish.

**14. 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.

**15. Right to a Nationality.** We all have the right to belong to a country.

**16. 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.

**17. 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.

**18. 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.

**19. 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.

**20. 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.

**21. 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.

**22. 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.

**23. 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.

**24. The Right to Play.** We all have the right to rest from work and to relax.

**25. 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.

**26. 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.

**27. 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.

**28. 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.

**29. Responsibility.**We have a duty to other people, and we should protect their rights and freedoms.

**30. No One Can Take Away Your Human Rights.**

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