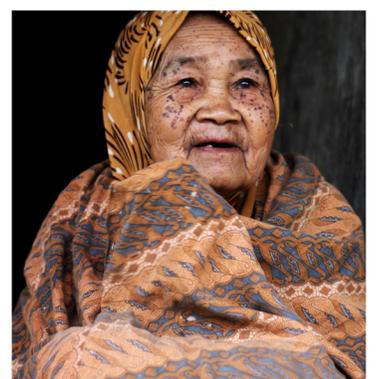




# Your Human Rights

According to the Universal Declaration of Human Rights found on the United Nations\* website the following are a sampling of the rights we should all have. However, abusive relationships can violate these basic rights to which we all, as humans, are entitled.

Please note that, while the below are quotes from the Declaration, they are slightly abbreviated for ease of reading and clarity of purpose. To read the list in its entirety, please visit the United Nations website.



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

“No one shall be held in slavery or servitude.”

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

“All are equal before the law and are entitled without any discrimination to equal protection of the law.”

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

“Everyone has the right to freedom of movement and residence.”

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

“Everyone has the right to freedom of thought, conscience and religion.”

“Everyone has the right to freedom of opinion and expression.”

“Everyone has the right to freedom of peaceful assembly and association.”

“Everyone has the right to work, and to a free choice of employment.”

“Everyone has the right to rest and leisure.”

\* <https://www.un.org/en/about-us/universal-declaration-of-human-rights>