



UNITED NATIONS

**HUMAN RIGHTS ARE GENERALLY
DEFINED AS THOSE RIGHTS WHICH
ARE INHERENT IN OUR NATURE
AND WITHOUT WHICH WE CANNOT
LIVE AS HUMAN BEINGS.**



COMMISSION ON HUMAN RIGHTS OF THE PHILIPPINES

**HUMAN RIGHTS ARE THE SUPREME,
INHERENT AND INALIENABLE RIGHTS
TO LIFE, TO DIGNITY AND TO SELF
DEVELOPMENT. IT IS THE ESSENCE
OF THESE RIGHTS THAT MAKES
MAN/WOMAN HUMAN.**

RIGHT TO LIFE:

- To health
- To own property
- To work
- To form trade unions and to strike
- To social security
- To rest and leisure
- To move about freely within our country and freely to leave and return to it,
- To marry, to establish a family

RIGHT TO DIGNITY:

- ▶ Recognition everywhere as a person
- ▶ To honor and reputation
- ▶ To freedom of thought, conscience and religion
- ▶ To freedom of speech/expression
- ▶ To seek, receive, impart information
- ▶ To peaceful assembly with our fellows
- ▶ To equal treatment before the law
- ▶ To privacy in our family, home and our correspondence

Note: the cookie

- ▶ To freedom from slavery
- ▶ To freedom from torture and cruel, inhuman or degrading punishment
- ▶ To free from arbitrary arrest, detention or exile
- ▶ To be presumed innocent of crime or wrong
- ▶ To a fair trial
- ▶ Against ex-post facto law

RIGHT TO SELF-DEVELOPMENT

- ▶ To education
- ▶ To share in the cultural life of our community
- ▶ To form associations
- ▶ To live in a nation and international order that allows all of our rights to flower and be respected

HUMAN RIGHTS ENTAIL BOTH RIGHTS AND OBLIGATIONS

- ▶ *Obligation to Respect* – means that States must refrain from interfering with or curtailing the enjoyment of human rights.
- ▶ *Obligation to Protect* – requires States to protect individuals and groups against human rights abuses.
- ▶ *Obligation to fulfill* – means that States must take positive action to facilitate the enjoyment of basic human rights.