

## The Universal Declaration of Human Rights

Article	Human Right
3	Everyone has the right to life, liberty and security of person.
4	No one shall be held in slavery or servitude.
5	No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment.
6	Everyone has the right to recognition everywhere as a person before the law.
7	Everyone is equal before the law and are is entitled to equal protection of the law.
8	Everyone has the right to seek protection from the law when their rights are violated.
9	No one shall be subjected to arbitrary arrest, detention or exile.
10	Everyone is entitled in full equality to a fair and public trial.
11	Everyone has the right to be presumed innocent until proved guilty.
12	No one shall be subjected to arbitrary interference with their privacy.
13	Everyone has the right to freedom of movement.
14	Everyone has the right to seek asylum from persecution.
16	Everyone has the right to marry and to have a family.
17	Everyone has the right to own property, no one shall be arbitrarily deprived of his property.
19	Everyone has the right to freedom of opinion and expression.
24	Everyone has the right to rest and leisure.
25	Everyone has the right to a standard of living adequate for their health and well-being.
28	Everyone is entitled to a social order in which their rights and freedoms can be fully realized.
29	Everyone has a responsibility to uphold each other's human rights.
30	No one can take away the rights of another.

*This is an incomplete collection of 20 of the 30 Human Rights established the by the UDHR. They have been selected for their relevance to this activity, but all are equally important and indivisible. For the full list of, review the full document by following this link: <https://www.un.org/en/universal-declaration-human-rights/>*