

# INTERNATIONALLY RECOGNIZED HUMAN RIGHTS

## Reference Guide



HUMAN RIGHTS  
MONITORING AND ADVOCACY TEAM

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County of Los Angeles **Commission on Human Relations**

[hrc.lacounty.gov](http://hrc.lacounty.gov)



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## *A Guide to Internationally Recognized Human Rights*

### **INTRODUCTION**

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This guide provides an overview of internationally recognized human rights. Its purpose is to make this information accessible for individuals, government professionals, community-based organizations, and corporate leaders. It can serve as a foundational resource for integrating human rights principles into everyday life, policy development, and organizational practices.

Human rights are foundational, inalienable, indivisible freedoms, protections, and benefits to which all individuals and groups are entitled as human beings. They are based on the equal, intrinsic dignity and value of every person. Thus, they apply to everyone, regardless of background and identity, and are essential for building a just and equitable society.

#### **How to Use This Guide:**

This guide aims to enhance awareness of internationally recognized human rights and their origins. Organizations can utilize it to shape initiatives within a human rights framework. Integrating these principles into policies, practices, and training programs ensures a commitment to dignity, equality, and inclusivity beyond mere legal compliance. For expert guidance on incorporating human rights into your initiatives, the Human Rights Monitoring and Advocacy Team is available for consultation.

#### **International Human Rights Instruments:**

To review specific rights and corresponding legal frameworks, please refer to the table of contents. The content of this guide is based on internationally recognized human rights documents, known as instruments, including the Universal Declaration of Human Rights, the International Covenant on Civil and Political Rights, and the International Covenant on Economic, Social, and Cultural Rights, along with various other treaties and conventions. This guide is for informational purposes only and does not constitute legal advice.

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### **Human Rights Categories and Examples**

#### **1. Personal Rights:**

- Right to life
- Freedom of thought and opinion
- Equality and non-discrimination
- Freedom of expression and dissemination of ideas
- Right to privacy
- Freedom of religion

#### **2. Family and Home Rights:**

- Right to establish a family
- Protection from involuntary marriage
- Freedom of parents/legal guardians to ensure religious and moral education of their children in accordance with their convictions
- Right to adequate housing
- Inviolability of the home

### 3. Community, Civic, and Cultural Rights:

- Right to education
- Participation in cultural life
- Right to health and well-being
- Access to public services
- Right to peaceful assembly
- Participation in governance of one's country

### 4. Employment and Economic Rights:

- Right to work in a chosen profession under proper conditions with fair remuneration
- Freedom to form, join, and participate in trade unions
- Right to an adequate standard of living
- Right to rest and leisure time
- Right to own private property
- Right to participate in and benefit from social security income

### 5. Legal Rights:

- Right to legal recognition as a person
- Access to courts to ensure legal rights and remedies for violations
- Protection from unlawful or arbitrary arrest or detention
- Right to prompt judicial review of arrest
- Freedom from torture or cruel, inhuman, or degrading treatment
- Right to an impartial and public hearing when accused

### 6. National Residence

- Right to seek asylum in foreign territory in accordance with national and international laws
- Protection from secret detention and enforced disappearance
- Protection from extradition to countries where there is a substantial risk of torture
- Right to establish residence, move freely within one's country, and leave and return freely

### 7. Rights of Specific Populations:

Certain groups face distinct challenges and require additional protections.

- **Women:** Right to equality in all aspects of life, including education, employment, political participation, and protection from gender-based violence
- **Children:** Right to special protection and care, including education, healthcare, and protection from abuse, neglect, and exploitation
- **Juveniles:** Detention should focus on rehabilitation and social reintegration
- **Persons with Disabilities:** Right to recognition of skills and abilities, independent living, and equal opportunities
- **Indigenous Peoples:** Right to self-determination, cultural identity, languages, and traditions
- **Non-Citizens:** Protection from expulsion without due legal process
- **Aged Individuals:** Protection and support for physical and moral well-being

This guide serves as a crucial tool for understanding and implementing human rights standards, fostering a more inclusive and equitable global society.

## Internationally Recognized Human Rights by Category

### Personal

Right	Instruments
Life	African Charter on Human and Peoples' Rights American Declaration of the Rights and Duties of Man Convention on the Elimination of All Forms of Discrimination Against Women Convention on the Rights of Persons with Disabilities Convention on the Rights of the Child Declaration on the Rights of Indigenous Peoples International Covenant on Civil and Political Rights International Covenant on Economic, Social, and Cultural Rights Universal Declaration of Human Rights
Liberty	African Charter on Human and Peoples' Rights American Declaration of the Rights and Duties of Man Convention on the Elimination of All Forms of Discrimination Against Women Convention on the Rights of Persons with Disabilities Convention on the Rights of the Child Declaration on the Rights of Indigenous Peoples International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights International Covenant on Economic, Social, and Cultural Rights Universal Declaration of Human Rights
Freedom from slavery and servitude	African Charter on Human and Peoples' Rights International Covenant on Civil and Political Rights International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families Universal Declaration of Human Rights
Integrity and security of person	African Charter on Human and Peoples' Rights American Declaration of the Rights and Duties of Man Convention on the Elimination of All Forms of Discrimination Against Women Convention on the Rights of Persons with Disabilities Declaration on the Rights of Indigenous Peoples International Convention on the Elimination of All Forms of Racial Discrimination International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights Universal Declaration of Human Rights
Privacy	Convention on the Rights of Persons with Disabilities International Covenant on Civil and Political Rights
Equality, including before the law, without discrimination based on race, color, sex, language, religion, opinion, national	African Charter on Human and Peoples' Rights American Declaration of the Rights and Duties of Man Convention on the Elimination of All Forms of Discrimination Against Women Convention on the Rights of Persons with Disabilities Declaration on the Rights of Indigenous Peoples International Convention on the Elimination of All Forms of Racial Discrimination International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families

or social origin, property, birth, political status, jurisdictional status, or status of home country or territory	International Covenant on Civil and Political Rights International Covenant on Economic, Social, and Cultural Rights Universal Declaration of Human Rights
Protection from advocacy of hatred to incite discrimination, hostility, or violence	International Convention on the Elimination of All Forms of Racial Discrimination International Covenant on Civil and Political Rights
Legal protection against and remedies for racial discrimination	International Convention on the Elimination of All Forms of Racial Discrimination
Freedom of information and investigation	African Charter on Human and Peoples' Rights American Declaration of the Rights and Duties of Man International Covenant on Civil and Political Rights International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families Universal Declaration of Human Rights
Freedom of thought and opinion	African Charter on Human and Peoples' Rights American Declaration of the Rights and Duties of Man Convention on the Elimination of All Forms of Discrimination Against Women Convention on the Rights of the Child Convention on the Rights of Persons with Disabilities International Convention on the Elimination of All Forms of Racial Discrimination International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights Universal Declaration of Human Rights
Freedom of expression and dissemination of ideas	African Charter on Human and Peoples' Rights American Declaration of the Rights and Duties of Man Convention on the Elimination of All Forms of Discrimination Against Women Convention on the Rights of the Child Convention on the Rights of Persons with Disabilities International Convention on the Elimination of All Forms of Racial Discrimination International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights International Covenant on Economic, Social, and Cultural Rights Universal Declaration of Human Rights
Inviolability and transmission of correspondence	American Declaration of the Rights and Duties of Man International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights Universal Declaration of Human Rights

Profession of religious faith in public and private practice, including, for indigenous peoples, maintenance and strengthening of distinctive spiritual relationship with lands, territories, waters, coastal seas, and other resources	African Charter on Human and Peoples' Rights American Declaration of the Rights and Duties of Man Convention on the Elimination of All Forms of Discrimination Against Women Convention on the Rights of the Child Declaration on the Rights of Indigenous Peoples International Convention on the Elimination of All Forms of Racial Discrimination International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights Universal Declaration of Human Rights
Legal protection against attacks on honor, reputation, and private and family life	American Declaration of the Rights and Duties of Man International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights Universal Declaration of Human Rights

### Family and Home

Right	Instruments
Establish a family and receive protection, including marriage	American Declaration of the Rights and Duties of Man Convention on the Elimination of All Forms of Discrimination Against Women International Convention on the Elimination of All Forms of Racial Discrimination International Covenant on Civil and Political Rights International Covenant on Economic, Social, and Cultural Rights Universal Declaration of Human Rights
Protection from involuntary marriage	Convention on the Elimination of All Forms of Discrimination Against Women International Covenant on Civil and Political Rights Universal Declaration of Human Rights
Special protection, care, and aid for expectant mothers, new mothers, and children including at dissolution	African Charter on Human and Peoples' Rights American Declaration of the Rights and Duties of Man Convention on the Rights of the Child Declaration on the Rights of Indigenous Peoples International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights International Covenant on Economic, Social, and Cultural Rights Universal Declaration of Human Rights
Freedom of parents/legal guardians to ensure religious and moral education of their children in	Declaration on the Rights of Indigenous Peoples International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights International Covenant on Economic, Social, and Cultural Rights



conformity with their own convictions	
Equality of rights and responsibilities of spouses during marriage and at dissolution	Convention on the Elimination of All Forms of Discrimination Against Women International Covenant on Civil and Political Rights
Housing	Convention on the Elimination of All Forms of Discrimination Against Women International Convention on the Elimination of All Forms of Racial Discrimination
Inviolability of home	American Declaration of the Rights and Duties of Man International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights Universal Declaration of Human Rights

### Community, Civic, and Cultural

Right	Instruments
Association to promote, exercise, and protect interests	African Charter on Human and Peoples' Rights American Declaration of the Rights and Duties of Man Convention on the Rights of the Child International Convention on the Elimination of All Forms of Racial Discrimination International Covenant on Civil and Political Rights International Covenant on Economic, Social, and Cultural Rights Universal Declaration of Human Rights
Access to public services	African Charter on Human and Peoples' Rights Convention on the Rights of Persons with Disabilities International Convention on the Elimination of All Forms of Racial Discrimination
Preservation of health and wellbeing through public and community resources, including, for indigenous peoples, traditional medicines, and health practices	African Charter on Human and Peoples' Rights American Declaration of the Rights and Duties of Man Convention on the Elimination of All Forms of Discrimination Against Women Convention on the Rights of Persons with Disabilities Declaration on the Rights of Indigenous Peoples International Convention on the Elimination of All Forms of Racial Discrimination Universal Declaration of Human Rights
Education, including, for indigenous peoples, establishment and control of their educational systems and institutions using their own languages and cultural methods	African Charter on Human and Peoples' Rights American Declaration of the Rights and Duties of Man Convention on the Elimination of All Forms of Discrimination Against Women Convention on the Rights of the Child Convention on the Rights of Persons with Disabilities Declaration on the Rights of Indigenous Peoples International Convention on the Elimination of All Forms of Racial Discrimination International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families (children) International Covenant on Economic, Social, and Cultural Rights Universal Declaration of Human Rights

<p>Cultural identity and participation in cultural life of community, enjoy arts, and benefit from intellectual progress and, for indigenous peoples, maintenance, protection, and development of archaeological and historical sites, artefacts, designs, ceremonies, technologies, and visual and performing arts and literature as well as revitalization, use, development, and transmission to future generations of histories, languages, oral traditions, philosophies, writing systems, and literatures and to designate and retain names for communities, places, and persons</p>	<p>African Charter on Human and Peoples' Rights  American Declaration of the Rights and Duties of Man  Convention on the Elimination of All Forms of Discrimination Against Women  Convention on the Rights of Persons with Disabilities  Declaration on the Rights of Indigenous Peoples  International Convention on the Elimination of All Forms of Racial Discrimination  International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families  International Covenant on Economic, Social, and Cultural Rights  Universal Declaration of Human Rights</p>
<p>Protection of moral and material interests related to inventions: literary, scientific, and artistic</p>	<p>American Declaration of the Rights and Duties of Man  International Covenant on Economic, Social, and Cultural Rights  Universal Declaration of Human Rights</p>
<p>Peaceful assembly</p>	<p>African Charter on Human and Peoples' Rights  American Declaration of the Rights and Duties of Man  Convention on the Rights of the Child  International Convention on the Elimination of All Forms of Racial Discrimination  International Covenant on Civil and Political Rights  Universal Declaration of Human Rights</p>
<p>Participation in governance of home country, including voting in free and honest elections and, for indigenous peoples, prior and</p>	<p>African Charter on Human and Peoples' Rights  American Declaration of the Rights and Duties of Man  Convention on the Elimination of All Forms of Discrimination Against Women  Convention on the Rights of Persons with Disabilities  Declaration on the Rights of Indigenous Peoples  International Convention on the Elimination of All Forms of Racial Discrimination  Universal Declaration of Human Rights</p>

informed consent before legislative or administrative measures affecting them are adopted and implemented	
Right of petition to authority with prompt response	American Declaration of the Rights and Duties of Man Declaration on the Rights of Indigenous Peoples
Protection from propaganda for war	International Covenant on Civil and Political Rights
Social and international order	Universal Declaration of Human Rights

### Employment and Economic Condition

Right	Instruments
Work at chosen profession under proper conditions with remuneration sufficient for suitable living for self and family	African Charter on Human and Peoples' Rights American Declaration of the Rights and Duties of Man Convention on the Elimination of All Forms of Discrimination Against Women Convention on the Rights of Persons with Disabilities Declaration on the Rights of Indigenous Peoples International Convention on the Elimination of All Forms of Racial Discrimination International Covenant on Economic, Social, and Cultural Rights Universal Declaration of Human Rights
Form, join, and participate in trade unions	Declaration on the Rights of Indigenous Peoples International Convention on the Elimination of All Forms of Racial Discrimination International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights International Covenant on Economic, Social, and Cultural Rights Universal Declaration of Human Rights
Adequate standard of living	Convention on the Elimination of All Forms of Discrimination Against Women Convention on the Rights of the Child Convention on the Rights of Persons with Disabilities Declaration on the Rights of Indigenous Peoples International Covenant on Economic, Social, and Cultural Rights
Rest and leisure time and their advantageous use	American Declaration of the Rights and Duties of Man Declaration on the Rights of Indigenous Peoples International Covenant on Economic, Social, and Cultural Rights Universal Declaration of Human Rights
Participation in and benefit from social security income	American Declaration of the Rights and Duties of Man Convention on the Rights of the Child International Convention on the Elimination of All Forms of Racial Discrimination International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Economic, Social, and Cultural Rights Universal Declaration of Human Rights
Own private property, including	African Charter on Human and Peoples' Rights American Declaration of the Rights and Duties of Man

for indigenous peoples' protection against relocation without free, prior, and informed consent; prior Agreement on just and fair compensations; and option of return	Convention on the Elimination of All Forms of Discrimination Against Women Declaration on the Rights of Indigenous Peoples International Convention on the Elimination of All Forms of Racial Discrimination International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families Universal Declaration of Human Rights
Inherit property	International Convention on the Elimination of All Forms of Racial Discrimination

### Legal

Right	Instruments
Civil and legal recognition as a person	African Charter on Human and Peoples' Rights American Declaration of the Rights and Duties of Man Convention on the Elimination of All Forms of Discrimination Against Women International Convention on the Elimination of All Forms of Racial Discrimination International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights Universal Declaration of Human Rights
Nationality as legally permitted	American Declaration of the Rights and Duties of Man Convention on the Elimination of All Forms of Discrimination Against Women Convention on the Rights of Persons with Disabilities Declaration on the Rights of Indigenous Peoples International Convention for the Protection of All Persons from Enforced Disappearance International Convention on the Elimination of All Forms of Racial Discrimination International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights Universal Declaration of Human Rights
Access to courts to ensure legal rights and remedy for violation of civil rights, including violations by authority including, for indigenous peoples, recognition and adjudication of rights pertaining to lands, territories, and resources traditionally owned,	African Charter on Human and Peoples' Rights American Declaration of the Rights and Duties of Man Convention on the Elimination of All Forms of Discrimination Against Women Declaration on the Rights of Indigenous Peoples International Convention on the Elimination of All Forms of Racial Discrimination International Covenant on Civil and Political Rights Universal Declaration of Human Rights

occupied, or used by them	
Protection from unlawful or arbitrary arrest or detention, including arrest for civil matters, or exile as well as compensation when wrongly detained	African Charter on Human and Peoples' Rights American Declaration of the Rights and Duties of Man International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights Universal Declaration of Human Rights
Prompt court review of arrest	African Charter on Human and Peoples' Rights American Declaration of the Rights and Duties of Man Declaration on the Rights of Indigenous Peoples International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights
Informed of charges, in understood language, and prompt trial when charged	African Charter on Human and Peoples' Rights American Declaration of the Rights and Duties of Man International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights
Freedom from torture or cruel, inhuman, or degrading treatment, including while in custody	African Charter on Human and Peoples' Rights American Declaration of the Rights and Duties of Man Convention on the Rights of the Child Convention on the Rights of Persons with Disabilities Covenant Against Torture and Other Cruel, Inhuman, or Degrading Treatment or Punishment International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights Universal Declaration of Human Rights
Presumed innocent until proven guilty	African Charter on Human and Peoples' Rights American Declaration of the Rights and Duties of Man International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights Universal Declaration of Human Rights
Impartial and public hearing when accused	African Charter on Human and Peoples' Rights American Declaration of the Rights and Duties of Man International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights Universal Declaration of Human Rights
Protection from cruel or unusual punishment	African Charter on Human and Peoples' Rights American Declaration of the Rights and Duties of Man International Covenant on Civil and Political Rights Universal Declaration of Human Rights
Protection from being held guilty for	African Charter on Human and Peoples' Rights International Convention on the Protection of the Rights of All Migrant Workers and

offense not illegal at time it is committed or sentenced to penalty more severe than applicable at time offense was committed	Members of Their Families International Covenant on Civil and Political Rights Universal Declaration of Human Rights
Adequate defense in criminal proceedings	African Charter on Human and Peoples' Rights International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights
Legal assistance provided if unable to afford	International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights
Participate in examination of witnesses against and attend examination of witnesses	Convention on the Elimination of All Forms of Discrimination Against Women International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights
Free assistance from interpreter if needed in legal proceedings	International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights
Freedom from compulsion to testify against self or confess guilt	International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights
Review of conviction and sentence by higher tribunal	African Charter on Human and Peoples' Rights International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights
Compensation if suffering results from punishment associated with conviction if it is reversed or in case of pardon due to miscarriage of justice	International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights
Freedom from being tried or punished again for a crime for which a person has already been convicted or acquitted	International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights

### National Residence

<p>Establish residence and move freely within nation of citizenship and to leave and return</p>	<p>African Charter on Human and Peoples' Rights          American Declaration of the Rights and Duties of Man          Convention on the Rights of Persons with Disabilities          International Convention on the Elimination of All Forms of Racial Discrimination          International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families          International Covenant on Civil and Political Rights          Universal Declaration of Human Rights</p>
<p>Asylum in foreign territory in accordance with national laws and international agreements</p>	<p>African Charter on Human and Peoples' Rights          American Declaration of the Rights and Duties of Man          Universal Declaration of Human Rights</p>
<p>Protection from mass expulsion</p>	<p>African Charter on Human and Peoples' Rights          International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families</p>
<p>Protection from extradition to countries where there are substantial grounds for believing person would be in danger of being subjected to torture</p>	<p>Covenant Against Torture and Other Cruel, Inhuman, or Degrading Treatment or Punishment</p>
<p>Protection from secret detention and enforced disappearance</p>	<p>International Convention for the Protection of All Persons from Enforced Disappearance</p>
<p>Access for those with legitimate interest in detained persons to authority that ordered detention; date, time, and place of detention; detention supervision; location; date, time, and place of release; and health of detained person including details related to death</p>	<p>International Convention for the Protection of All Persons from Enforced Disappearance</p>

### Specific Populations

Women: equality with men in protection and fulfillment of all political, economic, social, and cultural rights	Convention on the Elimination of All Forms of Discrimination Against Women Declaration on the Rights of Indigenous Peoples
Women: eligibility for election and holding public office, participation in formulation and implementation of public policy	Convention on the Elimination of All Forms of Discrimination Against Women
Women: participation in non-governmental organizations and associations concerned with the public and political life of the nation	Convention on the Elimination of All Forms of Discrimination Against Women
Women: equal access to family benefits, bank loans, mortgages and other forms of financial credit	Convention on the Elimination of All Forms of Discrimination Against Women
Women: equality in legal recourse for civil matters	Convention on the Elimination of All Forms of Discrimination Against Women
Women: equality in choosing family name	Convention on the Elimination of All Forms of Discrimination Against Women
Children: protection from being sold	Convention on the Rights of the Child – Optional Protocol – Sale of children, prostitution, and pornography
Children: protection from being forced into armed conflict	Convention on the Rights of the Child – Optional Protocol – Children in Armed Conflict
Children: registration and a name at birth	International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights
Children: protection of best interests	Convention on the Rights of the Child Declaration on the Rights of Indigenous Peoples International Convention for the Protection of All Persons from Enforced Disappearance International Covenant on Civil and Political Rights
Children: protection and care	Convention on the Rights of the Child International Convention for the Protection of All Persons from Enforced Disappearance International Covenant on Civil and Political Rights
Children: safety and health	Convention on the Rights of the Child International Convention for the Protection of All Persons from Enforced Disappearance
Children: preserve identity	Convention on the Rights of the Child Declaration on the Rights of Indigenous Peoples International Convention for the Protection of All Persons from Enforced Disappearance International Convention on the Protection of the Rights of All Migrant



	Workers and Members of Their Families
Children: protection from unlawful separation from parents	Convention on the Rights of the Child
Children and persons with disabilities: protection from abuse and violence	Convention on the Rights of the Child Convention on the Rights of Persons with Disabilities Declaration on the Rights of Indigenous Peoples
Children: adoption	Convention on the Rights of the Child
Children: refugee status	Convention on the Rights of the Child
Children: provision for special needs	Convention on the Rights of the Child
Children: preservation of indigenous culture identity	Convention on the Rights of the Child Declaration on the Rights of Indigenous Peoples
Children and persons with disabilities: protection from economic and sexual exploitation	Convention on the Rights of Persons with Disabilities Convention on the Rights of the Child Convention on the Rights of the Child – Optional Protocol – Sale of children, prostitution, and pornography Declaration on the Rights of Indigenous Peoples
Children: protection from harmful drugs and drug trafficking	Convention on the Rights of the Child
Children: humanitarian aid in armed conflicts	Convention on the Rights of the Child Convention on the Rights of the Child – Optional Protocol – Children in Armed Conflict
Persons with disabilities: recognition of skills and abilities	Convention on the Rights of Persons with Disabilities
Persons with disabilities: live independently	Convention on the Rights of Persons with Disabilities
Non-citizens: protection from being expelled without legal process and, except where compelling reasons of national security otherwise require, allowance to submit the reasons against expulsion and to have case reviewed by, and be represented for the purpose before, the competent authority or a person or persons especially designated by the competent authority	African Charter on Human and Peoples' Rights International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights
Migrant workers and their families: protection against violence, physical injury, threats, intimidations by public or private individuals, groups, or institutions	International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families

Migrant workers and their families: guarantee that identification by done legally	International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families
Migrant workers and their families: consular or diplomatic authorities from State of origin promptly informed of arrest or detention and fulfillment of right to communication with such authorities	International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families
Migrant workers and their families: humane treatment if detained, with respect for inherent dignity and cultural identity	International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families
Migrant workers and their families: if detained, same rights as nationals	International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families
Migrant workers and their families: freedom from bearing any costs related to detention	International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families
Migrant workers and their families: protection from destruction of identity, entry, or residence documents or work permits except by legally authorized public official and then only with receipt and never of passport or equivalent document	International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families
Migrant workers and their families: if expelled, freedom to seek entry into a State other than State of origin	International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families
Migrant workers and their families: emergency medical care	International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families
Migrant workers and their families: transfer of earnings, savings, personal effects, and belongings	International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families
Ethnic, religious, language minorities: enjoyment of culture, religion, and use of own language	Declaration on the Rights of Indigenous Peoples International Covenant on Civil and Political Rights
Juveniles: penitentiary system designed and	International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families

conducted with aims of reformation and social rehabilitation	International Covenant on Civil and Political Rights
Juveniles: speedy adjudication and separation from adults during detention and imprisonment	International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families International Covenant on Civil and Political Rights
Peoples: self-determination	African Charter on Human and Peoples' Rights International Covenant on Civil and Political Rights Declaration on the Rights of Indigenous Peoples
Peoples: means of subsistence and freedom to dispose of natural resources for international obligations	African Charter on Human and Peoples' Rights International Covenant on Civil and Political Rights
Peoples: freedom from domination by another people	African Charter on Human and Peoples' Rights
Aged: protection in support of physical and moral needs	African Charter on Human and Peoples' Rights Declaration on the Rights of Indigenous Peoples
Peoples: economic, social, and cultural development and satisfactory environment to support development	African Charter on Human and Peoples' Rights Declaration on the Rights of Indigenous Peoples
Colonized and oppressed peoples: free themselves from dominance by internationally recognized means	African Charter on Human and Peoples' Rights
Dispossessed peoples: lawful recovery and adequate compensation	African Charter on Human and Peoples' Rights
Indigenous peoples: full enjoyment, as a collective and as individuals, of all internationally recognized human rights and fundamental freedoms	Declaration on the Rights of Indigenous Peoples
Indigenous peoples: maintain and strengthen distinct political, legal, economic, social, and cultural institutions	Declaration on the Rights of Indigenous Peoples
Indigenous peoples: freedom from genocide or other violence including forcible removal of children	Declaration on the Rights of Indigenous Peoples
Indigenous peoples: legally protected freedom from subjection to forced	Declaration on the Rights of Indigenous Peoples

assimilation or destruction of their culture	
Indigenous peoples: establish own media and access all forms of non-indigenous media	Declaration on the Rights of Indigenous Peoples
Indigenous peoples: conservation and protection of environment and productive capacities of their lands, territories, and resources, including freedom from military activities without their uncoerced agreement	Declaration on the Rights of Indigenous Peoples
Indigenous peoples: maintenance and development of contacts, relations, and cooperation with their own members across borders	Declaration on the Rights of Indigenous Peoples
Indigenous peoples: recognition, observance, and enforcement of treaties and agreements with national governments	Declaration on the Rights of Indigenous Peoples
Indigenous peoples: access to financial and technical assistance from national governments for the enjoyment of internationally recognized rights	Declaration on the Rights of Indigenous Peoples

## International Human Rights Instruments

### Key Information for Each Instrument and Corresponding Rights

Human Rights Instrument	Rights
<p>African Charter on Human and Peoples' Rights (Organization of African Unity) Adopted June 27, 1981 Not Signed by the US</p>	<p>Life</p> <p>Liberty</p> <p>Freedom from slavery and servitude</p> <p>Integrity and security of person</p> <p>Equality, including before the law, without discrimination based on race, color, sex, language, religion, opinion, national or social origin, property, birth, political status, jurisdictional status, or status of home country or territory</p> <p>Freedom of information and investigation</p> <p>Freedom of thought and opinion</p> <p>Freedom of expression and dissemination of ideas</p> <p>Profession of religious faith and public and private practice, including, for indigenous peoples, maintenance and strengthening of distinctive spiritual relationship with lands, territories, waters, coastal seas, and other resources</p> <p>Special protection, care, and aid for expectant mothers, new mothers, and children including at dissolution</p> <p>Association to promote, exercise, and protect interests</p> <p>Access to public services</p> <p>Preservation of health through public and community resources, including, for indigenous peoples, traditional medicines, and health practices</p> <p>Education, including, for indigenous peoples, establishment and control of their educational systems and institutions using their own languages and cultural methods</p> <p>Cultural identity and participation in cultural life of community, enjoy arts, and benefit from intellectual progress and, for indigenous peoples, maintenance, protection, and development of archaeological and historical sites, artefacts, designs, ceremonies, technologies, and visual and performing arts and literature as well as revitalization, use, development, and transmission to future generations of histories, languages, oral traditions, philosophies, writing systems, and literatures and to designate and retain names for communities, places, and persons</p> <p>Peaceful assembly</p> <p>Participation in governance of home country, including voting in free and honest elections and, for indigenous peoples, prior and informed consent before legislative or administrative measures affecting them are adopted and implemented</p> <p>Work at chosen profession under proper conditions with remuneration sufficient for suitable living for self and family</p>

	<p>Own private property, including for indigenous peoples' protection against relocation without free, prior, and informed consent; prior agreement on just and fair compensations; and option of return</p> <p>Civil and legal recognition as a person</p> <p>Access to courts to ensure legal rights and remedy for violation of civil rights, including violations by authority including, for indigenous peoples, recognition and adjudication of rights pertaining to lands, territories, and resources traditionally owned, occupied, or used by them</p> <p>Protection from unlawful or arbitrary arrest or detention, including arrest for civil matters, or exile as well as compensation when wrongly detained</p> <p>Prompt court review of arrest</p> <p>Informed of charges, in understood language, and prompt trial when charged</p> <p>Freedom from torture or cruel, inhuman, or degrading treatment, including while in custody</p> <p>Presumed innocent until proven guilty</p> <p>Impartial and public hearing when accused</p> <p>Protection from cruel or unusual punishment</p> <p>Protection from being held guilty for offense not illegal at time it is committed or sentenced to penalty more severe than applicable at time offense was committed</p> <p>Adequate defense in criminal proceedings</p> <p>Review of conviction and sentence by higher tribunal</p> <p>Establish residence and move freely within nation of citizenship and to leave and return</p> <p>Asylum in foreign territory in accordance with national laws and international agreements</p> <p>Protection from mass expulsion</p> <p>Non-citizens: protection from being expelled without legal process and, except where compelling reasons of national security otherwise require, allowance to submit the reasons against expulsion and to have case reviewed by, and be represented for the purpose before, the competent authority or a person or persons especially designated by the competent authority</p> <p>Peoples: self-determination</p> <p>Peoples: means of subsistence and freedom to dispose of natural resources for international obligations</p> <p>Peoples: freedom from domination by another people</p> <p>Aged: protection in support of physical and moral needs</p> <p>Peoples: economic, social, and cultural development and satisfactory environment to support development</p> <p>Colonized and oppressed peoples: free themselves from dominance by internationally recognized means</p> <p>Dispossessed peoples: lawful recovery and adequate compensation</p>
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<p>American Declaration of the Rights and Duties of Man (Organization of American States)  North, South and Central America  Adopted May 2, 1948  Not Signed by the US</p>	<p>Life  Liberty  Integrity and security of person  Equality, including before the law, without discrimination based on race, color, sex, language, religion, opinion, national or social origin, property, birth, political status, jurisdictional status, or status of home country or territory  Freedom of information and investigation  Freedom of thought and opinion  Freedom of expression and dissemination of ideas  Inviolability and transmission of correspondence  Profession of religious faith and public and private practice, including, for indigenous peoples, maintenance and strengthening of distinctive spiritual relationship with lands, territories, waters, coastal seas, and other resources  Legal protection against attacks on honor, reputation, and private and family life  Establish a family and receive protection, including marriage  Special protection, care, and aid for expectant mothers, new mothers, and children including at dissolution  Inviolability of home  Association to promote, exercise, and protect interests  Preservation of health and wellbeing through public and community resources, including, for indigenous peoples, traditional medicines, and health practices  Education, including, for indigenous peoples, establishment and control of their educational systems and institutions using their own languages and cultural methods  Cultural identity and participation in cultural life of community, enjoy arts, and benefit from intellectual progress and, for indigenous peoples, maintenance, protection, and development of archaeological and historical sites, artefacts, designs, ceremonies, technologies, and visual and performing arts and literature as well as revitalization, use, development, and transmission to future generations of histories, languages, oral traditions, philosophies, writing systems, and literatures and to designate and retain names for communities, places, and persons  Protection of moral and material interests related to inventions: literary, scientific, and artistic  Peaceful assembly  Participation in governance of home country, including voting in free and honest elections and, for indigenous peoples, prior and informed consent before legislative or administrative measures affecting them are adopted and implemented  Right of petition to authority with prompt response</p>
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	<p>Work at chosen profession under proper conditions with remuneration sufficient for suitable living for self and family</p> <p>Rest and leisure time and their advantageous use</p> <p>Participation in and benefit from social security income</p> <p>Own private property, including for indigenous peoples' protection against relocation without free, prior, and informed consent; prior agreement on just and fair compensations; and option of return</p> <p>Civil and legal recognition as a person</p> <p>Nationality as legally permitted</p> <p>Access to courts to ensure legal rights and remedy for violation of civil rights, including violations by authority including, for indigenous peoples, recognition and adjudication of rights pertaining to lands, territories, and resources traditionally owned, occupied, or used by them</p> <p>Protection from unlawful or arbitrary arrest or detention, including arrest for civil matters, or exile as well as compensation when wrongly detained</p> <p>Prompt court review of arrest</p> <p>Informed of charges, in understood language, and prompt trial when charged</p> <p>Freedom from torture or cruel, inhuman, or degrading treatment, including while in custody</p> <p>Presumed innocent until proven guilty</p> <p>Impartial and public hearing when accused</p> <p>Protection from cruel or unusual punishment</p> <p>Establish residence and move freely within nation of citizenship and to leave and return</p> <p>Establish residence and move freely within nation of citizenship and to leave and return</p> <p>Asylum in foreign territory in accordance with national laws and international agreements</p>
<p>Convention Against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment (CAT - United Nations)</p> <p>UN Adoption – December 10, 1984</p> <p>Ratified by the US – October 21, 1994</p> <p>Ratified by 173 Countries</p>	<p>Freedom from torture or cruel, inhuman, or degrading treatment, including while in custody</p> <p>Protection from extradition to countries where there are substantial grounds for believing person would be in danger of being subjected to torture</p>
<p>Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW - United Nations)</p> <p>UN Adoption – December 18, 1979</p>	<p>Life</p> <p>Liberty</p> <p>Integrity and security of person</p> <p>Equality, including before the law, without discrimination based on race, color, sex, language, religion, opinion, national or social origin, property,</p>



<p>Not Ratified by the US Adopted by LA County – January 5, 2021 Ratified by 189 Countries</p>	<p>birth, political status, jurisdictional status, or status of home country or territory</p> <p>Freedom of thought and opinion</p> <p>Freedom of expression and dissemination of ideas</p> <p>Profession of religious faith and public and private practice, including, for indigenous peoples, maintenance and strengthening of distinctive spiritual relationship with lands, territories, waters, coastal seas, and other resources</p> <p>Establish a family and receive protection, including marriage</p> <p>Protection from involuntary marriage</p> <p>Equality of rights and responsibilities of spouses during marriage and at dissolution</p> <p>Housing</p> <p>Preservation of health through public and community resources, including, for indigenous peoples, traditional medicines, and health practices</p> <p>Education, including, for indigenous peoples, establishment and control of their educational systems and institutions using their own languages and cultural methods</p> <p>Cultural identity and participation in cultural life of community, enjoy arts, and benefit from intellectual progress and, for indigenous peoples, maintenance, protection, and development of archaeological and historical sites, artefacts, designs, ceremonies, technologies, and visual and performing arts and literature as well as revitalization, use, development, and transmission to future generations of histories, languages, oral traditions, philosophies, writing systems, and literatures and to designate and retain names for communities, places, and persons</p> <p>Participation in governance of home country, including voting in free and honest elections and, for indigenous peoples, prior and informed consent before legislative or administrative measures affecting them are adopted and implemented</p> <p>Work at chosen profession under proper conditions with remuneration sufficient for suitable living for self and family</p> <p>Adequate standard of living</p> <p>Own private property, including for indigenous peoples’ protection against relocation without free, prior, and informed consent; prior agreement on just and fair compensations; and option of return</p> <p>Civil and legal recognition as a person</p> <p>Nationality as legally permitted</p> <p>Access to courts to ensure legal rights and remedy for violation of civil rights, including violations by authority including, for indigenous peoples, recognition and adjudication of rights pertaining to lands, territories, and resources traditionally owned, occupied, or used by them</p> <p>Equality with men in protection and fulfillment of all political, economic, social, and cultural rights</p>
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	<p>Eligibility for election and holding public office, participation in formulation and implementation of public policy</p> <p>Participation in non-governmental organizations and associations concerned with the public and political life of the nation</p> <p>Equal access to family benefits, bank loans, mortgages, and other forms of financial credit</p> <p>Equality in legal recourse for civil matters</p> <p>Equality in choosing family name</p>
<p>Convention on the Rights of Persons with Disabilities (CRPD – United Nations) UN Adoption – December 13, 2006 Not Ratified by the US Ratified by 191 Countries</p>	<p>Life</p> <p>Liberty</p> <p>Integrity and security of person</p> <p>Privacy</p> <p>Equality, including before the law, without discrimination based on race, color, sex, language, religion, opinion, national or social origin, property, birth, political status, jurisdictional status, or status of home country or territory</p> <p>Freedom of thought and opinion</p> <p>Freedom of expression and dissemination of ideas</p> <p>Access to public services</p> <p>Preservation of health through public and community resources, including, for indigenous peoples, traditional medicines and health practices</p> <p>Education, including, for indigenous peoples, establishment and control of their educational systems and institutions using their own languages and cultural methods</p> <p>Cultural identity and participation in cultural life of community, enjoy arts, and benefit from intellectual progress and, for indigenous peoples, maintenance, protection, and development of archaeological and historical sites, artefacts, designs, ceremonies, technologies, and visual and performing arts and literature as well as revitalization, use, development, and transmission to future generations of histories, languages, oral traditions, philosophies, writing systems, and literatures and to designate and retain names for communities, places, and persons</p> <p>Participation in governance of home country, including voting in free and honest elections and, for indigenous peoples, prior and informed consent before legislative or administrative measures affecting them are adopted and implemented</p> <p>Work at chosen profession under proper conditions with remuneration sufficient for suitable living for self and family</p> <p>Adequate standard of living</p> <p>Nationality as legally permitted</p> <p>Freedom from torture or cruel, inhuman, or degrading treatment, including while in custody</p>

	<p>Establish residence and move freely within nation of citizenship and to leave and return</p> <p>Protection from abuse and violence</p> <p>Protection from economic and sexual exploitation</p> <p>Recognition of skills and abilities</p> <p>Live independently</p>
<p>Convention on the Rights of the Child (CRC – United Nations) UN Adoption – November 20, 1989 Not Ratified by the US Ratified by 196 Countries</p>	<p>Life</p> <p>Liberty</p> <p>Freedom of thought and opinion</p> <p>Freedom of expression and dissemination of ideas</p> <p>Profession of religious faith and public and private practice, including, for indigenous peoples, maintenance and strengthening of distinctive spiritual relationship with lands, territories, waters, coastal seas, and other resources</p> <p>Special protection, care, and aid for expectant mothers, new mothers, and children including at dissolution</p> <p>Association to promote, exercise, and protect interests</p> <p>Education, including, for indigenous peoples, establishment and control of their educational systems and institutions using their own languages and cultural methods</p> <p>Peaceful assembly</p> <p>Adequate standard of living</p> <p>Participation in and benefit from social security income</p> <p>Freedom from torture or cruel, inhuman, or degrading treatment, including while in custody</p> <p>Protection of best interests</p> <p>Protection and care</p> <p>Safety and health</p> <p>Preserve identity</p> <p>Protection from unlawful separation from parents</p> <p>Protection from abuse and violence</p> <p>Adoption</p> <p>Refugee status</p> <p>Provision for special needs</p> <p>Preservation of indigenous culture identity</p> <p>Protection from economic and sexual exploitation</p> <p>Protection from harmful drugs and drug trafficking</p> <p>Humanitarian aid in armed conflicts</p>
<p>Convention on the Rights of the Child</p>	<p>Protection from being forced into armed conflict</p> <p>Humanitarian aid in armed conflicts</p>

<p>Optional Protocol on the Involvement of Children in Armed Conflict (OP-CRC-AC – United Nations) UN Adoption – November 20, 1989 Ratified by the US – December 23, 2002 Ratified by 173 Countries</p>	
<p>Convention on the Rights of the Child Optional Protocol on the Sale of Children, Prostitution and Pornography (OP-CRC-SC – United Nations) UN Adoption – May 25, 2000 Ratified by the US – September 14, 2002 Ratified by 195 Countries</p>	<p>Protection from being sold Protection from sexual exploitation</p>
<p>Declaration of Rights of Indigenous Peoples (DRIP – United Nations) UN Adoption – September 13, 2007 US did not sign but declared support. Signed by 144 Countries</p>	<p>Life Liberty Integrity and security of person Equality, including before the law, without discrimination based on race, color, sex, language, religion, opinion, national or social origin, property, birth, political status, jurisdictional status, or status of home country or territory Profession of religious faith and public and private practice, including, for indigenous peoples, maintenance and strengthening of distinctive spiritual relationship with lands, territories, waters, coastal seas, and other resources Special protection, care, and aid for expectant mothers, new mothers, and children including at dissolution Freedom of parents/legal guardians to ensure religious and moral education of their children in conformity with their own convictions Preservation of health through public and community resources, including, for indigenous peoples, traditional medicines, and health practices Education, including, for indigenous peoples, establishment and control of their educational systems and institutions using their own languages and cultural methods Cultural identity and participation in cultural life of community, enjoy arts, and benefit from intellectual progress and, for indigenous peoples, maintenance, protection, and development of archaeological and historical sites, artefacts, designs, ceremonies, technologies, and visual and performing arts and literature as well as revitalization, use, development, and transmission to future generations of histories, languages, oral traditions, philosophies, writing systems, and literatures and to designate and retain names for communities, places, and persons Participation in governance of home country, including voting in free and honest elections and, for indigenous peoples, prior and informed consent</p>

	<p>before legislative or administrative measures affecting them are adopted and implemented</p> <p>Right of petition to authority with prompt response</p> <p>Work at chosen profession under proper conditions with remuneration sufficient for suitable living for self and family</p> <p>Form, join, and participate in trade unions</p> <p>Adequate standard of living</p> <p>Rest and leisure time and their advantageous use</p> <p>Own private property, including for indigenous peoples' protection against relocation without free, prior, and informed consent; prior agreement on just and fair compensations; and option of return</p> <p>Nationality as legally permitted</p> <p>Access to courts to ensure legal rights and remedy for violation of civil rights, including violations by authority including, for indigenous peoples, recognition and adjudication of rights pertaining to lands, territories, and resources traditionally owned, occupied, or used by them</p> <p>Prompt court review of arrest</p> <p>Women: equality with men in protection and fulfillment of all political, economic, social, and cultural rights</p> <p>Children: protection of best interests</p> <p>Children: preserve identity</p> <p>Children and persons with disabilities: protection from abuse and violence</p> <p>Children: preservation of indigenous culture identity</p> <p>Children and persons with disabilities: protection from economic and sexual exploitation</p> <p>Enjoyment of culture, religion, and use of own language</p> <p>Self-determination</p> <p>Aged: protection in support of physical and moral needs</p> <p>Economic, social, and cultural development and satisfactory environment to support development</p> <p>Full enjoyment, as a collective and as individuals, of all internationally recognized human rights and fundamental freedoms</p> <p>Maintain and strengthen distinct political, legal, economic, social, and cultural institutions</p> <p>Freedom from genocide or other violence including forcible removal of children</p> <p>Legally protected freedom from subjection to forced assimilation or destruction of their culture</p> <p>Establish own media and access all forms of non-indigenous media</p> <p>Conservation and protection of environment and productive capacities of their lands, territories, and resources, including freedom from military activities without their uncoerced agreement</p>
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	<p>Maintenance and development of contacts, relations, and cooperation with their own members across borders</p> <p>Recognition, observance, and enforcement of treaties and agreements with national governments</p> <p>Access to financial and technical assistance from national governments for the enjoyment of internationally recognized rights</p>
<p>International Convention for the Protection of All Persons from Enforced Disappearances (CPED – United Nations) UN Adoption – December 13, 2006 Not Ratified by the US Ratified by 76 Countries</p>	<p>Nationality as legally permitted</p> <p>Protection from secret detention and enforced disappearance</p> <p>Access for those with legitimate interest in detained persons to authority that ordered detention; date, time, and place of detention; detention supervision; location; date, time, and place of release; and health of detained person including details related to death</p> <p>Children: protection of best interests</p> <p>Children: protection and care</p> <p>Children: safety and health</p> <p>Children: preserve identity</p>
<p>International Convention on the Elimination of All Forms of Racial Discrimination (ICERD - United Nations) UN Adoption – December 21, 1965 Ratified by the US – October 21, 1994 Ratified by 177 Countries</p>	<p>Integrity and security of person</p> <p>Equality, including before the law, without discrimination based on race, color, sex, language, religion, opinion, national or social origin, property, birth, political status, jurisdictional status, or status of home country or territory</p> <p>Protection from advocacy of hatred to incite discrimination, hostility, or violence</p> <p>Legal protection against and remedies for racial discrimination</p> <p>Freedom of thought and opinion</p> <p>Freedom of expression and dissemination of ideas</p> <p>Profession of religious faith and public and private practice, including, for indigenous peoples, maintenance and strengthening of distinctive spiritual relationship with lands, territories, waters, coastal seas, and other resources</p> <p>The right to marriage and choice of spouse</p> <p>Housing</p> <p>Association to promote, exercise, and protect interests</p> <p>Access to public services</p> <p>Preservation of health through public and community resources, including, for indigenous peoples, traditional medicines and health practices</p> <p>Education, including, for indigenous peoples, establishment and control of their educational systems and institutions using their own languages and cultural methods</p> <p>Cultural identity and participation in cultural life of community, enjoy arts, and benefit from intellectual progress and, for indigenous peoples, maintenance, protection, and development of archaeological and historical sites, artefacts, designs, ceremonies, technologies, and visual and performing arts and literature as well as revitalization, use, development, and</p>

	<p>transmission to future generations of histories, languages, oral traditions, philosophies, writing systems, and literatures and to designate and retain names for communities, places, and persons</p> <p>Peaceful assembly</p> <p>Participation in governance of home country, including voting in free and honest elections and, for indigenous peoples, prior and informed consent before legislative or administrative measures affecting them are adopted and implemented</p> <p>Work at chosen profession under proper conditions with remuneration sufficient for suitable living for self and family</p> <p>Form, join, and participate in trade unions</p> <p>Participation in and benefit from social security income</p> <p>Own private property, including for indigenous peoples protection against relocation without free, prior, and informed consent; prior agreement on just and fair compensations; and option of return</p> <p>Inherit property</p> <p>Civil and legal recognition as a person</p> <p>Nationality as legally permitted</p> <p>Access to courts to ensure legal rights and remedy for violation of civil rights, including violations by authority including, for indigenous peoples, recognition and adjudication of rights pertaining to lands, territories, and resources traditionally owned, occupied, or used by them</p> <p>Establish residence and move freely within nation of citizenship and to leave and return</p>
<p>International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families (ICMW – United Nations) UN Adoption – December 18, 1990 Not Ratified by the US Ratified by 56 Countries</p>	<p>Liberty</p> <p>Freedom from slavery and servitude</p> <p>Integrity and security of person</p> <p>Equality, including before the law, without discrimination based on race, color, sex, language, religion, opinion, national or social origin, property, birth, political status, jurisdictional status, or status of home country or territory</p> <p>Freedom of information and investigation</p> <p>Freedom of thought and opinion</p> <p>Freedom of expression and dissemination of ideas</p> <p>Inviolability and transmission of correspondence</p> <p>Profession of religious faith and public and private practice, including, for indigenous peoples, maintenance and strengthening of distinctive spiritual relationship with lands, territories, waters, coastal seas, and other resources</p> <p>Legal protection against attacks on honor, reputation, and private and family life</p> <p>Special protection, care, and aid for expectant mothers, new mothers, and children including at dissolution</p>

	<p>Freedom of parents/legal guardians to ensure religious and moral education of their children in conformity with their own convictions</p> <p>Inviolability of home</p> <p>Cultural identity and participation in cultural life of community, enjoy arts, and benefit from intellectual progress and, for indigenous peoples, maintenance, protection, and development of archaeological and historical sites, artefacts, designs, ceremonies, technologies, and visual and performing arts and literature as well as revitalization, use, development, and transmission to future generations of histories, languages, oral traditions, philosophies, writing systems, and literatures and to designate and retain names for communities, places, and persons</p> <p>Form, join, and participate in trade unions</p> <p>Participation in and benefit from social security income</p> <p>Own private property, including for indigenous peoples' protection against relocation without free, prior, and informed consent; prior agreement on just and fair compensations; and option of return</p> <p>Civil and legal recognition as a person</p> <p>Nationality as legally permitted</p> <p>Protection from unlawful or arbitrary arrest or detention, including arrest for civil matters, or exile as well as compensation when wrongly detained</p> <p>Prompt court review of arrest</p> <p>Informed of charges, in understood language, and prompt trial when charged</p> <p>Freedom from torture or cruel, inhuman, or degrading treatment, including while in custody</p> <p>Presumed innocent until proven guilty</p> <p>Impartial and public hearing when accused</p> <p>Protection from being held guilty for offense not illegal at time it is committed or sentenced to penalty more severe than applicable at time offense was committed</p> <p>Adequate defense in criminal proceedings</p> <p>Legal assistance provided if unable to afford</p> <p>Participate in examination of witnesses against and attend examination of witnesses</p> <p>Free assistance from interpreter if needed in legal proceedings</p> <p>Freedom from compulsion to testify against self or confess guilt</p> <p>Review of conviction and sentence by higher tribunal</p> <p>Compensation if suffering results from punishment associated with conviction if it is reversed or in case of pardon due to miscarriage of justice</p> <p>Freedom from being tried or punished again for a crime for which a person has already been convicted or acquitted</p> <p>Establish residence and move freely within nation of citizenship and to leave and return</p>
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	<p>Protection from mass expulsion</p> <p>Children: registration and a name at birth</p> <p>Children: preserve identity</p> <p>Protection from being expelled without legal process and, except where compelling reasons of national security otherwise require, allowance to submit the reasons against expulsion and to have case reviewed by, and be represented for the purpose before, the competent authority or a person or persons especially designated by the competent authority</p> <p>Protection against violence, physical injury, threats, intimidations by public or private individuals, groups, or institutions</p> <p>Guarantee that identification by done legally</p> <p>Consular or diplomatic authorities from State of origin promptly informed of arrest or detention and fulfillment of right to communication with such authorities</p> <p>Humane treatment if detained, with respect for inherent dignity and cultural identity</p> <p>If detained, same rights as nationals</p> <p>Freedom from bearing any costs related to detention</p> <p>Protection from destruction of identity, entry, or residence documents or work permits except by legally authorized public official and then only with receipt and never of passport or equivalent document</p> <p>If expelled, freedom to seek entry into a State other than State of origin</p> <p>Emergency medical care</p> <p>Transfer of earnings, savings, personal effects, and belongings</p> <p>Incarcerated persons: penitentiary system designed and conducted with aims of reformation and social rehabilitation</p> <p>Juveniles: speedy adjudication and separation from adults during detention and imprisonment</p>
<p>International Covenant on Civil and Political Rights (ICCPR – United Nations) UN Adoption – December 19, 1966 Ratified by the US – June 8, 1992 Ratified by 170 Countries</p>	<p>Life</p> <p>Liberty</p> <p>Integrity and security of person</p> <p>Privacy</p> <p>Equality, including before the law, without discrimination based on race, color, sex, language, religion, opinion, national or social origin, property, birth, political status, jurisdictional status, or status of home country or territory</p> <p>Protection from advocacy of hatred to incite discrimination, hostility, or violence</p> <p>Freedom of information and investigation</p> <p>Freedom of thought and opinion</p> <p>Freedom of expression and dissemination of ideas</p> <p>Inviolability and transmission of correspondence</p>

	<p>Profession of religious faith and public and private practice, including, for indigenous peoples, maintenance and strengthening of distinctive spiritual relationship with lands, territories, waters, coastal seas, and other resources</p> <p>Legal protection against attacks on honor, reputation, and private and family life</p> <p>Establish a family and receive protection, including marriage</p> <p>Protection from involuntary marriage</p> <p>Freedom of parents/legal guardians to ensure religious and moral education of their children in conformity with their own convictions</p> <p>Equality of rights and responsibilities of spouses during marriage and at dissolution</p> <p>Inviolability of home</p> <p>Association to promote, exercise, and protect interests</p> <p>Peaceful assembly</p> <p>Protection from propaganda for war</p> <p>Form, join, and participate in trade unions</p> <p>Civil and legal recognition as a person</p> <p>Nationality as legally permitted</p> <p>Access to courts to ensure legal rights and remedy for violation of civil rights, including violations by authority including, for indigenous peoples, recognition and adjudication of rights pertaining to lands, territories, and resources traditionally owned, occupied, or used by them</p> <p>Protection from unlawful or arbitrary arrest or detention, including arrest for civil matters, or exile as well as compensation when wrongly detained</p> <p>Prompt court review of arrest</p> <p>Informed of charges, in understood language, and prompt trial when charged</p> <p>Freedom from torture or cruel, inhuman, or degrading treatment, including while in custody</p> <p>Presumed innocent until proven guilty</p> <p>Impartial and public hearing when accused</p> <p>Protection from cruel or unusual punishment</p> <p>Protection from being held guilty for offense not illegal at time it is committed or sentenced to penalty more severe than applicable at time offense was committed</p> <p>Adequate defense in criminal proceedings</p> <p>Legal assistance provided if unable to afford</p> <p>Participate in examination of witnesses against and attend examination of witnesses</p> <p>Free assistance from interpreter if needed in legal proceedings</p> <p>Freedom from compulsion to testify against self or confess guilt</p> <p>Review of conviction and sentence by higher tribunal</p>
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	<p>Compensation if suffering results from punishment associated with conviction if it is reversed or in case of pardon due to miscarriage of justice</p> <p>Freedom from being tried or punished again for a crime for which a person has already been convicted or acquitted</p> <p>Establish residence and move freely within nation of citizenship and to leave and return</p> <p>Children: registration and a name at birth</p> <p>Children: protection of best interests</p> <p>Children: protection and care</p> <p>Non-citizens: protection from being expelled without legal process and, except where compelling reasons of national security otherwise require, allowance to submit the reasons against expulsion and to have case reviewed by, and be represented for the purpose before, the competent authority or a person or persons especially designated by the competent authority</p> <p>Ethnic, religious, language minorities: enjoyment of culture, religion, and use of own language</p> <p>Juveniles: penitentiary system designed and conducted with aims of reformation and social rehabilitation</p> <p>Juveniles: speedy adjudication and separation from adults during detention and imprisonment</p> <p>Peoples: self-determination</p> <p>Peoples: means of subsistence and freedom to dispose of natural resources for international obligations</p>
<p>International Covenant on Economic, Social, and Cultural Rights (ICESCR – United Nations) UN Adoption – December 16, 1966 Not Ratified by the US Ratified by 117 Countries</p>	<p>Life</p> <p>Liberty</p> <p>Freedom from slavery and servitude</p> <p>Equality, including before the law, without discrimination based on race, color, sex, language, religion, opinion, national or social origin, property, birth, political status, jurisdictional status, or status of home country or territory</p> <p>Freedom of thought and opinion</p> <p>Establish a family and receive protection, including marriage</p> <p>Special protection, care, and aid for expectant mothers, new mothers, and children including at dissolution</p> <p>Freedom of parents/legal guardians to ensure religious and moral education of their children in conformity with their own convictions</p> <p>Association to promote, exercise, and protect interests</p> <p>Education</p> <p>Cultural identity and participation in cultural life of community, enjoy arts, and benefit from intellectual progress and, for indigenous peoples, maintenance, protection, and development of archaeological and historical sites, artefacts, designs, ceremonies, technologies, and visual and performing arts and literature as well as revitalization, use, development, and</p>

	<p>transmission to future generations of histories, languages, oral traditions, philosophies, writing systems, and literatures and to designate and retain names for communities, places, and persons</p> <p>Protection of moral and material interests related to inventions: literary, scientific, and artistic</p> <p>Work at chosen profession under proper conditions with remuneration sufficient for suitable living for self and family</p> <p>Form, join, and participate in trade unions</p> <p>Adequate standard of living</p> <p>Rest and leisure time and their advantageous use</p> <p>Participation in and benefit from social security income</p> <p>Establish residence and move freely within nation of citizenship and to leave and return</p>
<p>Universal Declaration of Human Rights (UDHR – United Nations) UN Adoption – December 10, 1948 Voted Yes Unanimously by All Member Nations</p>	<p>Life</p> <p>Liberty</p> <p>Freedom from slavery and servitude</p> <p>Integrity and security of person</p> <p>Equality, including before the law, without discrimination based on race, color, sex, language, religion, opinion, national or social origin, property, birth, political status, jurisdictional status, or status of home country or territory</p> <p>Freedom of information and investigation</p> <p>Freedom of thought and opinion</p> <p>Freedom of expression and dissemination of ideas</p> <p>Inviolability and transmission of correspondence</p> <p>Profession of religious faith and public and private</p> <p>Social and international order</p> <p>Legal protection against attacks on honor, reputation, and private and family life</p> <p>Establish a family and receive protection, including marriage</p> <p>Protection from involuntary marriage</p> <p>Special protection, care, and aid for expectant mothers, new mothers, and children including at dissolution</p> <p>Inviolability of home</p> <p>Association to promote, exercise, and protect interests</p> <p>Preservation of health through public resources</p> <p>Education</p> <p>Cultural identity and participation in cultural life of community, enjoy arts, and benefit from intellectual progress</p> <p>Protection of moral and material interests related to inventions: literary, scientific, and artistic</p>

	<p>Peaceful assembly</p> <p>Participation in governance of home country, including voting in free and honest elections</p> <p>Work at chosen profession under proper conditions with remuneration sufficient for suitable living for self and family</p> <p>Form, join, and participate in trade unions</p> <p>Rest and leisure time and their advantageous use</p> <p>Participation in and benefit from social security income</p> <p>Own private property</p> <p>Civil and legal recognition as a person</p> <p>Nationality as legally permitted</p> <p>Access to courts to ensure legal rights and remedy for violation of civil rights, including violations by authority including</p> <p>Protection from unlawful or arbitrary arrest or detention, including arrest for civil matters, or exile as well as compensation when wrongly detained</p> <p>Freedom from torture or cruel, inhuman, or degrading treatment, including while in custody</p> <p>Presumed innocent until proven guilty</p> <p>Impartial and public hearing when accused</p> <p>Protection from cruel or unusual punishment</p> <p>Protection from being held guilty for offense not illegal at time it is committed or sentenced to penalty more severe than applicable at time offense was committed</p> <p>Establish residence and move freely within nation of citizenship and to leave and return</p> <p>Asylum in foreign territory in accordance with national laws and international agreements</p>
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### Links to Instruments

African Charter on Human and Peoples' Rights (Organization of African Unity)

[https://au.int/sites/default/files/treaties/36390-treaty-0011 -  
\\_african charter on human and peoples rights e.pdf](https://au.int/sites/default/files/treaties/36390-treaty-0011_-_african_charter_on_human_and_peoples_rights_e.pdf)

American Declaration of the Rights and Duties of Man (Organization of American States)

<https://www.oas.org/en/iachr/mandate/Basics/american-declaration-rights-duties-of-man.pdf>

Convention Against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment (United Nations) <https://www.ohchr.org/en/instruments-mechanisms/instruments/convention-against-torture-and-other-cruel-inhuman-or-degrading>

Convention on the Elimination of All Forms of Discrimination Against Women (United Nations)

<https://www.ohchr.org/en/instruments-mechanisms/instruments/convention-elimination-all-forms-discrimination-against-women>

Convention on the Rights of Persons with Disabilities (United Nations) <https://www.ohchr.org/en/instruments-mechanisms/instruments/convention-rights-persons-disabilities>

Convention on the Rights of the Child (United Nations) <https://www.ohchr.org/en/instruments-mechanisms/instruments/convention-rights-child>

Convention on the Rights of the Child Optional Protocol on the Involvement of Children in Armed Conflict (United Nations) <https://www.ohchr.org/en/instruments-mechanisms/instruments/optional-protocol-convention-rights-child-involvement-children>

Convention on the Rights of the Child Optional Protocol on the Sale of Children, Prostitution and Pornography (United Nations) <https://www.ohchr.org/en/instruments-mechanisms/instruments/optional-protocol-convention-rights-child-sale-children-child>

Declaration of Rights of Indigenous Peoples (United Nations) <https://www.ohchr.org/en/indigenous-peoples/un-declaration-rights-indigenous-peoples>

International Convention for the Protection of All Persons from Enforced Disappearances (United Nations) <https://www.ohchr.org/en/instruments-mechanisms/instruments/international-convention-protection-all-persons-enforced>

International Convention on the Elimination of All Forms of Racial Discrimination (United Nations) <https://www.ohchr.org/en/instruments-mechanisms/instruments/international-convention-elimination-all-forms-racial>

International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families (United Nations) <https://www.ohchr.org/en/instruments-mechanisms/instruments/international-convention-protection-rights-all-migrant-workers>

International Covenant on Civil and Political Rights (United Nations) <https://www.ohchr.org/en/instruments-mechanisms/instruments/international-covenant-civil-and-political-rights>

International Covenant on Economic, Social, and Cultural Rights (United Nations) <https://www.ohchr.org/en/instruments-mechanisms/instruments/international-covenant-economic-social-and-cultural-rights>

Universal Declaration of Human Rights (United Nations) <https://www.ohchr.org/en/universal-declaration-of-human-rights>





championing human rights  
cultivating healthy relations