

The power of the Universal Declaration is the power of ideas to change the world. It inspires us to continue working to ensure all people can gain freedom, equality and dignity.



30 Universal Human Rights

## Article 1

### *Free & Equal*

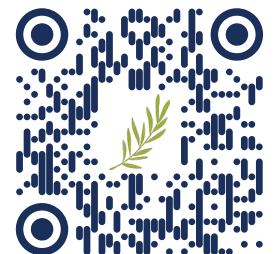
"THE WAY TO RIGHT  
WRONGS IS  
THE LIGHT

*All human beings are  
born free and equal  
and should be treated  
the same way.*



The Tompkins County Office of Human Rights reminds the public of human rights in place to prevent and address discrimination of all kinds.

Learn more, find events, and discover resources at [tcgov.co/ohr](http://tcgov.co/ohr) (or scan the QR code)



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## Article 2

### *Freedom from Discrimination*

*Everyone can claim their  
rights regardless of sex,  
race, language, religion,  
social standing, etc.*



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## Article 3

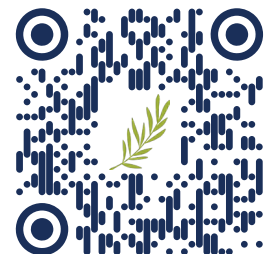
### *Right to Life*

*Everyone has the right to life and to live in freedom and safety.*



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# 30<sup>th</sup> Universal Human Rights

## Article 4 *Freedom from Slavery*



IF THERE IS NO STRUGGLE, THERE IS NO PROGRESS. Those who profess to favor freedom, and yet who want crops without plowing, want rain without thunder and an ocean without the awful roar of its many waters... Power concedes nothing without a demand.

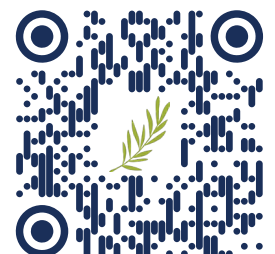


*No one has the right to treat you as a slave nor should you enslave anyone.*



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## Article 5

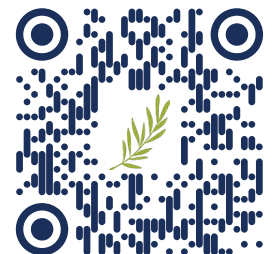
### *Freedom from Torture*

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



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## Article 6

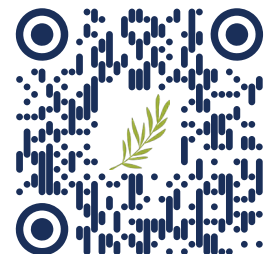
*Right to  
Recognition  
Before the Law*

*You should be legally  
protected in the same  
way everywhere like  
anyone else.*



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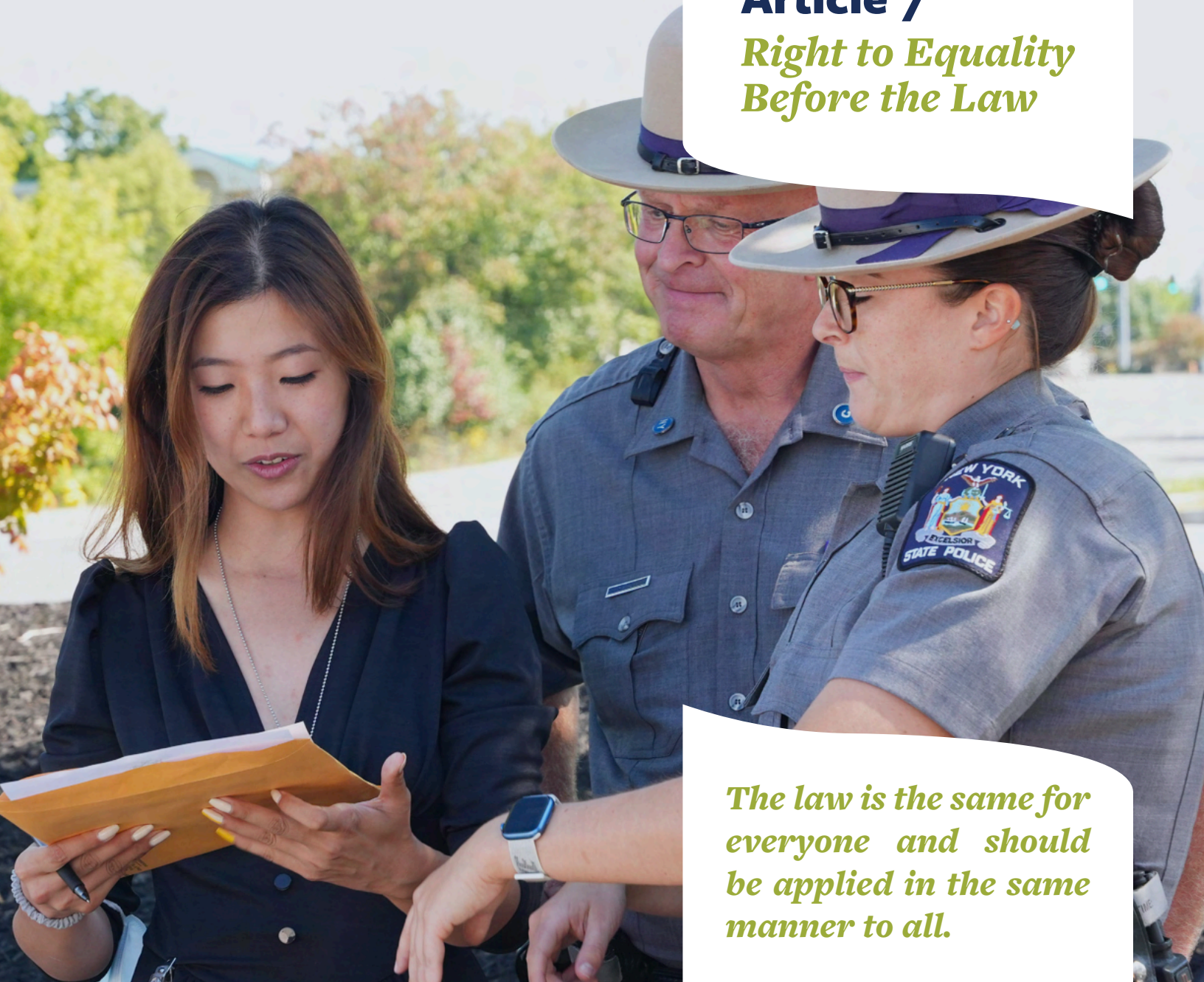


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## Article 7

### *Right to Equality Before the Law*

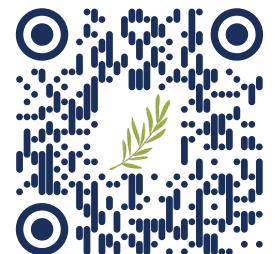


*The law is the same for everyone and should be applied in the same manner to all.*

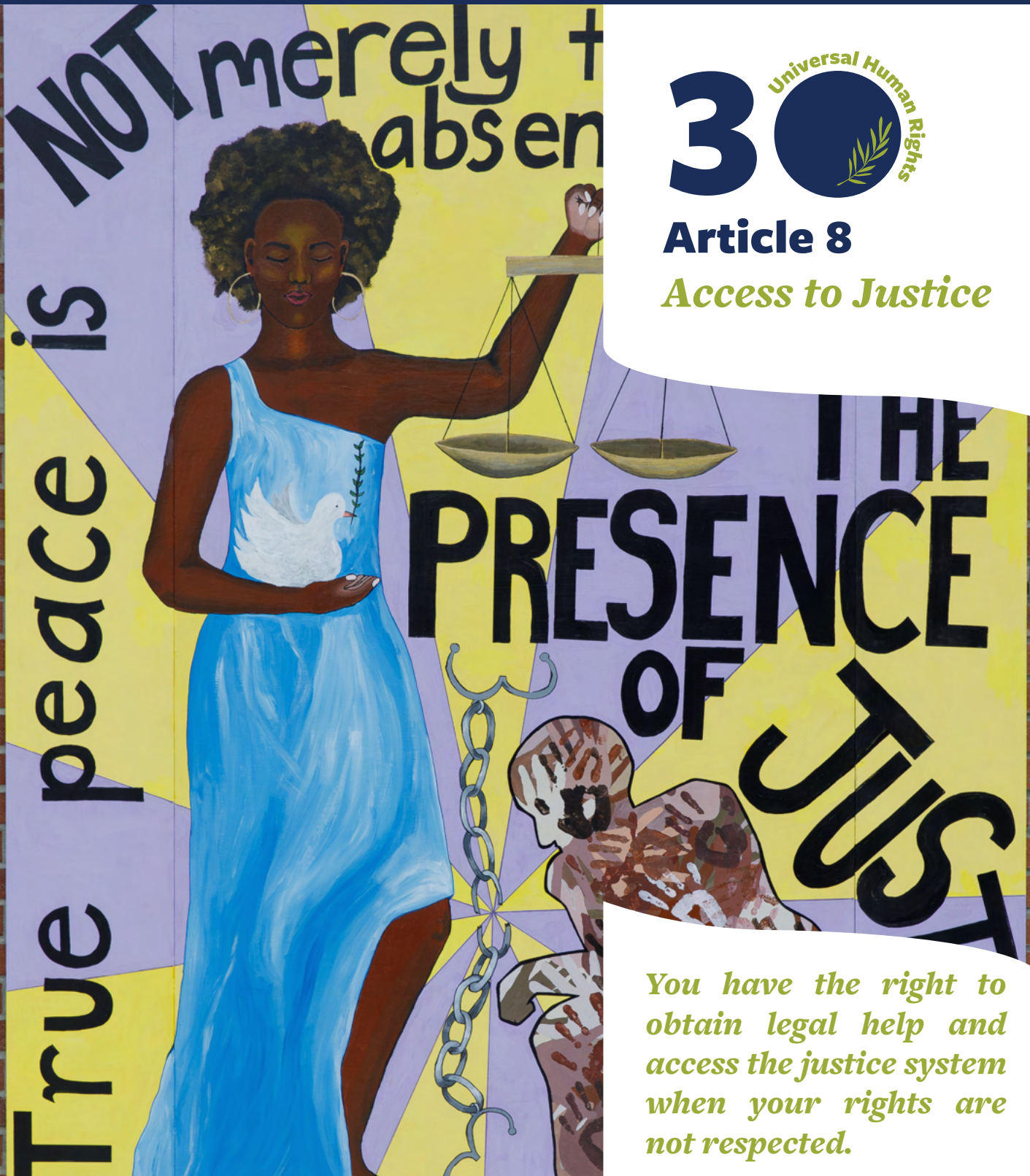


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# 30

## Article 8

### *Access to Justice*

*You have the right to obtain legal help and access the justice system when your rights are not respected.*



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## **Article 9**

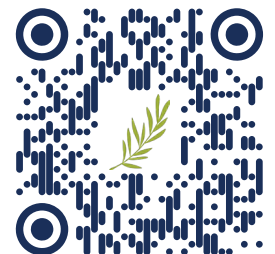
### *Freedom from Arbitrary Detention*

*No one can arrest or  
detain you arbitrarily,  
or send you away from  
your country unjustly.*



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## Article 10

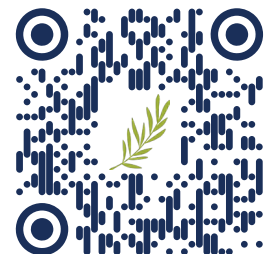
### *Right to a Fair Trial*

*Trials should be public and tried in a fair manner by an impartial and independent tribunal.*



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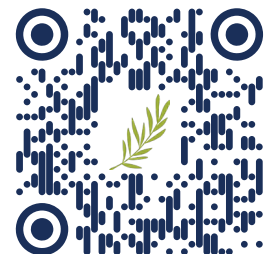
## **Article 11** *Presumption of Innocence*

*You are considered innocent  
until it can be proved you  
are guilty according to law.  
If accused of a crime you  
have the right to a defense.*



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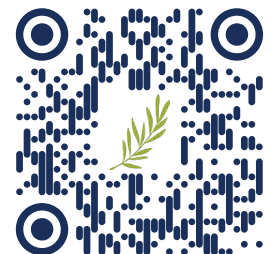
## **Article 12** *Right to Privacy*

*You have the right to protection if someone tried to harm your good name, enter your home without permission or interfere with your correspondence.*



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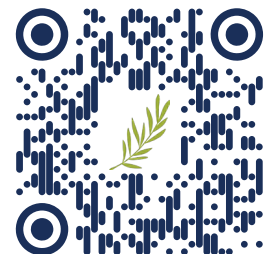
## **Article 13** *Freedom of Movement*

*You have the right to  
leave or move within  
your own country and  
you should be able to  
return.*



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## **Article 14** *Right to Asylum*

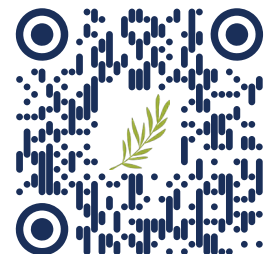


*If you are persecuted at home, you have the right to seek protection in another country.*



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# Article 15

## Right to Nationality

*You have the right to belong to a country and have a nationality.*



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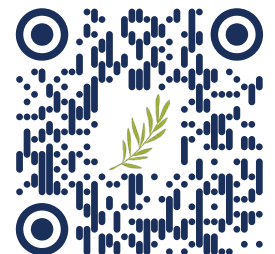
**Article 16**  
*Right to  
Marriage & to  
Found a Family*

*Men and women have the right to marry when they are legally able without limits due to race, nationality or religion. Families should be protected by the Government and the justice system.*



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## **Article 17** *Right to Own Property*

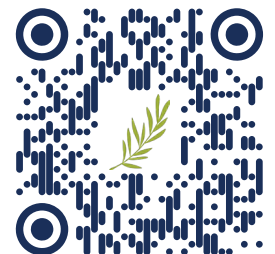


*You have the right to own things. No one has the right to illegally take them from you.*



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**Article 18**  
*Freedom of Religion or Belief*

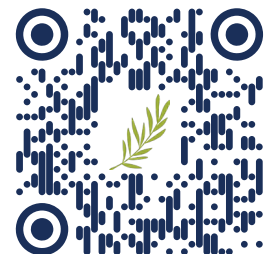


*Everyone has the right to freely manifest their religion, to change it and to practice it alone or with others.*



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## Article 19

### *Freedom of Expression*

*Everyone has the right to think and say what they like and no one should forbid it.*



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## Article 20 *Freedom of Assembly*



*You have the right  
to organize and  
participate in  
peaceful meetings.*



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**Article 21**  
*Right to Partake  
in Public Affairs*



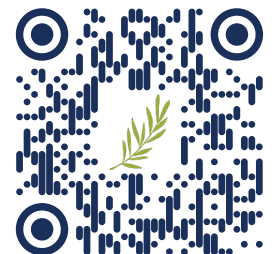
BOARD OF ELECTIONS  
votet...com

*Everyone has the right to take part in their country's political affairs and equal access to public service. Governments should be voted for regularly.*



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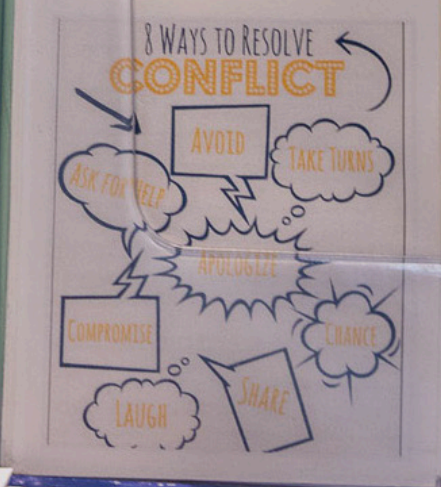


## Article 22 *Right to Social Security*

Catholic Charities  
Tompkins/Tioga

324 West Buffalo Street  
Ithaca NY 14850

Phone: 607-272-5032  
Fax: 607-272-4427



*Society should help individuals to freely develop and make the most of all advantages offered in their country.*



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# 30

## Article 23 *Right to Work*

*Everyone has the right to work in just and favorable conditions and be free to choose your work with a salary that allows you to live and support family. Everyone should receive equal pay for equal work.*



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## Article 24

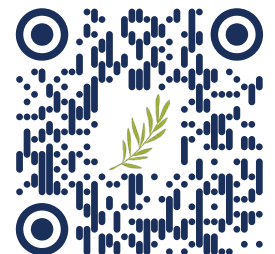
### *Right to Leisure & Rest*

*Each work day should not be too long and everyone has the right to rest and take regular paid holidays.*



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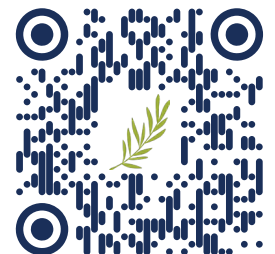
**Article 25**  
*Right to Adequate  
Standard of Living*

*You have the right to have what you need so that you and your family do not go hungry, homeless or fall ill.*



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## **Article 26** *Right to Education*

*You have the right to go  
to school, continue your  
studies as far as you wish  
and learn regardless of  
race, religion or country of  
origin.*



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## Article 27

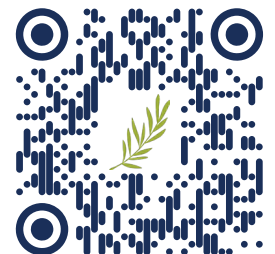
*Right to Take Part in Cultural, Artistic & Scientific Life*

*You have the right to share the benefits of your community's culture, arts and sciences.*



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## Article 28

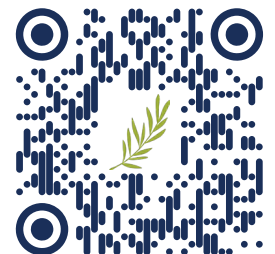
### *Right to a Free & Fair World*

*To make sure your rights are respected, there must be an order that can protect them. This order should be global.*



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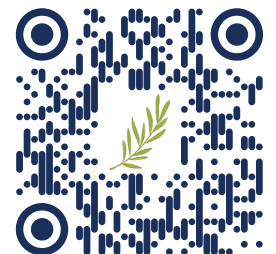
## **Article 29** *Duty to Your Community*

*You have duties toward the community within which your personality can fully develop. The law should guarantee human rights. It should allow everyone to respect others and to be respected.*



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**Article 30**  
*Rights are  
Inalienable*

*No one, institution nor  
individual, should act in  
any way to destroy the  
rights enshrined in the  
UDHR.*



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