Human Rights Day 2026: The 30 Articles Checklist

Thu., Dec. 10, 2026: read the 30 articles by Dec. 10

Thursday

December 10, 2026

Human Rights Day

Facts

- The Declaration was proclaimed by the UN General Assembly in Paris on 10 December 1948.
- The Universal Declaration has 30 Articles.
- The text has been translated into over 500 languages.

ARTICLES 1 TO 10 (OUR SHORT LABELS)

- [ ] 1. Born free and equal
- [ ] 2. No discrimination
- [ ] 3. Life, liberty and security
- [ ] 4. No slavery
- [ ] 5. No torture
- [ ] 6. Recognized before the law
- [ ] 7. Equal before the law
- [ ] 8. Right to a remedy
- [ ] 9. No arbitrary arrest
- [ ] 10. Fair public trial

ARTICLES 11 TO 20

- [ ] 11. Presumed innocent
- [ ] 12. Privacy
- [ ] 13. Freedom of movement
- [ ] 14. Asylum
- [ ] 15. Nationality
- [ ] 16. Marriage and family
- [ ] 17. Property
- [ ] 18. Thought, conscience and religion
- [ ] 19. Opinion and expression
- [ ] 20. Assembly and association

ARTICLES 21 TO 30

- [ ] 21. Take part in government
- [ ] 22. Social security
- [ ] 23. Work and fair pay
- [ ] 24. Rest and leisure
- [ ] 25. Standard of living
- [ ] 26. Education
- [ ] 27. Culture and science
- [ ] 28. Social and international order
- [ ] 29. Duties to community
- [ ] 30. No one may destroy these rights

Source: United Nations, Human Rights Day and Universal Declaration of Human Rights pages; short labels are ours, based on the OHCHR plain-language version. Read the full text at un.org.