



The Right to Freedom from Violence, Abuse & Neglect

Bill Mitchell





THE UNIVERSAL DECLARATION
OF Human Rights

Whereas the Members of the United Nations have proclaimed that human rights are of the essence of a peaceful world and have decided to promote and protect human rights by co-operation with the United Nations, the General Assembly of the United Nations has adopted the following Declaration of Human Rights, which shall be the common standard of achievement for all peoples and all nations.

Article 1
All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.

Article 2
Everyone has the right to life, liberty and security of person. No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment. No one shall be held in slavery or servitude; slavery or servitude shall be prohibited in all their forms.

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Article 6
Everyone has the right to recognition as a person before the law.

Article 7
All are equal before the law and are entitled without any discrimination to equal protection of the law. All are entitled to equal treatment before the courts.

Article 8
Everyone has the right to an effective remedy by the competent national authorities for violations of his fundamental rights and freedoms recognized by constitutional or statutory law.

Article 9
No one shall be subjected to arbitrary arrest, detention or exile.

Article 10
Everyone is entitled in full equality to a fair and public hearing by an independent and impartial tribunal, in the determination of his rights and obligations and of any criminal charge against him.

Article 11
1. Everyone charged with a criminal offence shall have the right to be presumed innocent until proved guilty according to law.
2. In the determination of any criminal charge against him, everyone shall be entitled to a fair and public hearing by an independent and impartial tribunal.

Article 12
No one shall be subjected to arbitrary interference with his privacy, family, home or correspondence, nor to attacks upon his honour and reputation. Everyone has the right to the protection of the law against such interference or attacks.

Article 13
1. Everyone has the right to free movement and residence within the borders of each state.
2. Everyone has the right to leave any country, including his own, and to return to his country.

Article 14
1. Everyone has the right to seek and to enjoy in other countries asylum from persecution.
2. This right may not be invoked in the case of prosecutions genuinely arising from non-political crimes or from acts contrary to the purposes and principles of the United Nations.

Article 15
1. Everyone has the right to a nationality.
2. No one shall be arbitrarily deprived of his nationality nor denied the right to change his nationality.

Article 16
1. Men and women of full age, without any limitation of race, nationality or religion, have the right to marry and to found a family. They are entitled to equal rights in marriage.
2. Marriage shall be entered into only with the free and full consent of the intending spouses.
3. The family is the natural and fundamental group unit of society and is entitled to protection by society and the State.

Article 17
1. Everyone has the right to own property alone as well as in association with others.
2. No one shall be arbitrarily deprived of his property.

Article 18
Everyone has the right to freedom of thought, conscience and religion; this right includes freedom to change his religion or belief, and freedom, either alone or in community with others and in public or private, of worship and observance, teaching and practice.

Article 19
Everyone has the right to freedom of opinion and expression; this right includes freedom to hold opinions without restriction and to receive and impart information and ideas without any interference by public authorities by means of censorship.

Article 20
1. Everyone has the right to peaceful assembly and to associate with others in the formation and participation in various associations, unions or clubs.
2. Everyone has the right to take part in the government of his country, directly or through freely chosen representatives.
3. Everyone has the right of access to the public service of his country.
4. The will of the people shall be the basis of the authority of government; this will shall be expressed in periodic and genuine elections which shall be by secret ballot and shall ensure the free expression of the will of the voters.

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Article 22
Everyone has the right to such international co-operation as will promote the realization of the rights and freedoms set forth in this Declaration.

Article 23
1. Everyone has the right to work, to free choice of employment, to just and favourable conditions of work and to protection against unemployment.
2. Everyone, without any discrimination, has the right to equal pay for equal work.

Article 24
Everyone has the right to rest and leisure, including reasonable limitation of working hours and periodic holidays with pay.

Article 25
1. Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control.
2. Everyone has the right to education.
3. Education shall be free, at least in the elementary and fundamental stages. Elementary education shall be compulsory. Technical and vocational education shall be made generally accessible and its development encouraged. Higher education shall be equally accessible to all on the basis of merit.

Article 26
1. Education shall be directed to the full development of the human personality and to the strengthening of respect for human rights and fundamental freedoms. It shall promote understanding, tolerance and friendship between nations, racial or ethnic groups and religions.
2. Parents have a primary right to choose the kind of education that shall be given to their children.

Article 27
1. Everyone has the right to take part in the cultural life of the community, to enjoy the arts and to share in scientific advancement and its benefits.
2. Everyone has the right to the protection of the moral and material interests resulting from any scientific, literary or artistic production of which he is the author.

Article 28
The rights and freedoms set forth in this Declaration are inseparable and interdependent and shall be exercised by everyone in conformity with the rights and freedoms of others, and shall be subject only to such limitations as are necessary in a democratic society in the interests of national security, public order, or the general welfare of the community.

Article 29
1. Everyone has duties to the community in which alone the free and full development of his personality is possible.
2. In the exercise of his rights and freedoms, everyone shall be subject to the limitations prescribed by the law, for the purpose of securing due recognition and respect for the rights and freedoms of others and of meeting the just requirements of morality, public order and the general welfare of the community. These limitations shall be subject to the same review as the rights and freedoms themselves.

Article 30
Nothing in this Declaration shall be interpreted as authorizing any state, group or individual to engage in any activity aimed at the destruction of any of the rights and freedoms set forth herein, or at any other activity aimed at the destruction of the United Nations or any of its member states.

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