

# International Human Rights Day



Observed December 10th

**December 10, 1948:** The United Nations General Assembly adopted the Universal Declaration of Human Rights (UDHR).

## What are Human Rights?

**Human rights** are rights we all have simply because we exist as humans. They are entitled to us **regardless of** race, color, religion, sex, language, political or other opinion, national or social origin, property, birth or other status. They are outlined in the **UDHR**, which is explained below.

## Universal Declaration of Human Rights (UDHR)

- The UDHR holds the **Guinness World Record** as the most translated document (translated into over **500** languages).
- It is comprised of **30 articles**, or rights, the first being, “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.”

## Simplified Version of the UDHR

- The simplified version, or the plain language version, of the UDHR includes the original text and the simplified version side by side.

### ORIGINAL TEXT:

**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.

### PLAIN LANGUAGE VERSION:

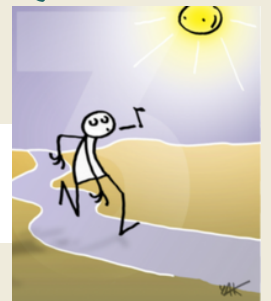
**ARTICLE 18:** You have the right to profess your religion freely, to change it, and to practice it either on your own or with other people.

## Illustrated Version of the UDHR



An Article and Its Illustration

Article 03 Everyone has the right to life, liberty and security of person.



## This Year's Theme: Dignity, Freedom, and Justice for All

**#StandUp4HumanRights**

This year's theme relates to three of the articles from UDHR:

**Article 1:** All human beings are born free and equal in dignity and rights.

**Article 2:** Everyone is entitled to all the rights and freedoms set forth in this declaration.

**Article 3:** Everyone has the right to life, liberty, and security of person.



To Find Out More, Just Click to Open . . .

- [United Nations - Know Your Rights](#)
- [United Nations - Human Rights Day](#)
- [Simplified Version of the UDHR](#)
- [Illustrated version of the UDHR](#)

