



WHY ARE THEY IMPORTANT

- Human rights: are for every person born in this world, which no one can take away.
- Human rights are not dependent on the whims of fashion or government.
- Regardless of where you come from, your gender identity or your religion, whether you're a child an adult or a grandparent, your rights are the same.
- But what are these rights?
- Human rights are the right to liberty and freedom
- The right to live your life free of discrimination.
- The right to control what happens to your own body.
- The right to play as well as the right to work.
- They also include the right to adequate housing and education.
- It's important to remember that these rights belong to EVERYONE. Even people whose religion, or political beliefs you may disagree with.
- The list goes on!

WHY IT'S IMPORTANT TO UNDERSTAND?

You need to understand Human Rights to live by them and to ensure that your neighbours live by them to.

Understanding Human Rights helps to preserve them; we need to be vigilant that human rights abuses do not occur in our own backyard, to make sure breaches do not spread and become the norm.

After 10 years in jail and more than 800,000 messages from activists around the world, Moses Akatugba's life was spared in June 2015. Falsely accused of stealing three mobile phones, he had been tortured and wrongfully sentenced to death when he was 16. He was granted a full pardon after pressure from Amnesty supporters during Write for Rights 2014 and our Stop Torture campaign.



“Amnesty International members and activists are my heroes ... I promise to be a human rights activist - to fight for others”



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