

# KNOW YOUR 30 HUMAN RIGHTS



**ARTICLE 1**  
**RIGHT TO EQUALITY**

**ARTICLE 2**  
**FREEDOM FROM DISCRIMINATION**

**ARTICLE 3**  
**RIGHT TO LIFE, LIBERTY, PERSONAL SECURITY**

**ARTICLE 4**  
**FREEDOM FROM SLAVERY**

**ARTICLE 5**  
**FREEDOM FROM TORTURE AND DEGRADING TREATMENT**

**ARTICLE 6**  
**RIGHT TO RECOGNITION AS A PERSON BEFORE THE LAW**

**ARTICLE 7**  
**RIGHT TO EQUALITY BEFORE THE LAW**

**ARTICLE 8**  
**RIGHT TO REMEDY BY COMPETENT TRIBUNAL**

**ARTICLE 9**  
**FREEDOM FROM ARBITRARY ARREST AND EXILE**

**ARTICLE 10**  
**RIGHT TO FAIR PUBLIC HEARING**

**ARTICLE 11**  
**RIGHT TO BE CONSIDERED INNOCENT UNTIL PROVEN GUILTY**

**ARTICLE 12**  
**FREEDOM FROM INTERFERENCE WITH PRIVACY, FAMILY, HOME AND CORRESPONDENCE**

**ARTICLE 13**  
**RIGHT TO FREE MOVEMENT IN AND OUT OF THE COUNTRY**

**ARTICLE 14**  
**RIGHT TO ASYLUM IN OTHER COUNTRIES FROM PERSECUTION**

**ARTICLE 15**  
**RIGHT TO A NATIONALITY AND THE FREEDOM TO CHANGE IT**

**ARTICLE 16**  
**RIGHT TO MARRIAGE AND FAMILY**

**ARTICLE 17**  
**RIGHT TO OWN PROPERTY**

**ARTICLE 18**  
**FREEDOM OF BELIEF AND RELIGION**

**ARTICLE 19**  
**FREEDOM OF OPINION AND INFORMATION**

**ARTICLE 20**  
**RIGHT OF PEACEFUL ASSEMBLY AND ASSOCIATION**

**ARTICLE 21**  
**RIGHT TO PARTICIPATE IN GOVERNMENT AND IN FREE ELECTIONS**

**ARTICLE 22**  
**RIGHT TO SOCIAL SECURITY**

**ARTICLE 23**  
**RIGHT TO DESIRABLE WORK AND TO JOIN TRADE UNIONS**

**ARTICLE 24**  
**RIGHT TO REST AND LEISURE**

**ARTICLE 25**  
**RIGHT TO ADEQUATE LIVING STANDARD**

**ARTICLE 26**  
**RIGHT TO EDUCATION**

**ARTICLE 27**  
**RIGHT TO PARTICIPATE IN THE CULTURAL LIFE OF COMMUNITY**

**ARTICLE 28**  
**RIGHT TO A SOCIAL ORDER THAT ARTICULATES THIS DOCUMENT**

**ARTICLE 29**  
**COMMUNITY DUTIES ESSENTIAL TO FREE AND FULL DEVELOPMENT**

**ARTICLE 30**  
**FREEDOM FROM STATE OR PERSONAL INTERFERENCE IN THE ABOVE RIGHTS**

**SOURCE:**  
United Nations and University of Minnesota  
Human Rights Resource Center)

