



Human Rights and Your Responsibilities Explained

KS3 CITIZENSHIP

Ages 11-14 ⌚ 4 min read

What Are Human Rights?

Human rights are basic freedoms and protections that every single person in the world deserves, just because they are human. They aren't things you have to earn or buy - they're rights you're born with.

Imagine if you couldn't say what you think, or the government could take your home without a reason, or you weren't allowed to go to school. Sounds unfair, right? That's what human rights protect against. They include the right to life, freedom of speech, freedom of religion, the right to education, and the right to be treated fairly.

In **1948**, after **World War II**, countries around the world agreed on the **Universal Declaration of Human Rights**. This is like a global promise that everyone deserves these basic protections, no matter where they live or who they are.

Think of it like... a school rulebook that protects everyone equally. Just as school rules say you can't be bullied or treated unfairly, human rights say the same thing applies to the whole world.

Why Do We Have Responsibilities?

Here's the important bit: having rights comes with **responsibilities**. A responsibility is something you should do or not do to make society work fairly for everyone.

Your rights only work if other people respect them. So you have a responsibility to respect other people's rights too. For example, you have the right to say what you think, but you have a responsibility not to hurt others with your words. Someone else has the right to feel safe, so you shouldn't bully them.

Think of it like... a friendship. Your friend has the responsibility to listen to you and treat you kindly, just as you have the responsibility to treat them kindly back. It goes both ways.

What Responsibilities Do You Have?

Respect others' rights. This means treating people fairly and not stopping them from having their freedoms. Don't bully, don't discriminate, and listen to people who think differently.

Follow fair rules. Laws exist to protect everyone's rights. When you follow rules at school and at home, you're helping to create a safe, fair place for everyone.

Help your community. You could volunteer, be kind to neighbours, or help someone who needs support. These actions make your community stronger.

Think about your choices. Before you say or do something, ask yourself: could this hurt someone's rights or feelings?

Remember, rights and responsibilities are like two sides of a coin. You deserve to have your rights protected, and everyone else does too. That's why you have the responsibility to protect theirs.