

Human rights are rights we have simply because we exist as human beings - they are not granted by any state. These universal rights are *inherent* to us all, regardless of nationality, sex, national or ethnic origin, color, religion, language, or any other status. They range from the most fundamental - the right to life - to those that make life worth living, such as the rights to food, education, work, health, and liberty. These rights show us that we are all equal!



The Universal Declaration of Human Rights, adopted by the UN General Assembly in 1948, was the first legal document to set out the fundamental human rights to be universally protected. The UDHR continues to be the foundation of all international human rights law. Its 30 articles provide the principles and building blocks of current and future human rights conventions, treaties and other legal instruments.

The UDHR, together with the 2 covenants - the International Covenant for Civil and Political Rights, and the International Covenant for Economic, Social and Cultural Rights - make up the International Bill of Rights.



Civil Rights

If Human Rights are rights one acquires by simply being alive, Civil Rights are rights that one obtains by being a legal member of a certain political state. There are obviously several liberties that overlap between these two categories, but there are also some differences between them. Civil Rights vary from state to state, but generally they include rights such as:



- protection from discrimination
- the right to free speech
- the right to due process
- the right to equal protection
- the right against self-incrimination

Children's rights



Children's rights are a subset of human rights with particular attention to the rights of special protection and care afforded to minors. The 1989 Convention on the Rights of the Child defines a child as "any human being below the age of eighteen years, unless under the law applicable to the child, majority is attained earlier."



Children's rights includes their right to association with both parents, human identity as well as the basic needs for physical protection, food, universal state-paid education, health care, and criminal laws appropriate for the age and development of the child, equal protection of the child's civil rights, and freedom from discrimination on the basis of the child's race, gender, sexual orientation, gender identity, national origin, religion, disability, color, ethnicity, or other characteristics.

