



KNOW YOUR RIGHTS

rockforhumanrights.org



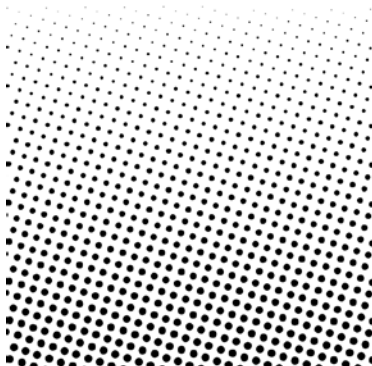
Article 1

All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.



IN PLAIN ENGLISH:

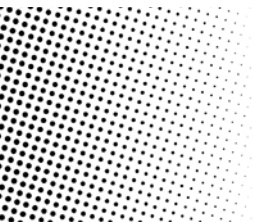
Everyone is born with the same rights and responsibilities. We should treat each other in a way that respects that reality.



Article 2

Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind, such as race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status. Furthermore, no distinction shall be made on the basis of the political, jurisdictional or international status of the country or territory to which a person belongs, whether it be independent, trust, non-self-governing or under any other limitation of sovereignty.

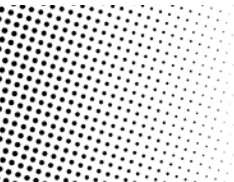
IN PLAIN ENGLISH:



Everyone has the exact same rights no matter who they are or where they live.

Article 3

Everyone has the right to life, liberty and security of person.



IN PLAIN ENGLISH:

Everyone has the right to live in freedom and safety.



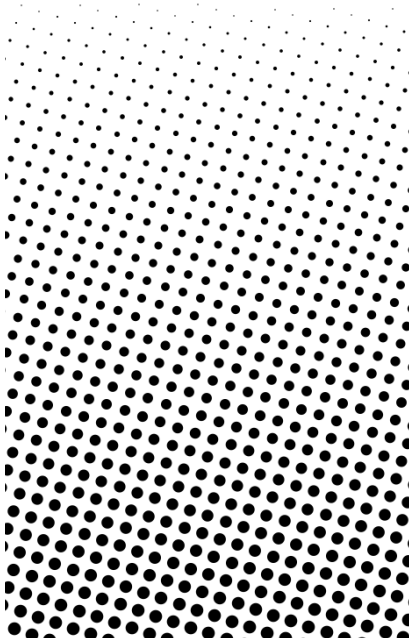
Article 4

No one shall be held in slavery or servitude; slavery and the slave trade shall be prohibited in all their forms.

4

IN PLAIN ENGLISH:

**No one can ever be owned
by another.**



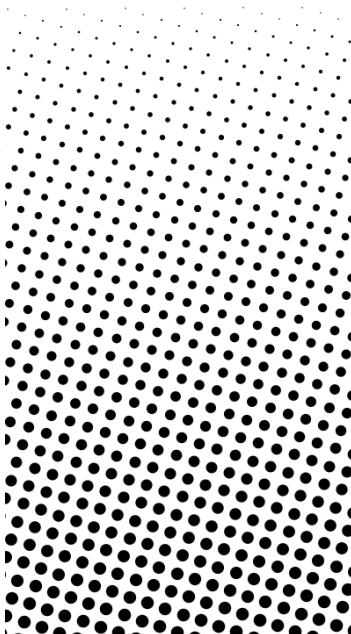
Article 5

No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment.

5

IN PLAIN ENGLISH:

**No one can ever be
tortured or degraded.**



Article 6

Everyone has the right to recognition everywhere as a person before the law.



IN PLAIN ENGLISH:

**Everyone is recognized
equally by the law no
matter where they are.**



Article 7

All are equal before the law and are entitled without any discrimination to equal protection of the law. All are entitled to equal protection against any discrimination in violation of this Declaration and against any incitement to such discrimination.



IN PLAIN ENGLISH:

Everyone is equally protected by the law and cannot be persecuted or discriminated against for any reason.

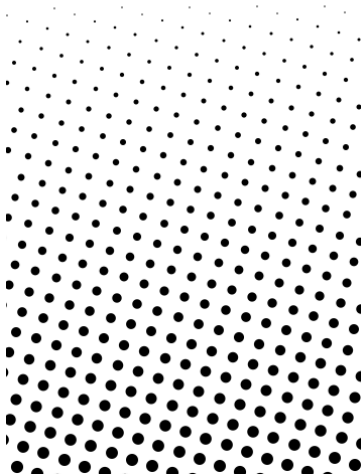
Article 8

Everyone has the right to an effective remedy by the competent national tribunals for acts violating the fundamental rights granted him by the constitution or by law.

8

IN PLAIN ENGLISH:

Everyone has the right to seek justice legally if their rights have been violated.



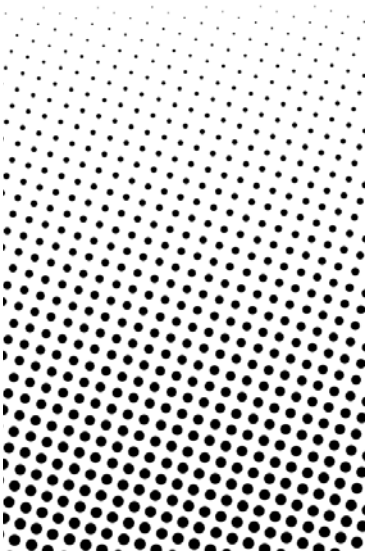
Article 9

No one shall be subjected to arbitrary arrest, detention or exile.

9

IN PLAIN ENGLISH:

**No one can be unfairly
arrested, detained or
forced to leave their
home.**



Article 10

Everyone is entitled in full equality to a fair and public hearing by an independent and impartial tribunal, in the determination of his rights and obligations and of any criminal charge against him.



IN PLAIN ENGLISH:

Everyone, if accused of wrong doing, has the right to a fair, public, and impartial hearing.

Article 11

- (1) *Everyone charged with a penal offence has the right to be presumed innocent until proved guilty according to law in a public trial at which he has had all the guarantees necessary for his defence.*
- (2) *No one shall be held guilty of any penal offence on account of any act or omission which did not constitute a penal offence, under national or international law, at the time when it was committed. Nor shall a heavier penalty be imposed than the one that was applicable at the time the penal offence was committed.*

IN PLAIN ENGLISH:

(1) Everyone is innocent until proven guilty.

(2) No one can be punished for any act that is not illegal at the time they commit it. No punishment can outweigh the crime.

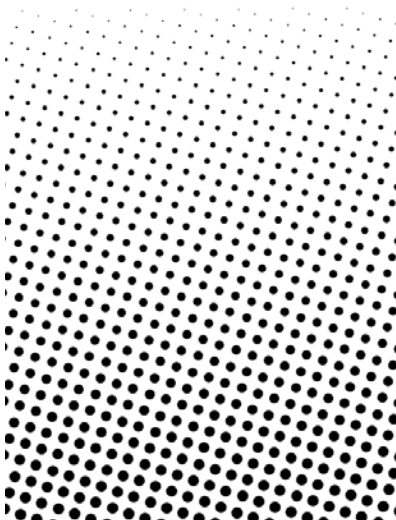
Article 12

No one shall be subjected to arbitrary interference with his privacy, family, home or correspondence, nor to attacks upon his honour and reputation. Everyone has the right to the protection of the law against such interference or attacks.

12

IN PLAIN ENGLISH:

No one can be falsely attacked or accused, or arbitrarily interfered with.



Article 13

- (1) *Everyone has the right to freedom of movement and residence within the borders of each state.*
- (2) *Everyone has the right to leave any country, including his own, and to return to his country.*



IN PLAIN ENGLISH:

Everyone has the right to live and move wherever they want.

13

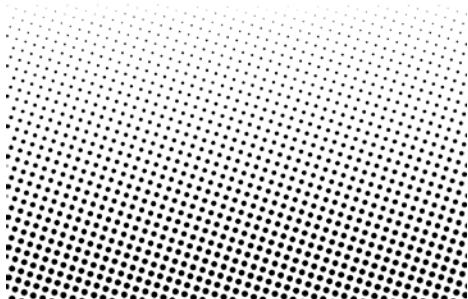
Article 14

- (1) *Everyone has the right to seek and to enjoy in other countries asylum from persecution.*
- (2) *This right may not be invoked in the case of prosecutions genuinely arising from non-political crimes or from acts contrary to the purposes and principles of the United Nations.*

IN PLAIN ENGLISH:

(1) Everyone has the right to seek asylum in another country.

(2) Criminals cannot use this right to avoid legitimate prosecution.



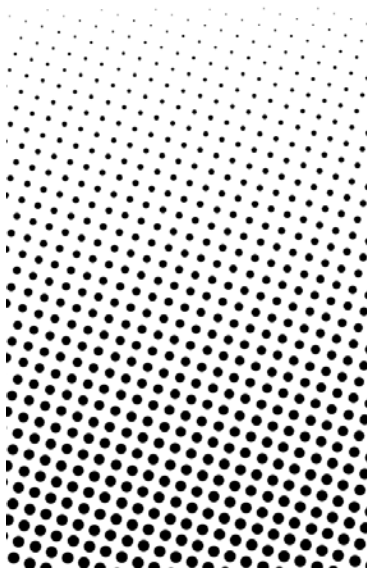
Article 15

- (1) *Everyone has the right to a nationality.*
- (2) *No one shall be arbitrarily deprived of his nationality nor denied the right to change his nationality.*

15

IN PLAIN ENGLISH:

**Everyone has the right
to their own nationality
and to change it.**



Article 16

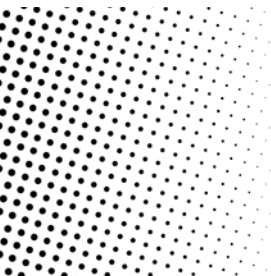
- (1) Men and women of full age, without any limitation due to race, nationality or religion, have the right to marry and to found a family. They are entitled to equal rights as to marriage, during marriage and at its dissolution.*
- (2) Marriage shall be entered into only with the free and full consent of the intending spouses.*
- (3) The family is the natural and fundamental group unit of society and is entitled to protection by society and the State*

IN PLAIN ENGLISH:

Every adult man and woman has the right to marry a spouse of their choosing and to refuse any other arrangement. The family is the building block of the culture and deserves respect and protection.

Article 17

- (1) *Everyone has the right to own property alone as well as in association with others.*
- (2) *No one shall be arbitrarily deprived of his property.*



IN PLAIN ENGLISH:

Everyone has the right to own property, alone or with others. That property cannot be arbitrarily taken away.

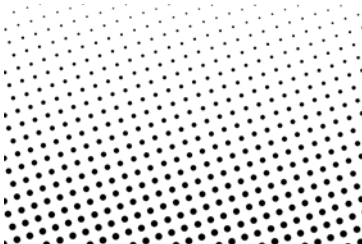
17

Article 18

Everyone has the right to freedom of thought, conscience and religion; this right includes freedom to change his religion or belief, and freedom, either alone or in community with others and in public or private, to manifest his religion or belief in teaching, practice, worship and observance.

IN PLAIN ENGLISH:

Everyone has the right to think and believe what they choose, change their viewpoints and beliefs, and practice their beliefs publicly and privately.



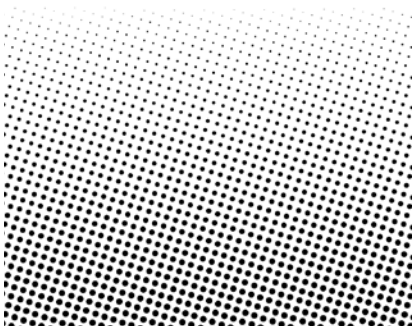
Article 19

Everyone has the right to freedom of opinion and expression; this right includes freedom to hold opinions without interference and to seek, receive and impart information and ideas through any media and regardless of frontiers.

19

IN PLAIN ENGLISH:

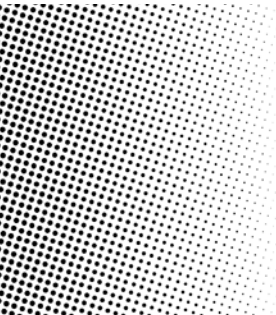
Everyone has the right to share and express their viewpoint freely and without restriction or persecution, and to seek out other viewpoints just as freely.



Article 20

- (1) Everyone has the right to freedom of peaceful assembly and association.*
- (2) No one may be compelled to belong to an association.*

IN PLAIN ENGLISH:



**Everyone can meet
peaceably with anyone
they choose and
cannot be forced to
join groups they wish
not to be a part of.**

Article 21

- (1) *Everyone has the right to take part in the government of his country, directly or through freely chosen representatives.*
- (2) *Everyone has the right of equal access to public service in his country.*
- (3) *The will of the people shall be the basis of the authority of government; this will shall be expressed in periodic and genuine elections which shall be by universal and equal suffrage and shall be held by secret vote or by equivalent free voting procedures.*

IN PLAIN ENGLISH:

Every man and woman of legal age has the right to take part directly in government and to participate in a functioning democracy.

Article 22

Everyone, as a member of society, has the right to social security and is entitled to realization, through national effort and international co-operation and in accordance with the organization and resources of each State, of the economic, social and cultural rights indispensable for his dignity and the free development of his personality.

IN PLAIN ENGLISH:

Everyone has the right to live in a society that respects individual dignity, freedom and well being.

Article 23

- (1) *Everyone has the right to work, to free choice of employment, to just and favourable conditions of work and to protection against unemployment.*
- (2) *Everyone, without any discrimination, has the right to equal pay for equal work.*
- (3) *Everyone who works has the right to just and favourable remuneration ensuring for himself and his family an existence worthy of human dignity, and supplemented, if necessary, by other means of social protection.*
- (4) *Everyone has the right to form and to join trade unions for the protection of his interests.*

IN PLAIN ENGLISH:

Every man and woman of legal age has the right to work in whatever job they choose, to receive equal pay for equal work, and to form and join unions to protect his or her rights as a worker.

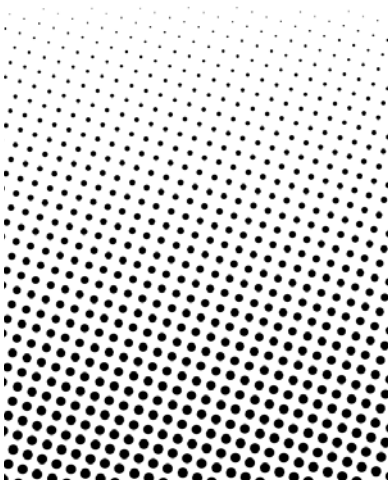
Article 24

Everyone has the right to rest and leisure, including reasonable limitation of working hours and periodic holidays with pay.

24

IN PLAIN ENGLISH:

Everyone has the right to time for rest and relaxation, including reasonable work hours and paid vacation time.



Article 25

- (1) *Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control.*
- (2) *Motherhood and childhood are entitled to special care and assistance. All children, whether born in or out of wedlock, shall enjoy the same social protection.*

IN PLAIN ENGLISH:

(1) Everyone has the right to food, clothing, shelter, good health, and to protection and help when suffering misfortune.

(2) Mothers and all children, regardless of their circumstance, deserve special care and assistance.

25

Article 26

- (1) *Everyone has the right to education. Education shall be free, at least in the elementary and fundamental stages. Elementary education shall be compulsory. Technical and professional education shall be made generally available and higher education shall be equally accessible to all on the basis of merit.*
- (2) *Education shall be directed to the full development of the human personality and to the strengthening of respect for human rights and fundamental freedoms. It shall promote understanding, tolerance and friendship among all nations, racial or religious groups, and shall further the activities of the United Nations for the maintenance of peace.*
- (3) *Parents have a prior right to choose the kind of education that shall be given to their children.*

IN PLAIN ENGLISH:

Everyone has the right to an education that is universally available, designed to meet each individual's goals and interests, and that teaches peace, tolerance and understanding.

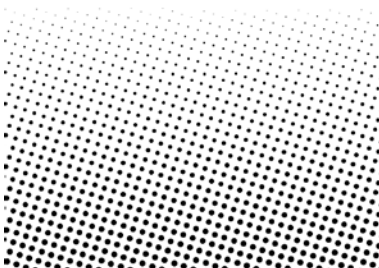
Article 27

- (1) *Everyone has the right freely to participate in the cultural life of the community, to enjoy the arts and to share in scientific advancement and its benefits.*
- (2) *Everyone has the right to the protection of the moral and material interests resulting from any scientific, literary or artistic production of which he is the author.*

27

IN PLAIN ENGLISH:

Everyone has the right to enjoy and contribute to the arts and sciences, and to have those contributions protected by copyright law.



Article 28

Everyone is entitled to a social and international order in which the rights and freedoms set forth in this Declaration can be fully realized.



IN PLAIN ENGLISH:

Everyone has the right to live in the kind of world described in this declaration.

28

Article 29

- (1) *Everyone has duties to the community in which alone the free and full development of his personality is possible.*
- (2) *In the exercise of his rights and freedoms, everyone shall be subject only to such limitations as are determined by law solely for the purpose of securing due recognition and respect for the rights and freedoms of others and of meeting the just requirements of morality, public order and the general welfare in a democratic society.*
- (3) *These rights and freedoms may in no case be exercised contrary to the purposes and principles of the United Nations.*

IN PLAIN ENGLISH:

Everyone is equally free to live as they choose, and equally responsible for granting that freedom to others.

Article 30

Nothing in this Declaration may be interpreted as implying for any State, group or person any right to engage in any activity or to perform any act aimed at the destruction of any of the rights and freedoms set forth herein.

IN PLAIN ENGLISH:

**Everyone has the
rights listed here
and no one can
take away those
rights for any
reason.**

Why Are You Reading This Booklet?

Rock For Human Rights was founded in 2011 with the purpose of broadly educating the public on the 30 human rights that Everyone on earth has, according to the United Nations Universal Declaration of Human Rights, passed by the UN over 60 years ago.

In order to make these 30 rights a reality in the real world, the first step is to make sure that everyone knows that they exist, what they are, and understands how they apply to life.

This booklet is our effort to take the language of the Universal Declaration of Human Rights and make it easy to understand and accessible to everyone. We hope you find it useful and valuable, and that you find yourself able to incorporate your knowledge of these universal rights into how you make decisions and how you take responsibility for the world and the people around you.

With hope and thanks,
The Executives and Staff of Rock For Human Rights

www.R4HR.org