Human Rights Day 2026: The 30 Articles Checklist

Thu., Dec. 10, 2026: read them all by Dec. 10

MARK THE DATE

- [ ] Human Rights Day 2026, a United Nations observance — Thu., Dec. 10

ARTICLES 1 TO 10

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

ARTICLES 11 TO 20

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

ARTICLES 21 TO 30

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

My notes

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.