

WHAT ARE HUMAN RIGHTS?




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safeguardyoungpeople.org
[@sypesaro](https://facebook.com/Safeguard-Young-People-Programme)

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KNOW YOUR RIGHTS!

STAND UP
FOR YOUR RIGHTS!

HUMAN RIGHTS ARE THE BASIC FREEDOMS AND PROTECTIONS THAT ALL PEOPLE SHOULD HAVE JUST BECAUSE THEY ARE HUMAN BEINGS.

YOUR RIGHTS ARE GUARANTEED AND PROMOTED BY INTERNATIONAL, REGIONAL AND NATIONAL LAWS.

YOUR GOVERNMENT HAS AGREED TO PROMOTE AND PROTECT YOUR HUMAN RIGHTS.

YOU HAVE THE RIGHT...



To be treated equally and without discrimination for any reason

You were born equal with every other human being and you have the same rights as they do. You should not be discriminated against for any reason. You have the right to equal protection under the law.



To dignity

You have value as a human being and deserve to be treated with respect. You should not be harassed or bullied because you are or seem to be different from others. When you go to a health or social service, you should be welcomed and treated respectfully.



To feel safe

You have the right to live free from violence and fear. You should be protected from physical and mental violence, injury, abuse, neglect, mistreatment and exploitation. You should be protected from sexual abuse, incest, rape, sexual harassment, and physical, emotional, sexual and financial abuse from anyone.



Not to be harmed

Your body belongs to you. No one has the right to abuse, injure, violate it or conduct procedures on you, such as abortion, sterilization, male circumcision or female genital mutilation without your consent. To agree, you must be legally old enough to understand what will be done. Your government should end any traditional practices that harm you.



To have a healthy life

You have the right to the highest standard of health, including the right to access sexual and reproductive health services. You also have the right to pursue a satisfying, safe and pleasurable sexual life, free from coercion.



To have an education

You have the right to go to school. You should not be forced to drop out of school because you have to get married, got pregnant or are living with HIV.



To privacy

No one has the right to harm or attack your reputation. No one can invade your privacy by sharing any personal information about you with others. Any personal information that you share with health care providers at a clinic – including your HIV status – must be kept confidential, unless you agree that they can share it.



To marry

You have the right to get married, but only when you are old enough to make such a decision. This should not be before you are 18 years old. Nobody has the right to force you to marry for any reason or to choose your spouse for you. You are equal with and have the same rights as your husband or wife when you are married and if you separate. You have equal rights to any income or property gained during the marriage and to care for any children from the marriage.



To have a family

You have the right to decide whether or not to have children, how many to have and when to have them. This means that you have the right to family planning services and access to contraception that is suitable to your needs.



To seek, receive and share information

You have the right to ask for and get any information you need about your health, sexuality and future. You can share any information that you have with other people so long as the information shared does not violate the rights of others.



To demand justice when your rights are violated

If your rights are violated, you have the right to seek protection from further violations and to fix the situation, including taking legal action. Your government must provide a way for you to take this legal action if your rights are violated.



To free association

You have the right to associate with people or programmes you choose. When seeking partners, you have the right to form mutually loving, caring, respectful and protective relationships.

YOUR RIGHTS COME WITH RESPONSIBILITIES.

YOU HAVE THE RESPONSIBILITY TO LEARN ABOUT YOUR HUMAN RIGHTS AND THE LAWS AND POLICIES THAT PROTECT YOU. YOU HAVE THE RESPONSIBILITY TO RESPECT AND PROTECT THE RIGHTS AND FREEDOMS OF OTHERS, AS THEY SHOULD PROTECT AND RESPECT YOURS. YOUR RIGHTS END WHERE THE RIGHTS OF OTHERS BEGIN.

NO PERSON, GROUP OR GOVERNMENT ANYWHERE IN THE WORLD CAN TAKE THESE RIGHTS AWAY FROM YOU.