

RIGHTS IN YOUR POCKET

The International Covenant on Civil and Political Rights and the International Covenant on Economic, Social and Cultural Rights list the human rights that everyone everywhere is entitled.

Sometimes these rights and freedoms are taken for granted or not understood. This pocket-sized guide is an opportunity to carry a reminder of our rights, our freedoms, always.



**OUR RIGHTS
OUR FREEDOMS
ALWAYS**



**UNITED NATIONS
HUMAN RIGHTS**
OFFICE OF THE HIGH COMMISSIONER

Right to life

Freedom from torture

Freedom from discrimination

Right to equality between men and women

Freedom from slavery

Right to liberty and security of person

Right to be treated with humanity in detention

Right to fair trial

Freedom of movement

Freedom of non-citizens from arbitrary expulsion

Right to recognition before the law

Right to privacy

Freedom of expression

Freedom of religion or belief

Right to marry and found a family

Right of peaceful assembly

Freedom of association

Right of children to birth registration and a nationality

Minority rights

Right to take part in public affairs

Right to equality before the law

Right to work

Freedom to choose and accept work

Right to just and favourable conditions at work

Right to form and join trade unions

Right to strike

Right to social security

Right of mothers to special protection
before and after birth

Right to an adequate standard of living

Freedom of children from economic
and social exploitation

Freedom from hunger

Freedom of parents to choose schooling
for their children

Right to education

Right to take part in cultural life

Right to health

Right to enjoy the benefits of science

Right of authors to moral and material
interests from works

Freedom to undertake scientific research
and creative activity

PICTURE YOUR RIGHTS



**50th Anniversary of the
Human Rights Covenants**

www.ohchr.org