

# UNIVERSAL HUMAN RIGHTS MONTH

We live in a time of conflict and divide, both within our own country and between other nations. In spite of many differences, we must be able to work together and appreciate all the different races, religions, cultures, and beliefs that co-exist in our world. If we take the time to learn about different cultures, there is a very real possibility that we will find similarities and common ground.



2022 Theme: Dignity, Freedom, and Justice for All

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Universal Human Rights Month began in 1948, after WWII, when the United Nations (U.N.) wrote the Universal Declaration of Human Rights that was codified by the UN General Assembly. This document was created specifically to prevent the atrocities encountered during the war from ever occurring again. <sup>1</sup>This was a declaration to the world regarding the basic rights for every person. Some of these rights include the freedom from discrimination, the right to equality, and the right to be considered innocent until proven guilty. Article I of the 1948 Universal Declaration of Human Rights states, “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.” <sup>2</sup>

Universal Human Rights Month encourages us to **reflect** on how we treat others and how we can do better. It reminds us of our **ideals**, including the individual freedoms that should always be protected. These freedoms **empower** us. The principles in the Declaration of Human Rights are applicable to this day. This document should empower us all to stand up for our own rights, as well as the rights of others.

This December, educate yourself on others. Take the time to learn about the history and customs of some other cultures that you are not familiar with. This will help us all to better understand and appreciate people who are different from ourselves.

