According to the Equality and Human Rights Commission, human rights are the basic rights and freedoms that belong to every person in the world, from birth until death. They apply regardless of where you are from, what you believe, or how you choose to live your life. They can never be taken away, although they can sometimes be restricted—for example, if a person breaks the law, or in the interests of national security. These basic rights are based on shared values like dignity, fairness, equality, respect, and independence. These values are defined and protected by law.
YOU KNOW...

**CESAR CHAVES**
Employed nonviolent means to bring attention to the plight of farmworkers and formed both the National Farm Workers Association, which later became United Farm Workers in USA.

**FRANCIA ELENA MÁRQUEZ**
is an environmental, feminist and human rights activist from Colombia. She is noted for her fight against illegal mining. In 2018 she was awarded the Goldman Environmental Award.

**MARTIN LUTHER KING**
Was an American pastor and activist who fought for the civil rights of African Americans.

**TEMÍSTOCLES MACHADO**
Was a Colombian social leader and defender of the rights of the Afro-descendant population. A pastor and activist who fought for the civil rights of African Americans.

**MATILDE HIDALGO DE PROCEL**
Was the first woman to have access to the right to vote in Latin America. After that millions of women can vote in Latin America.

**KASHA JACQUELINE NABAGESERA**
is a Ugandan LGBT activist, founder and executive director of Freedom and Roam Uganda, the country's only lesbian group.
WHAT YOU CAN DO?

SAY NO TO BULLYING

Find out who you buy your clothes, food, etc.

RESEARCH YOUR NATIONAL AND INTERNATIONAL RIGHTS AND RESPONSIBILITIES

Don't let anyone discriminate against you

Support human rights organizations either financially or by volunteering

JOINING CAMPAIGNS IN DEFENSE OF RIGHT TO EDUCATION

HELP RAISE AWARENESS AMONG YOUR FRIENDS SO THAT THEY DO NOT DISCRIMINATE AGAINST OTHERS, DON'T PLAY ALONG IF THEY ARE DISCRIMINATING

Report any act that violates your rights