



USIDHR

US INSTITUTE OF DIPLOMACY™
AND HUMAN RIGHTS



UNIVERSAL DECLARATION OF HUMAN RIGHTS

BOOKLET BY USIDHR



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This illustrated booklet contains the 30 articles from the Universal Declaration of Human Rights (UDHR), as adopted and proclaimed by the United Nations General Assembly Resolution 217 A (III) of December 10, 1948.

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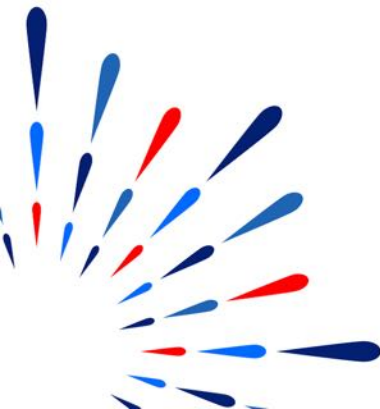
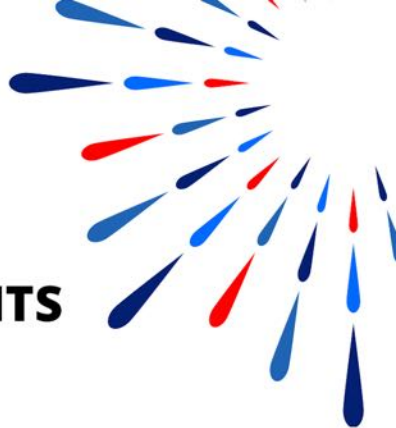


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ABOUT USIDHR

US Institute of Diplomacy and Human Rights (USIDHR) is a 501(c)3 nonprofit organization founded in Washington, DC. USIDHR's mission is to advance research and education and provide solutions to individuals and organizations to enhance global understanding of diplomacy and human rights. Its pledge is to equip individuals with the essential information on human rights, using the Universal Declaration of Human Rights as a moral code, to ensure that no human is oppressed. This illustrated booklet is meant to serve as a guide for certified consultants who have attended and graduated the Human Rights Consultant training at USIDHR.

FOREWORD

The concept of human rights has been an ongoing concern for international law scholars. The evolution and development in this field can be seen throughout history, with the oldest evidence dating back to Cyrus the Great. The term 'human rights' has evolved, passing through a continuous metamorphosis and moving to our understanding today. Adopted on December 10, 1948, the Universal Declaration of Human Rights proclaimed for the first time at an international level the term human rights. Chairing the drafting committee, Mrs. Eleanor Roosevelt gave an unforgettable speech in which she suggested that the term "The Rights of Man" be changed to 'Human Rights.' She said this because each country had its own definition for what these rights meant, and they should all unite under one banner-the human race instead of just citizens or residents within nation-states like France, Britain, the United States etc... The fight against inequalities, injustice, and demand for these freedoms are necessary in a resilient democratic society.

However, something more than just fighting is needed – that is solutions! In my decade-long career, I have come to understand that we can do more by educating people about their human rights. Teaching tens of thousands of people, from students to community leaders, and even government officials, I was able see change when human rights education is implemented. Starting from a small community to effecting change in different countries.

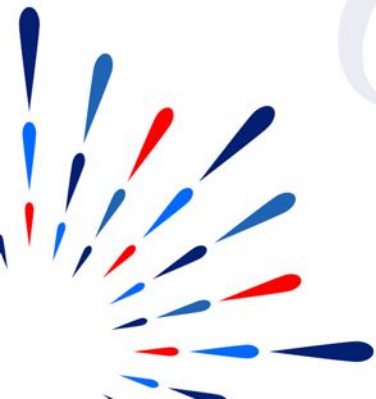
The dream of Eleanor Roosevelt and drafters of the Universal Declaration of Human Rights was that they shall be taught everywhere, anywhere. In the end, how can you stand up or defend your rights if you don't know what they are?

While the fight for the defense of human rights is important, it should not be overlooked the means by which this fight can be prevented altogether. And that is achieved through education on and about human rights. The Preamble of the Universal Declaration of Human Rights itself proclaims that “every individual and every organ of society [...] shall strive by teaching and education to promote respect for these rights and freedoms.” Therefore, the key intention behind the declaration was to promote knowledge and understanding of human rights.

Human rights are based on the principle of respect for the individual. What human rights teach you is not only to defend your own rights, but also to respect other people's rights. Because your rights end where the rights of others begin. Only through human rights education we are able to give due importance to these rights and remind ourselves why they must not be neglected.

Isabelle Vladoiu

Founder

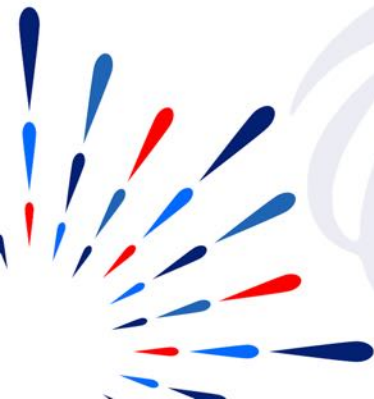


UNIVERSAL DECLARATION OF HUMAN RIGHTS

PREAMBLE

Whereas recognition of the inherent dignity and of the equal and inalienable rights of all members of the human family is the foundation of freedom, justice and peace in the world,

Whereas disregard and contempt for human rights have resulted in barbarous acts which have outraged the conscience of mankind, and the advent of a world in which human beings shall enjoy freedom of speech and belief and freedom from fear and want has been proclaimed as the highest aspiration of the common people,



UNIVERSAL DECLARATION OF HUMAN RIGHTS

PREAMBLE

Whereas it is essential, if man is not to be compelled to have recourse, as a last resort, to rebellion against tyranny and oppression, that human rights should be protected by the rule of law,

Whereas it is essential to promote the development of friendly relations between nations,

Whereas the peoples of the United Nations have in the Charter reaffirmed their faith in fundamental human rights, in the dignity and worth of the human person and in the equal rights of men and women and have determined to promote social progress and better standards of life in larger freedom,

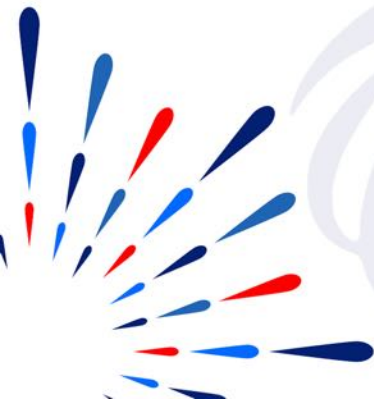


UNIVERSAL DECLARATION OF HUMAN RIGHTS

Whereas Member States have pledged themselves to achieve, in cooperation with the United Nations, the promotion of universal respect for and observance of human rights and fundamental freedoms,

Whereas a common understanding of these rights and freedoms is of the greatest importance for the full realization of this pledge

Now, therefore,

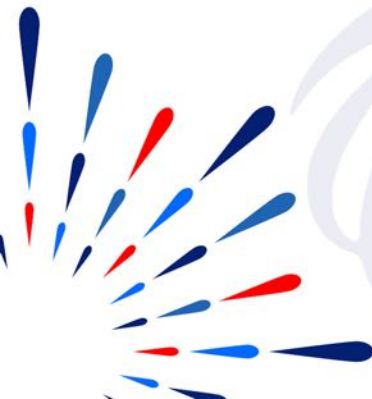


UNIVERSAL DECLARATION OF HUMAN RIGHTS

The General Assembly proclaims

this Universal Declaration of Human Rights

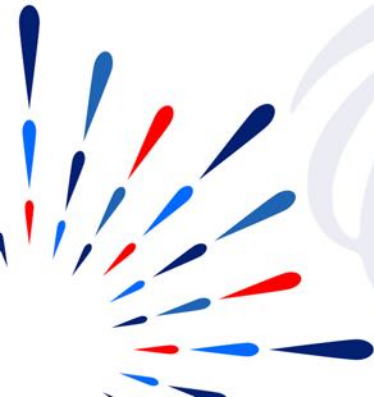
as a common standard of achievement for all peoples and all nations, to the end that every individual and every organ of society, keeping this Declaration constantly in mind, shall strive by teaching and education to promote respect for these rights and freedoms and by progressive measures, national and international, to secure their universal and effective recognition and observance, both among the peoples of Member States themselves and among th



FREE & EQUAL

Article 01

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.





NO DISCRIMINATION

Article 02

Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind, such as race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status. Furthermore, no distinction shall be made on the basis of the political, jurisdictional or international status of the country or territory to which a person belongs, whether it be independent, trust, non-self-governing or under any other limitation of sovereignty.

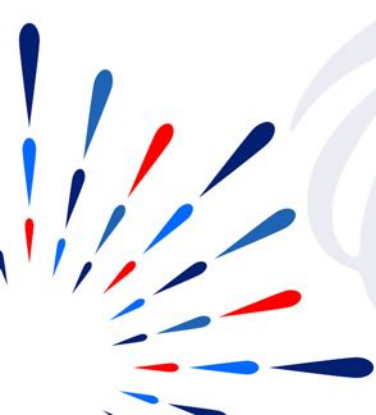




YOU HAVE A RIGHT TO LIFE

Article 03

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

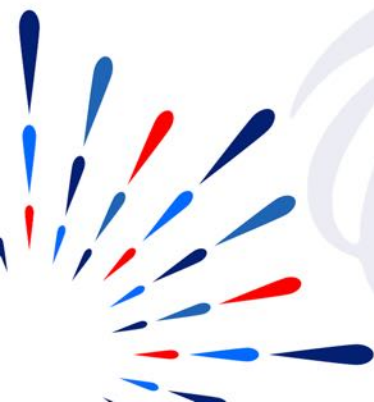




YOU CANNOT BE ENSLAVED

Article 04

No one shall be held in slavery or servitude; slavery and the slave trade shall be prohibited in all their forms.

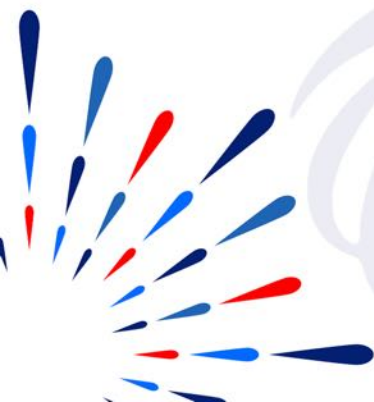




YOU CANNOT BE TORTURED

Article 05

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

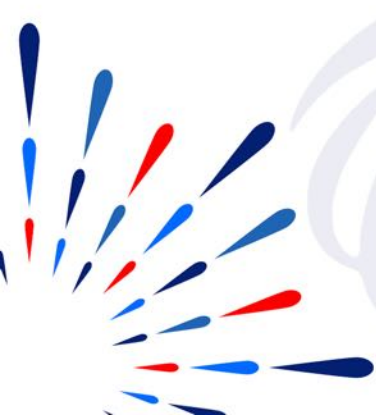
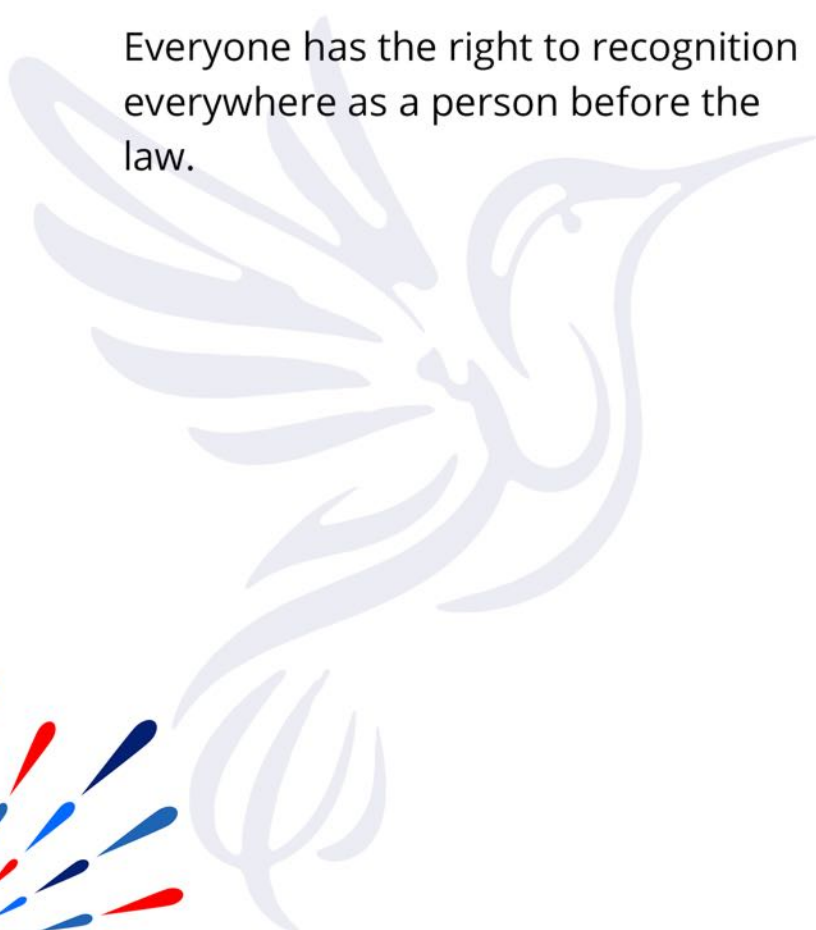




YOUR RIGHTS REMAIN NO MATTER WHERE YOU ARE

Article 06

Everyone has the right to recognition everywhere as a person before the law.

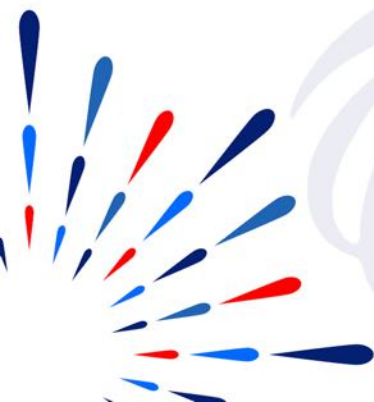




BEFORE THE LAW WE ARE ALL EQUAL

Article 07

All are equal before the law and are entitled without any discrimination to equal protection of the law. All are entitled to equal protection against any discrimination in violation of this Declaration and against any incitement to such discrimination.

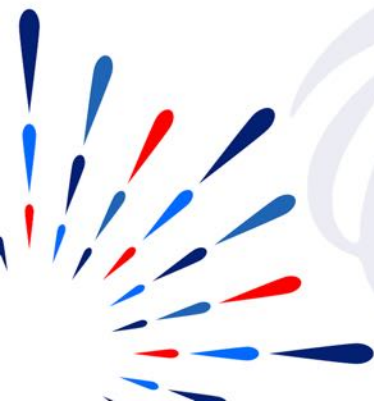




OUR HUMAN RIGHTS ARE ALL PROTECTED BY LAW

Article 08

Everyone has the right to an effective remedy by the competent national tribunals for acts violating the fundamental rights granted him by the constitution or by law.

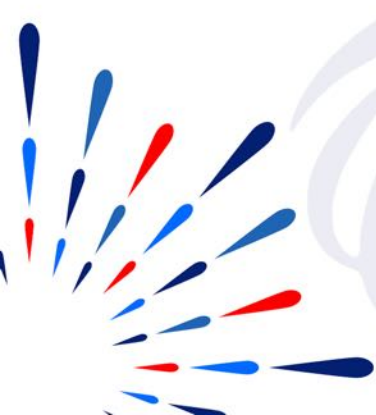




YOU CANNOT BE UNREASONABLY DETAINED

Article 09

No one shall be subjected to arbitrary arrest, detention or exile.

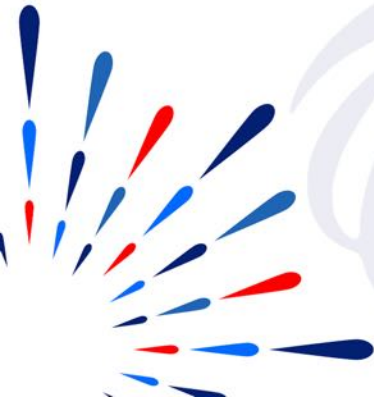




YOU HAVE THE RIGHT TO A FAIR TRIAL

Article 10

Everyone is entitled in full equality to a fair and public hearing by an independent and impartial tribunal, in the determination of his rights and obligations and of any criminal charge against him.





YOU ARE INNOCENT UNTIL PROVEN GUILTY

Article 11

1. Everyone charged with a penal offence has the right to be presumed innocent until proved guilty according to law in a public trial at which he has had all the guarantees necessary for his defence.

2. No one shall be held guilty of any penal offence on account of any act or omission which did not constitute a penal offence, under national or international law, at the time when it was committed. Nor shall a heavier penalty be imposed than the one that was applicable at the time the penal offence was committed.

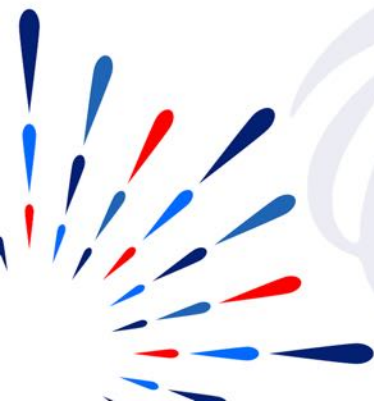




YOU HAVE A RIGHT TO PRIVACY

Article 12

No one shall be subjected to arbitrary interference with his privacy, family, home or correspondence, nor to attacks upon his honour and reputation. Everyone has the right to the protection of the law against such interference or attacks.

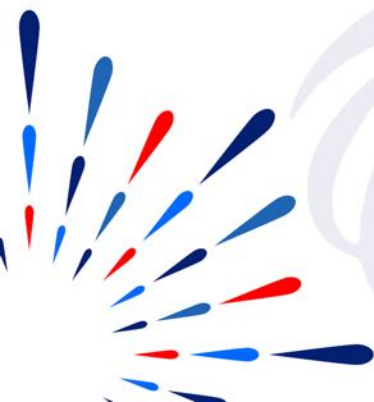




YOU HAVE FREEDOM TO MOVE

Article 13

1. Everyone has the right to freedom of movement and residence within the borders of each State.
2. Everyone has the right to leave any country, including his own, and to return to his country.

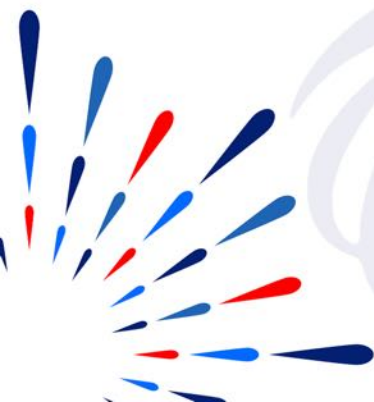




YOU HAVE THE RIGHT TO SEEK A SAFE PLACE TO LIVE

Article 14

1. Everyone has the right to seek and to enjoy in other countries asylum from persecution.
2. This right may not be invoked in the case of prosecutions genuinely arising from non-political crimes or from acts contrary to the purposes and principles of the United Nations.

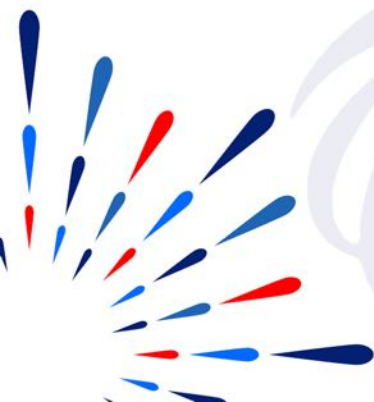




YOU HAVE THE RIGHT TO A NATIONALITY

Article 15

1. Everyone has the right to a nationality.
2. No one shall be arbitrarily deprived of his nationality nor denied the right to change his nationality.





YOU HAVE THE RIGHT TO FORM A FAMILY

Article 16

1. Men and women of full age, without any limitation due to race, nationality or religion, have the right to marry and to found a family. They are entitled to equal rights as to marriage, during marriage and at its dissolution.

2. Marriage shall be entered into only with the free and full consent of the intending spouses.

3. The family is the natural and fundamental group unit of society and is entitled to protection by society and the State.

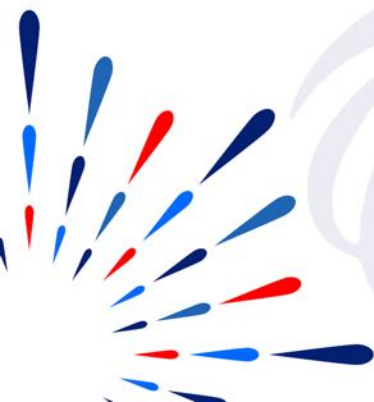


family

YOU HAVE THE RIGHT TO OWN PROPERTY

Article 17

1. Everyone has the right to own property alone as well as in association with others.
2. No one shall be arbitrarily deprived of his property.



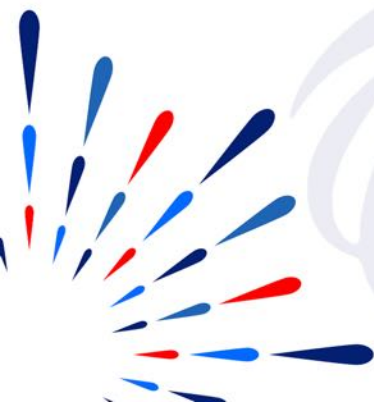


FREEDOM OF THOUGHT, CONSCIENCE AND RELIGION

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.

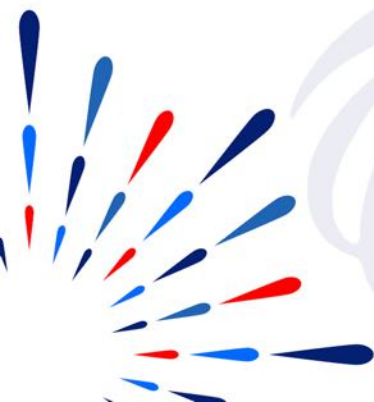




FREEDOM TO EXPRESS OPINIONS

Article 19

Everyone has the right to freedom of opinion and expression; this right includes freedom to hold opinions without interference and to seek, receive and impart information and ideas through any media and regardless of frontiers.

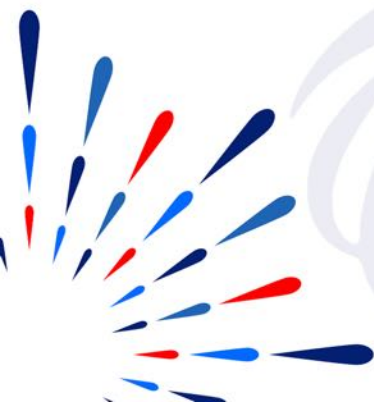




FREEDOM TO JOIN GROUPS

Article 20

1. Everyone has the right to freedom of peaceful assembly and association.
2. No one may be compelled to belong to an association.





YOU HAVE THE RIGHT TO DEMOCRACY

Article 21

1. Everyone has the right to take part in the government of his country, directly or through freely chosen representatives.

2. Everyone has the right to equal access to public service in his country.

3. The will of the people shall be the basis of the authority of government; this will shall be expressed in periodic and genuine elections which shall be by universal and equal suffrage and shall be held by secret vote or by equivalent free voting procedures.

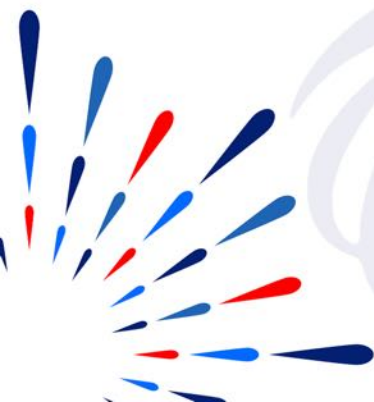




YOU HAVE THE RIGHT TO SOCIAL SECURITY

Article 22

Everyone, as a member of society, has the right to social security and is entitled to realization, through national effort and international co-operation and in accordance with the organization and resources of each State, of the economic, social and cultural rights indispensable for his dignity and the free development of his personality.





YOU HAVE THE RIGHT TO WORK

Article 23

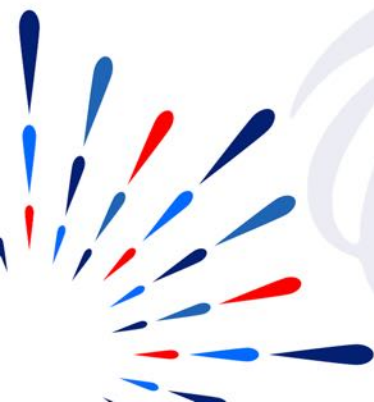
1. Everyone has the right to work, to free choice of employment, to just and favourable conditions of work and to protection against unemployment.
2. Everyone, without any discrimination, has the right to equal pay for equal work.
3. Everyone who works has the right to just and favourable remuneration ensuring for himself and his family an existence worthy of human dignity, and supplemented, if necessary, by other means of social protection.
4. Everyone has the right to form and to join trade unions for the protection of his interests.



YOU HAVE THE RIGHT TO REST & TIME OFF

Article 24

Everyone has the right to rest and leisure, including reasonable limitation of working hours and periodic holidays with pay.





YOU HAVE THE RIGHT TO FOOD & SHELTER

Article 25

1. Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control.

2. Motherhood and childhood are entitled to special care and assistance. All children, whether born in or out of wedlock, shall enjoy the same social protection.





YOU HAVE THE RIGHT TO EDUCATION

Article 26

1. Everyone has the right to education. Education shall be free, at least in the elementary and fundamental stages. Elementary education shall be compulsory. Technical and professional education shall be made generally available and higher education shall be equally accessible to all on the basis of merit.

2. Education shall be directed to the full development of the human personality and to the strengthening of respect for human rights and fundamental freedoms. It shall promote understanding, tolerance and friendship among all nations, racial or religious groups, and shall further the activities of the United Nations for the maintenance of peace.

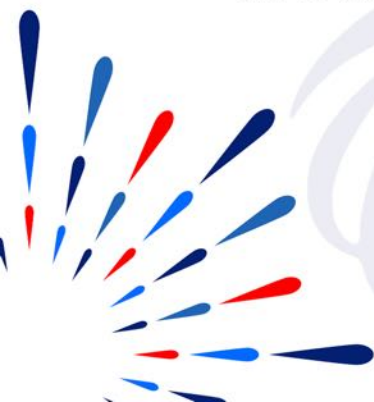
3. Parents have a prior right to choose the kind of education that shall be given to their children.



YOU HAVE THE RIGHT TO YOUR OWN CREATIONS

Article 27

1. Everyone has the right freely to participate in the cultural life of the community, to enjoy the arts and to share in scientific advancement and its benefits.
2. Everyone has the right to the protection of the moral and material interests resulting from any scientific, literary or artistic production of which he is the author.

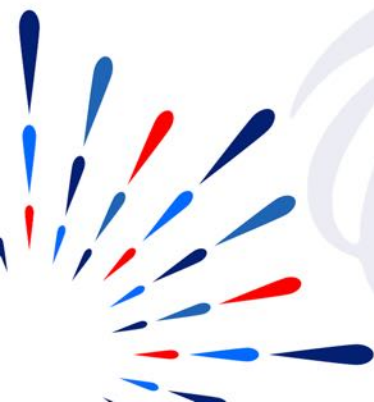




YOU HAVE THE RIGHT TO A FAIR & FREE WORLD

Article 28

Everyone is entitled to a social and international order in which the rights and freedoms set forth in this Declaration can be fully realized.





YOU HAVE A RESPONSIBILITY TO RESPECT OTHER PEOPLE'S RIGHTS

Article 29

1. Everyone has duties to the community in which alone the free and full development of his personality is possible.

2. In the exercise of his rights and freedoms, everyone shall be subject only to such limitations as are determined by law solely for the purpose of securing due recognition and respect for the rights and freedoms of others and of meeting the just requirements of morality, public order and the general welfare in a democratic society.

3. These rights and freedoms may in no case be exercised contrary to the purposes and principles of the United Nations.

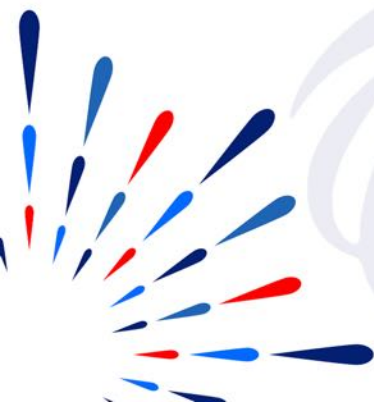




OUR HUMAN RIGHTS SHALL NOT BE TAKEN AWAY

Article 30

Nothing in this Declaration may be interpreted as implying for any State, group or person any right to engage in any activity or to perform any act aimed at the destruction of any of the rights and freedoms set forth herein.





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