

Human Rights

According to the UN, human rights are rights inherent to all human beings, including the right to life and liberty, freedom from slavery and torture, freedom of opinion and expression, the right to work and education, and many more.

Freedom Index

"Freedom Index" refers to a number of different rankings or reports measuring freedom in different areas

[Freedom Index](#)

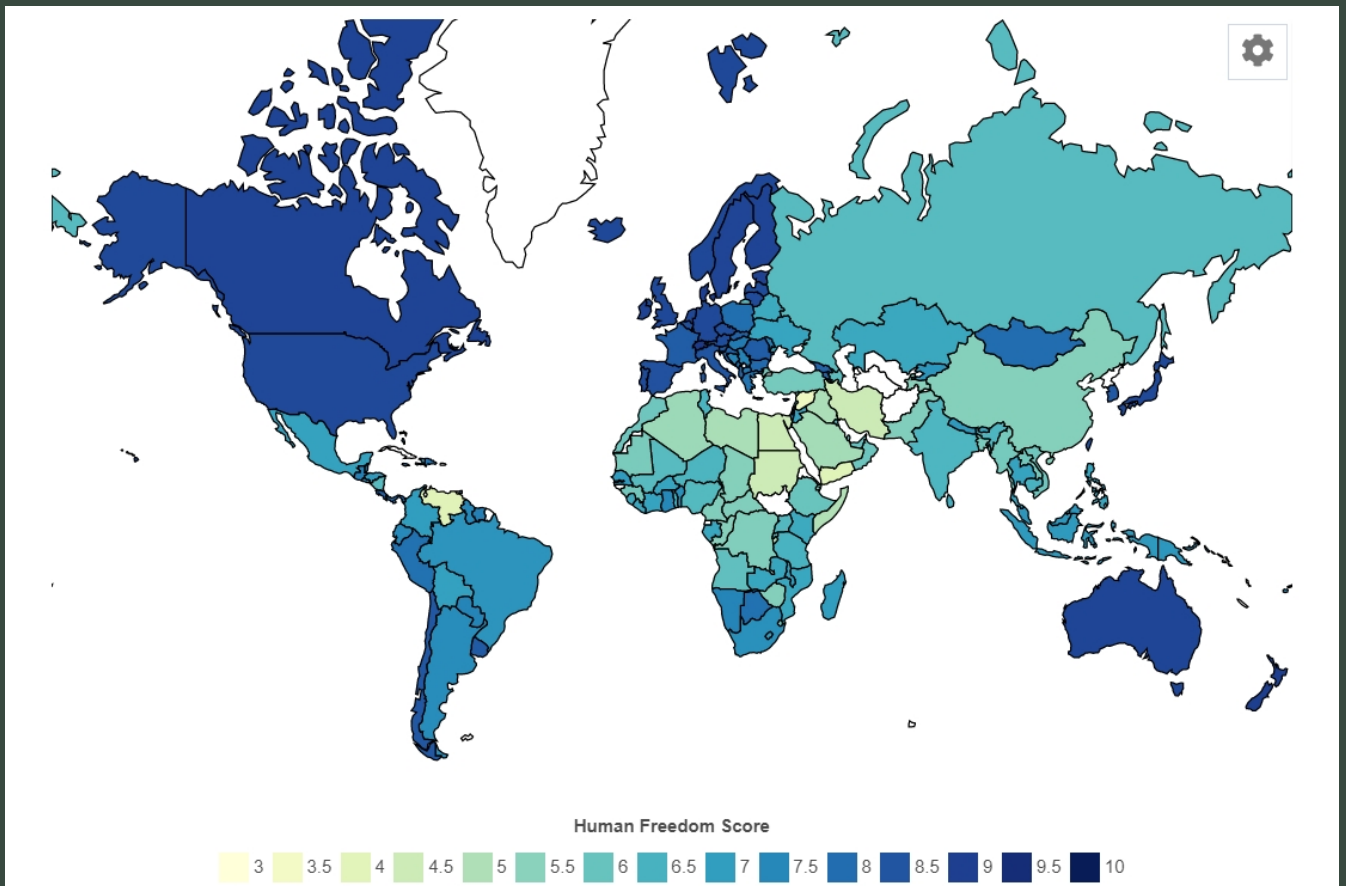
Categories

- Civil and Political Rights
- Economic and Social Rights
- Cultural rights.

[More Info](#)

Freedom Index (FI)

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The 12 Categories of the Human Freedom Index:

- Rule of Law
- Security and Safety
- Movement
- Religion
- Association, Assembly, and Civil Society
- Expression and Information
- Identity and Relationships
- Size of Government
- Legal System and Property Rights
- Access to Sound Money
- Freedom to Trade Internationally
- Regulation

Top 10 Countries with the **Highest** and **Lowest** FIs (2021)

1. Switzerland — 9.11
2. New Zealand — 9.01
3. Denmark — 8.98
4. Estonia — 8.91
5. Ireland — 8.90
6. Canada — 8.85
7. Finland — 8.85
8. Australia — 8.84
9. Sweden — 8.83
10. Luxembourg — 8.80

1. Syria — 3.66
2. Venezuela — 4.03
3. Yemen — 4.08
4. Sudan — 4.48
5. Egypt — 4.49
6. Iran — 4.53
7. Somalia — 4.93
8. Burundi — 5.02 (tie)
9. Iraq — 5.02 (tie)
10. Libya — 5.05

Human Rights

Human Rights Categories

1. Civil and Political Rights:

- Civil and political rights are the rights that protect individuals' freedom, equality, and participation in political and public life.
- Examples:
 - Freedom of speech and expression
 - Right to a fair trial
 - Right to privacy

2. Economic and Social Rights:

- Economic and social rights are the rights that ensure individuals' well-being, dignity, and access to essential resources and services.
- Examples:
 - Right to education
 - Right to healthcare
 - Right to food and water

3. Cultural Rights:

- Cultural rights are the rights that protect individuals' freedom to participate in and enjoy their cultural heritage, expression, and identity.
- Examples:
 - Right to preserve and promote one's own culture
 - Right to participate in cultural activities and events
 - Right to intellectual property

Human Rights Implementation

- Promote Awareness
- Conduct act of equality and inclusion
- Engage in human rights organizations