

Human Rights

Human rights are rights inherent to all human beings, whatever our nationality, place of residence, sex, national or ethnic origin, color, religion, language, or any other status.

Examples of Human Rights

- The right to life
- The right to liberty and freedom
- The right to the pursuit of happiness
- The right to live your life free of discrimination
- The right to grow old
- The right to a fair trial and due process of the law
- The right to be free from cruel and unusual punishment
- The right to be free from torture
- The right to be free from slavery
- The right to freedom of speech
- The right to freedom of thought
- The right not to be prosecuted from your thoughts

Universal Declaration of Human Rights:

The **Universal Declaration of Human Rights (UDHR)** was adopted by the United Nations General Assembly in 1948, partly in response to the atrocities of [World War II](#).

Interdependent and indivisible

All human rights are indivisible, whether they are civil and political rights, such as the right to life, equality before the law and freedom of expression; economic, social and cultural rights, such as the rights to work, social security and education , or collective rights, such as the rights to development and self-determination, are indivisible, interrelated and interdependent.

Equal and non-discriminatory

Non-discrimination is a cross-cutting principle in international human rights law. The principle is present in all the major human rights treaties and provides the central theme of some of international human rights conventions such as the International Convention on the Elimination of All Forms of Racial Discrimination and the Convention on the Elimination of All Forms of Discrimination against Women.

Both Rights and Obligations

Human rights entail both rights and obligations. States assume obligations and duties under international law to respect, to protect and to fulfil human rights. The obligation to respect means that States must refrain from interfering with or curtailing the enjoyment of human rights.