



# **1- Overview of Human Rights**

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# What Are Human Rights?

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- **Defined as those rights which are inherent in the nature and without which we cannot live as human beings.**
- **Human rights and fundamental freedoms allow us to fully develop and use our human qualities to satisfy our material and spiritual needs.**



# What Are Human Rights?

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- **Human Rights** belong to everyone.
- **Human Rights** are the basic rights we all have simply because we are human, regardless of who we are, where we live or what we do.
- **Human Rights** allow us to flourish, reach our potential and participate fully in society.
- **Human Rights** cover many aspects of everyday life ranging from the rights to food, shelter, education and health to freedoms of thought, religion and expression.



# What Are Human Rights? ... 2

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- **HUMAN Rights** are the rights that all people have by virtue of being human beings.
- **HUMAN Rights** are derived from the inherent dignity of the human person and are defined internationally, nationally and locally by various law making bodies.
- **HUMAN Rights** are not a privilege conferred by government. They are every human being's entitlement by virtue of his humanity. -- Mother Teresa
- **HUMAN Rights** are more than legal concepts: they are the essence of man. They are what make man human. That is why they are called human rights; deny them and you deny man's humanity.

# United Nations Definition of Human Rights



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*Human Rights Are Universal Legal Guarantees Protecting Individuals and Groups Against Actions, which Interfere with Fundamental Freedoms and Human Dignity.*



# Rights & Responsibilities

Rights go hand in hand with responsibilities.

- If a person has the right to education, that person also has the responsibility to grasp the opportunity and to learn!
- If a person has the right to health care, that person must play his or her role in ensuring a healthy lifestyle.



# Some Responsibilities

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- **A responsibility towards oneself to live a healthy life.**
- **A responsibility to be courteous to other people, including parents, educators and people from other cultures and beliefs.**
- **A responsibility to make a positive contribution to the well-being of the community in which one lives.**
- **A responsibility to be a good citizen.**
- **A responsibility to contribute towards the well-being of the wider community and the environment.**





# What Can We Do?

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- **Cultivate a culture of human rights & responsibilities through education,**
- **Campaign to protect rights of all groups,**
- **Promote equitably civil, political, economic, social and cultural rights, and**
- **Lobby Government to strengthen implementation of the Universal Declaration of HR & Conventions.**