


BE A HERO FOR A BETTER WORLD




DEFEND HUMAN RIGHTS

"The connection between women's human rights, gender equality, economic development and peace is increasingly apparent."
— Malva Ashani

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DEFEND HUMAN RIGHTS

"Human rights education is more than a lesson in schools or a theme for a day; it is a process to equip people with the tools they need to live lives of security and dignity."
— Kofi Annan

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DEFEND HUMAN RIGHTS

"A century that began with children having no rights is ending with children having the most powerful legal instrument that only recognizes but protects their human rights."
— Carol Bellamy (on the Convention on the Rights of the Child)

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DEFEND HUMAN RIGHTS

"You don't negotiate to weak, but not do deals. You can settle a man, but not an idea. You can kill a man, but not an idea."
— Benazir Bhutto

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"The most potent weapon in the hands of the oppressor is the mind of the oppressed."
— Stephen Bibi

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"Everyone has a right to beautiful conditions, the basic personal freedom, the alleviation of suffering, and the opportunity to lead a productive life."
— Jimmy Carter

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BetterWorld

Issue:

Human Rights

...defend human rights...


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for a Better World.

Together
We Make a World of Difference!

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DEFEND HUMAN RIGHTS

"Human Rights for everyone is the necessary foundation upon which all of us may build a world where everybody may live in peace and security and plenty."
— Michael Douglas

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DEFEND HUMAN RIGHTS

"The idea of cultural relativism is nothing but an excuse to violate human rights."
— Shirin Ebadati

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DEFEND HUMAN RIGHTS

"Freedom from fear" could be said to sum up the whole philosophy of human rights."
— Dag Hammarskjöld

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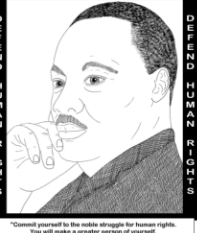


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"No cause can justify the abuse of human rights."
— Irene Khan

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"Gained power" to the noble struggle for human rights. You will make a greater person of yourself, a greater nation of your country and a better world to live in."
— Martin Luther King, Jr.

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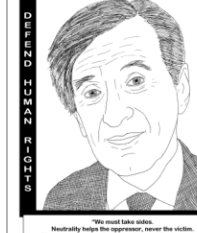


DEFEND HUMAN RIGHTS

"It means a great deal to those who are oppressed to know that they are not alone. And never let anyone tell you that what you are doing is insignificant."
— Archbishop Desmond Tutu

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"We must take sides. Neutrality helps the oppressor, never the victim. Silence encourages the tormentors, not the tormented."
— Elie Wiesel

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"I have a dream that one day, down in Alabama, little boys and girls of the South will be able to sit with little girls of the South at the lunch counter. And that one day, the states of the South will no longer be states of the South, but states of all Americans."
— Little Rock Nine

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"Today's human rights violations are the causes of tomorrow's conflicts."
— Mary Robinson

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"Human rights are not a privilege conferred by government. They are every human being's entitlement by virtue of his/her/hers."
— Walter Dross

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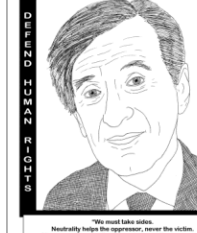


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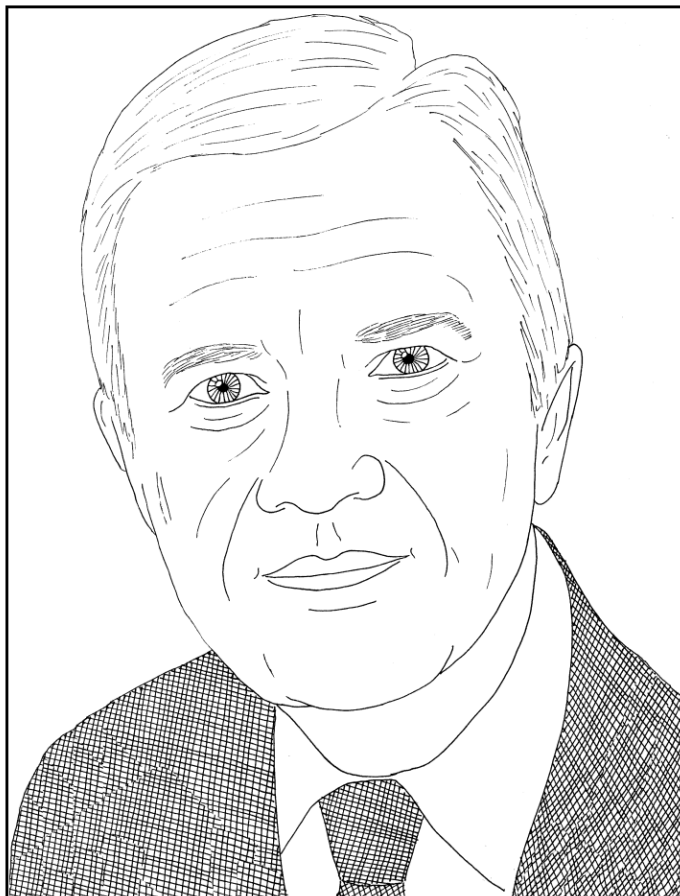


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"... civil society has not lost the possibility to influence the government, and force them to change their policy. That is why we believe in your voice and your help."
— Little Rock Nine

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WHAT'S YOUR BETTERWORLD ISSUE? HUMAN RIGHTS



The evolution of the human rights movement clearly illustrates humanity's ongoing struggle toward creating a better world.

Throughout history, societies have usually been structured with a powerful minority deciding the course of the lives of the majority. Through the ages, people have worked to change those systems so that they are fairer for everyone. As the world has become more global and interconnected, the human rights movement has been able to spread throughout the world, winning rights for people everywhere. Many victories have been won, but there is still a long way to go.

After the horrors of World War II, the United Nations was created to provide a forum for countries to work out their problems peacefully, and to help nations work together to create a more peaceful, just and sustainable world for all. Protecting and promoting human rights is one of the foundations of the goals of the United Nations.

On December 10, 1948, the United Nations adopted the **Universal Declaration of Human Rights**, which clearly outlined the basic human rights and freedoms to which all people should be entitled. This document continues to be a cornerstone in the struggle for a better world.

"Everyone has a right to peaceful coexistence, the basic personal freedoms, the alleviation of suffering, and the opportunity to lead a productive life..."
-- Jimmy Carter

Many people and organizations work throughout the year to help protect human rights - often placing their own lives in danger. Human Rights Day, on December 10, is an important global occasion to remind us about the importance of protecting human rights for all.

Do One Thing for a Better World

1. Find out more
2. Hold an event to raise awareness about human rights issues
3. Contribute to organizations working to defend human rights

Human Rights Organizations

- Amnesty International (amnesty.org)
- Carter Center (cartercenter.org)
- Human Rights First (humanrightsfirst.org)
- Human Rights Watch (hri.org)
- Rights International (rightsinternational.org)
- UN Office of the High Commissioner for Human Rights (ohchr.org)
- Witness (witness.org)
- Women's Human Rights Net (whrnet.org)

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**"The connection between women's human rights, gender equality, socioeconomic development and peace is increasingly apparent."
-- Mahnaz Afkhami**

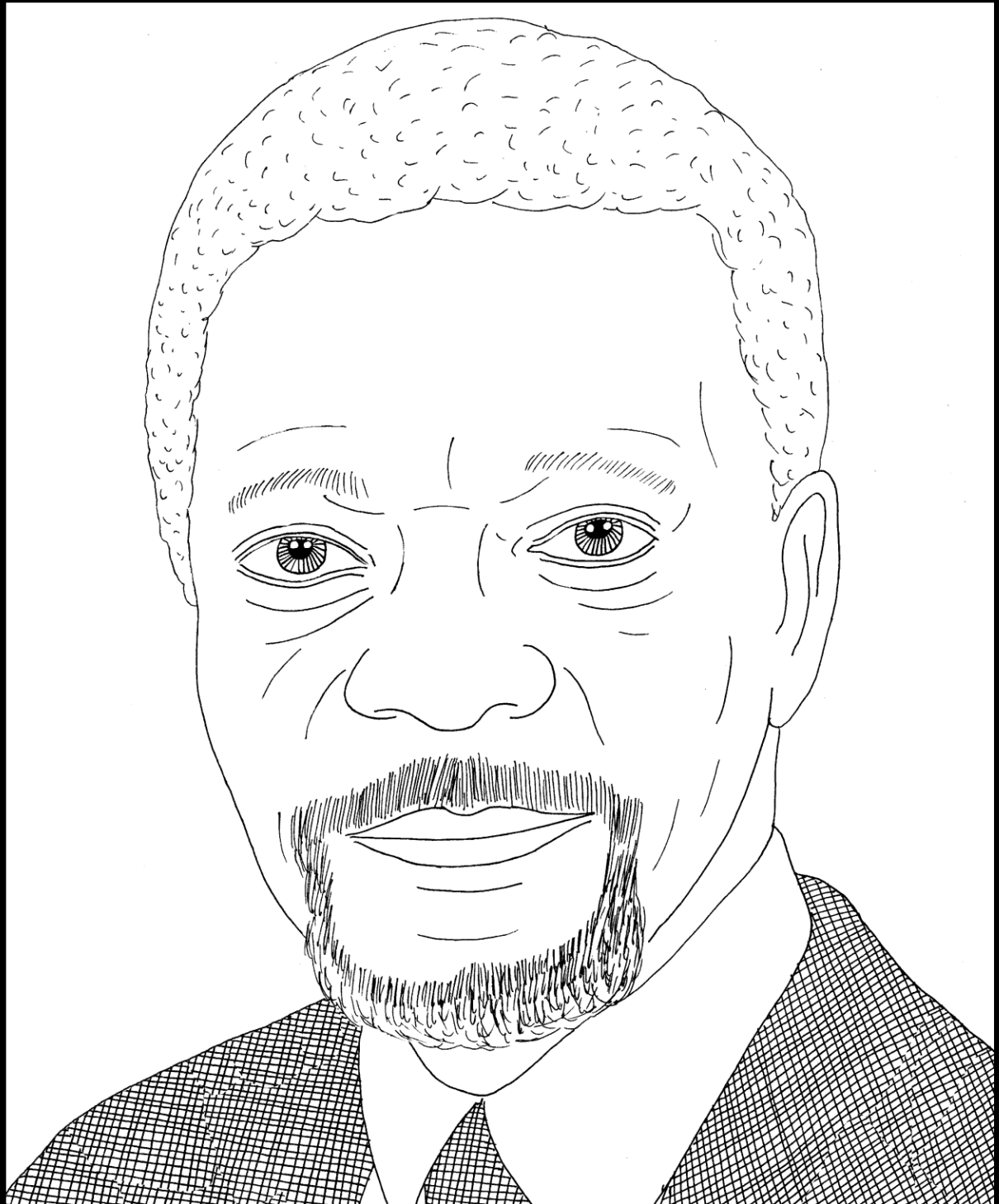
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-- Kofi Annan

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S-I-G-N-A-M-C-H-I-D-E-N-D

"The sad truth is that most evil is done by people who never make up their minds to be either good or evil."

-- Hannah Arendt

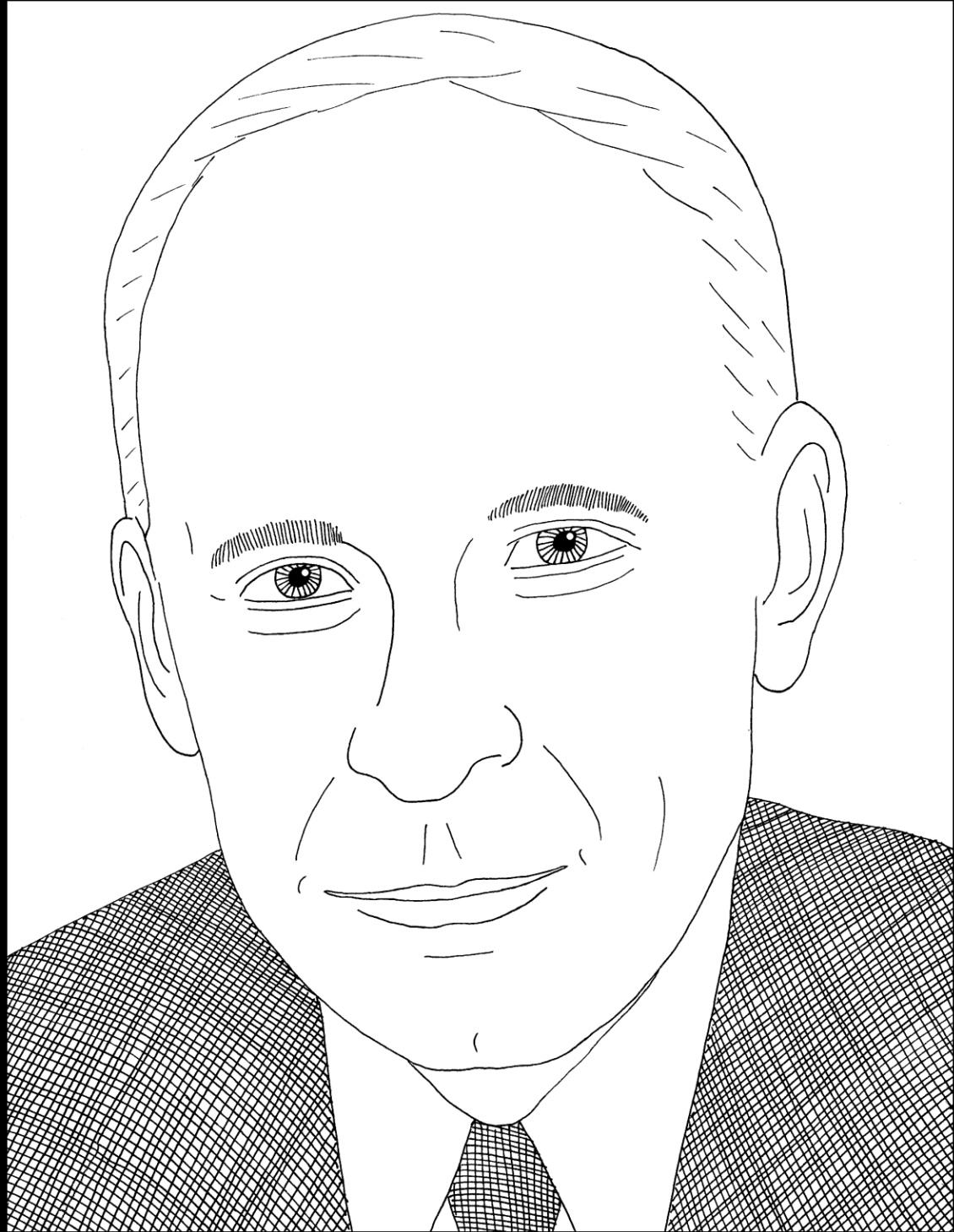
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S-I-G-N-A-M-C-H-I-D-Z-E-M-E-N-D

"Silence never won rights. They are not handed down from above; they are forced by pressures from below."

-- Roger Nash Baldwin

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"Through electing officials that will protect the Constitution and commit themselves to the rights of the people and the health of the nation, we will be able to ensure that no group of ideologues and no private sector institution can coopt our rights, take us into senseless wars and steal the nation from its people."

-- Harry Belafonte

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"A century that began with children having virtually no rights is ending with children having the most powerful legal instrument that not only recognizes but protects their human rights."
-- Carol Bellamy (on the Convention on the Rights of the Child)

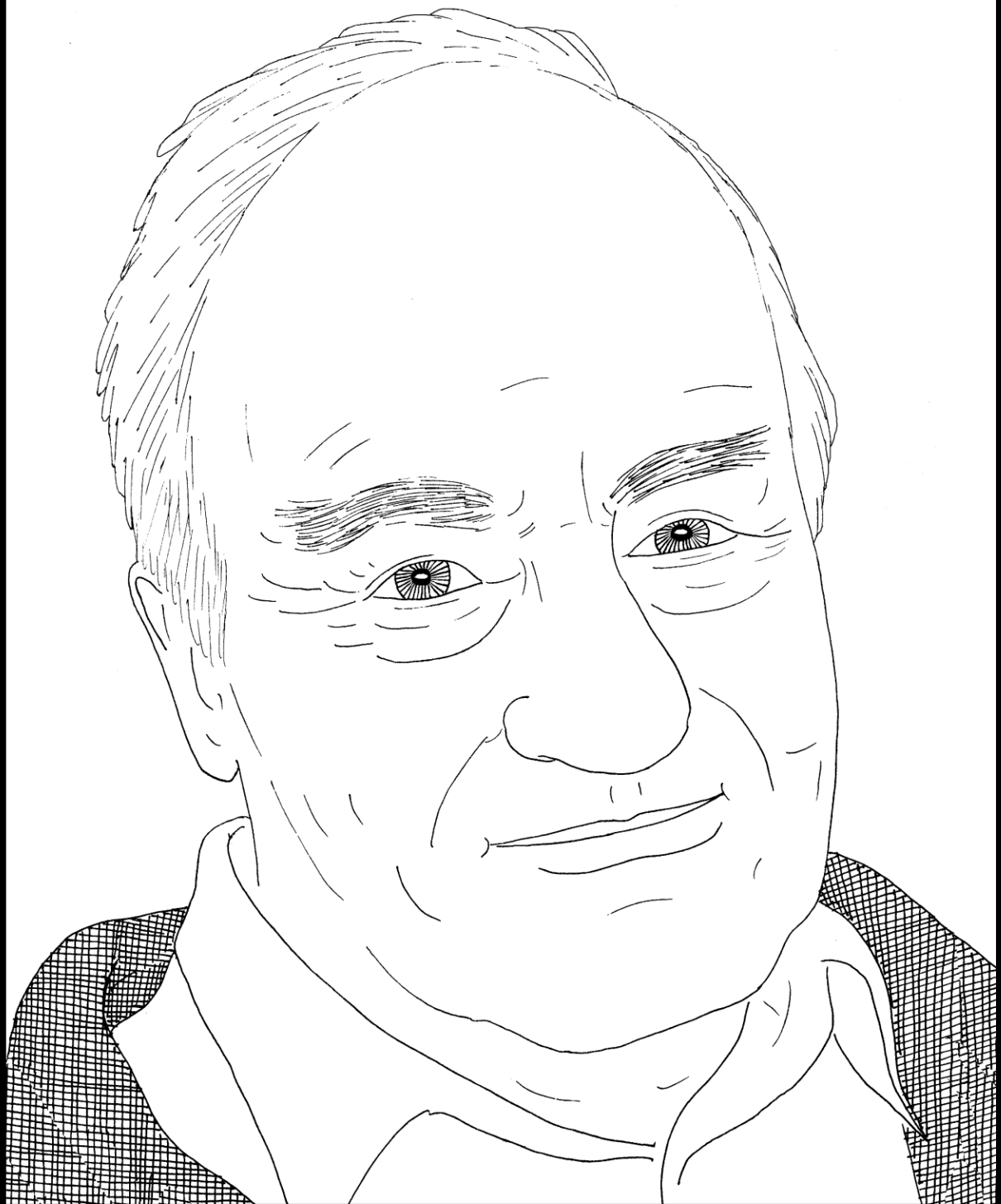
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**"Those who today still feel a sense of impotence can do something:
they can support Amnesty International.
They can help it to stand up for freedom and justice."
-- Peter Benenson**

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**'You can imprison a man, but not an idea.
You can exile a man, but not an idea.
You can kill a man, but not an idea.'**
-- Benazir Bhutto

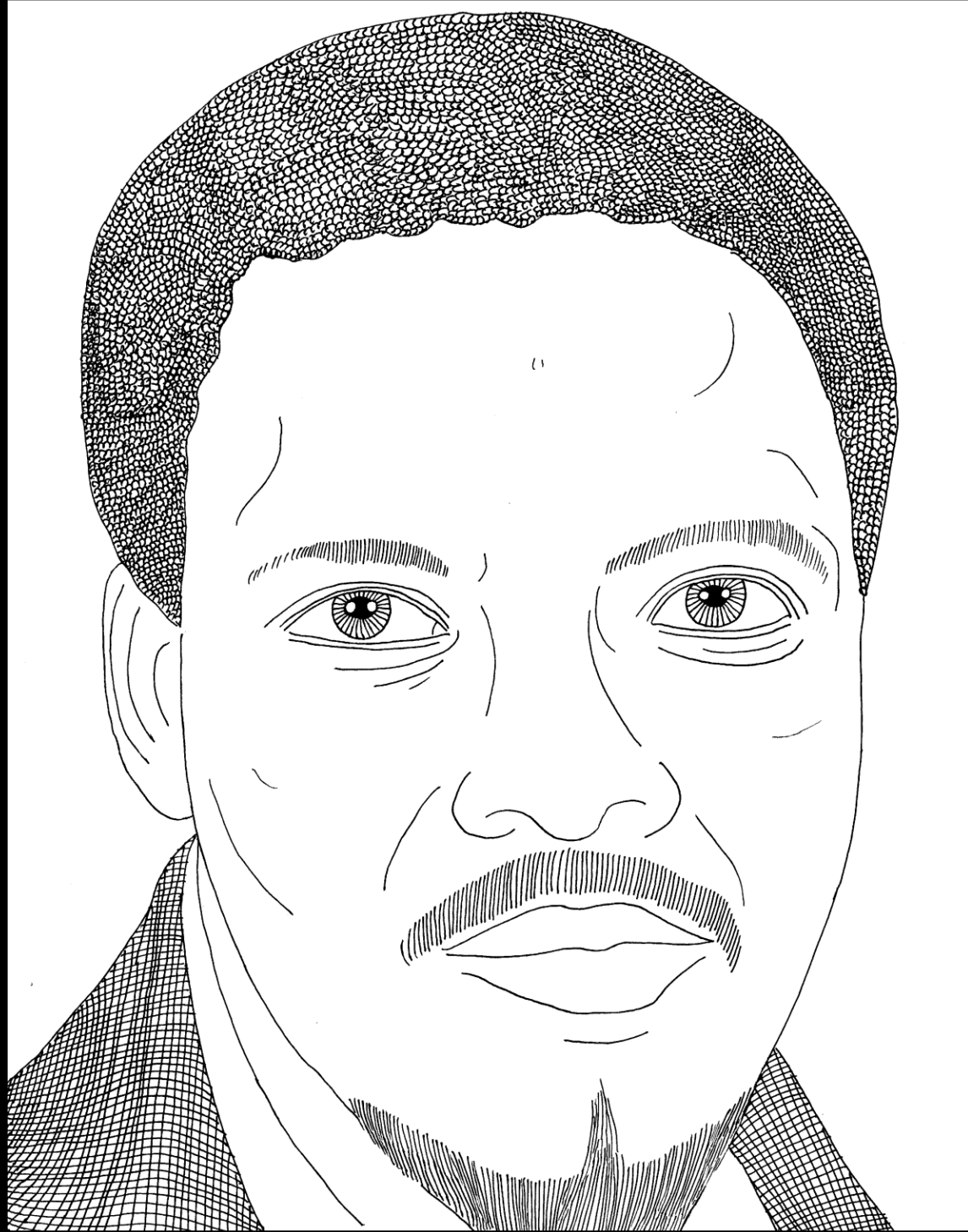
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**"The most potent weapon in the hands of the oppressor
is the mind of the oppressed."**

-- Stephen Biko

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"It has long been recognized that an essential element in protecting human rights was a widespread knowledge among the population of what their rights are and how they can be defended."

-- Boutros Boutros-Ghali

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“We are asking people to understand that slavery still exists today; in fact, according to a recent New York Times article, if you count the number of women and children in bonded labor, domestic slavery or sexual slavery today, there are more slaves in the world than at any other time in history.”

-- Charlotte Bunch

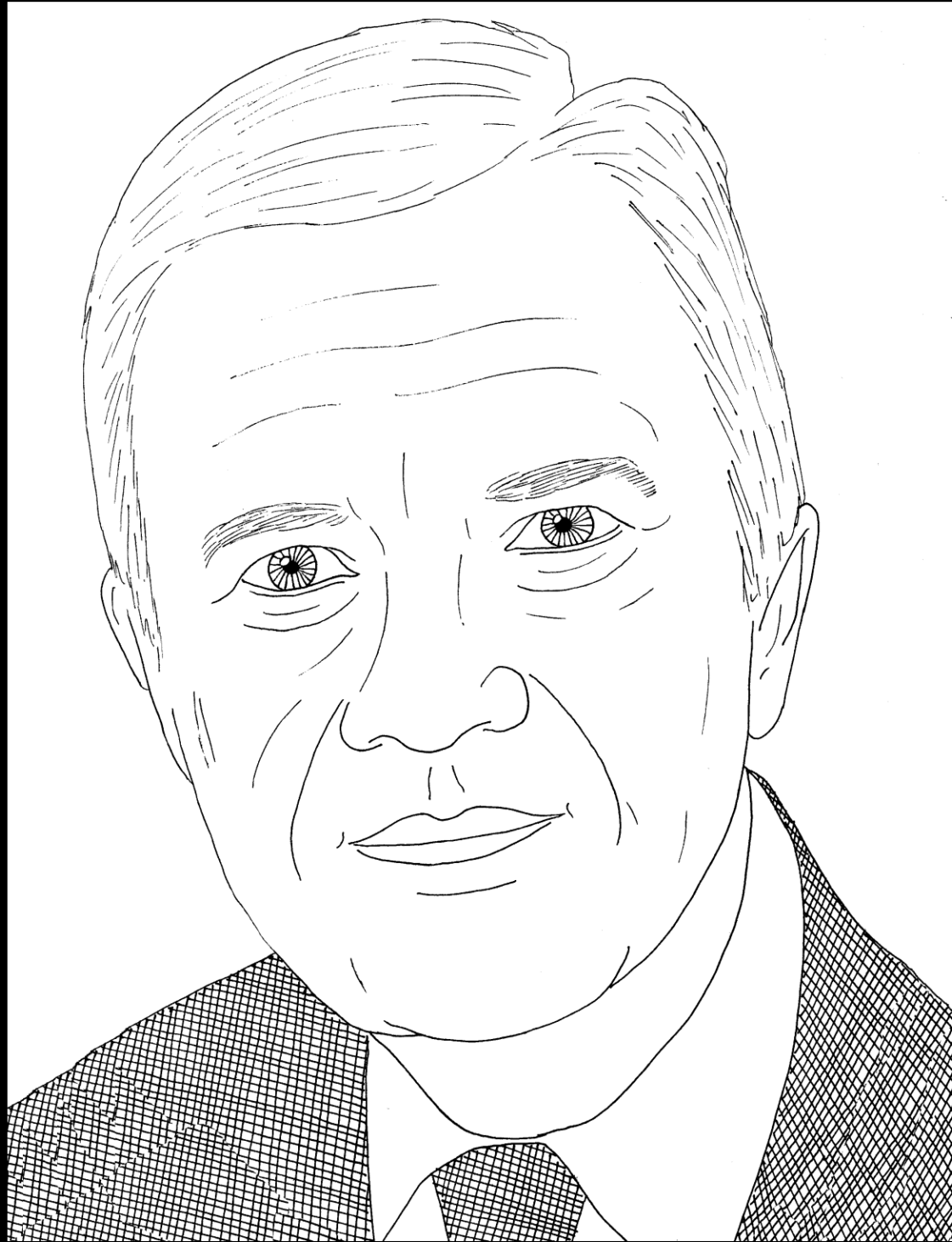
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the basic personal freedoms, the alleviation of suffering,
and the opportunity to lead a productive life..."**

-- Jimmy Carter

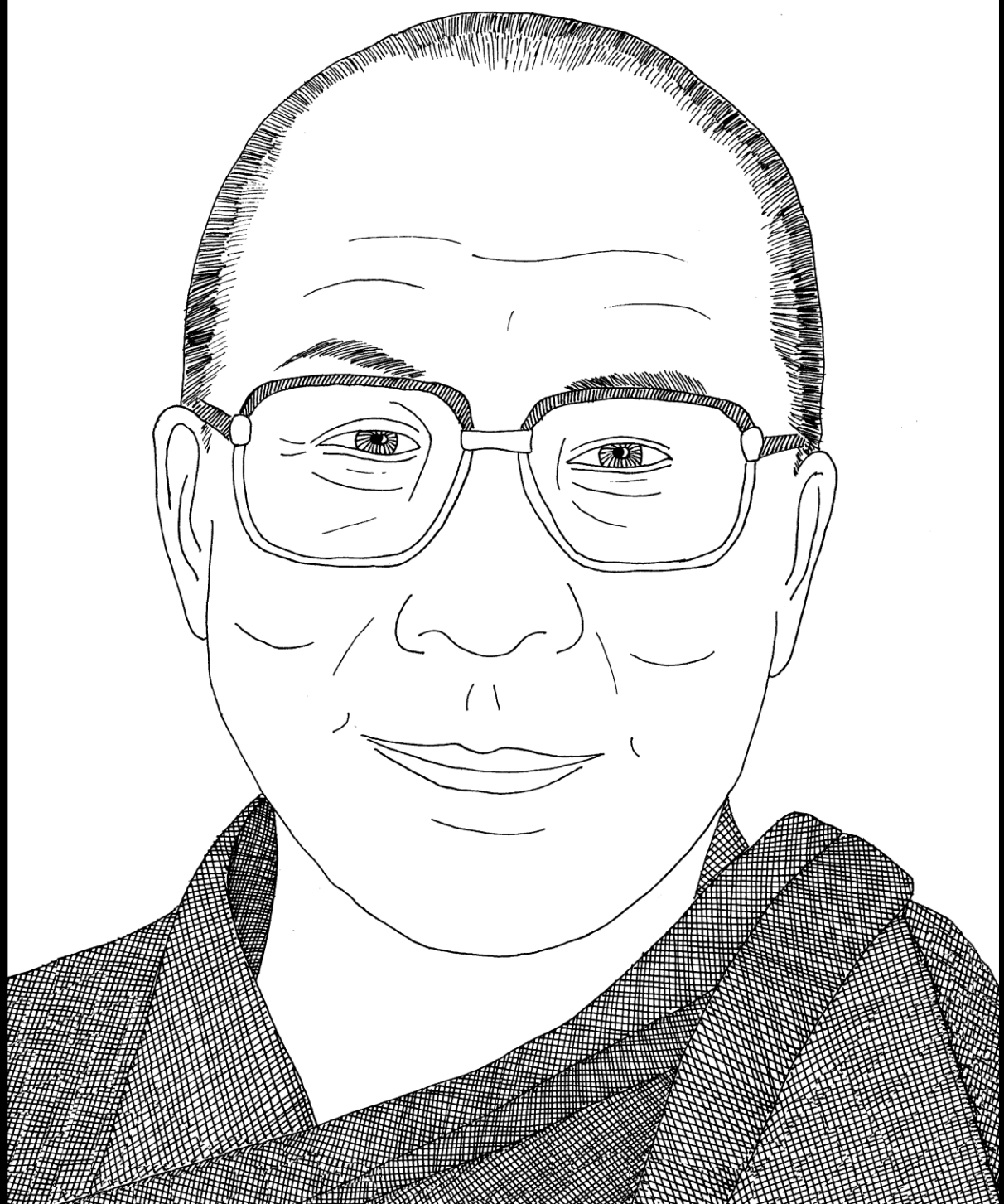
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"Peace can only last where human rights are respected,
where the people are fed,
and where individuals and nations are free."

-- Dalai Lama

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"Human Rights for everyone is the necessary foundation upon which all of us may build a world where everybody may live in peace and serenity and plenty."

-- Michael Douglas

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**"The idea of cultural relativism
is nothing but an excuse to violate human rights."
-- Shirin Ebadi**

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**"Without peace, there is little hope for human rights."
-- Martin Ennals**

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"Clean water and health care and school and food and tin roofs and cement floor, all of these things should constitute a set of basics that people must have as birthrights."

-- Dr. Paul Farmer

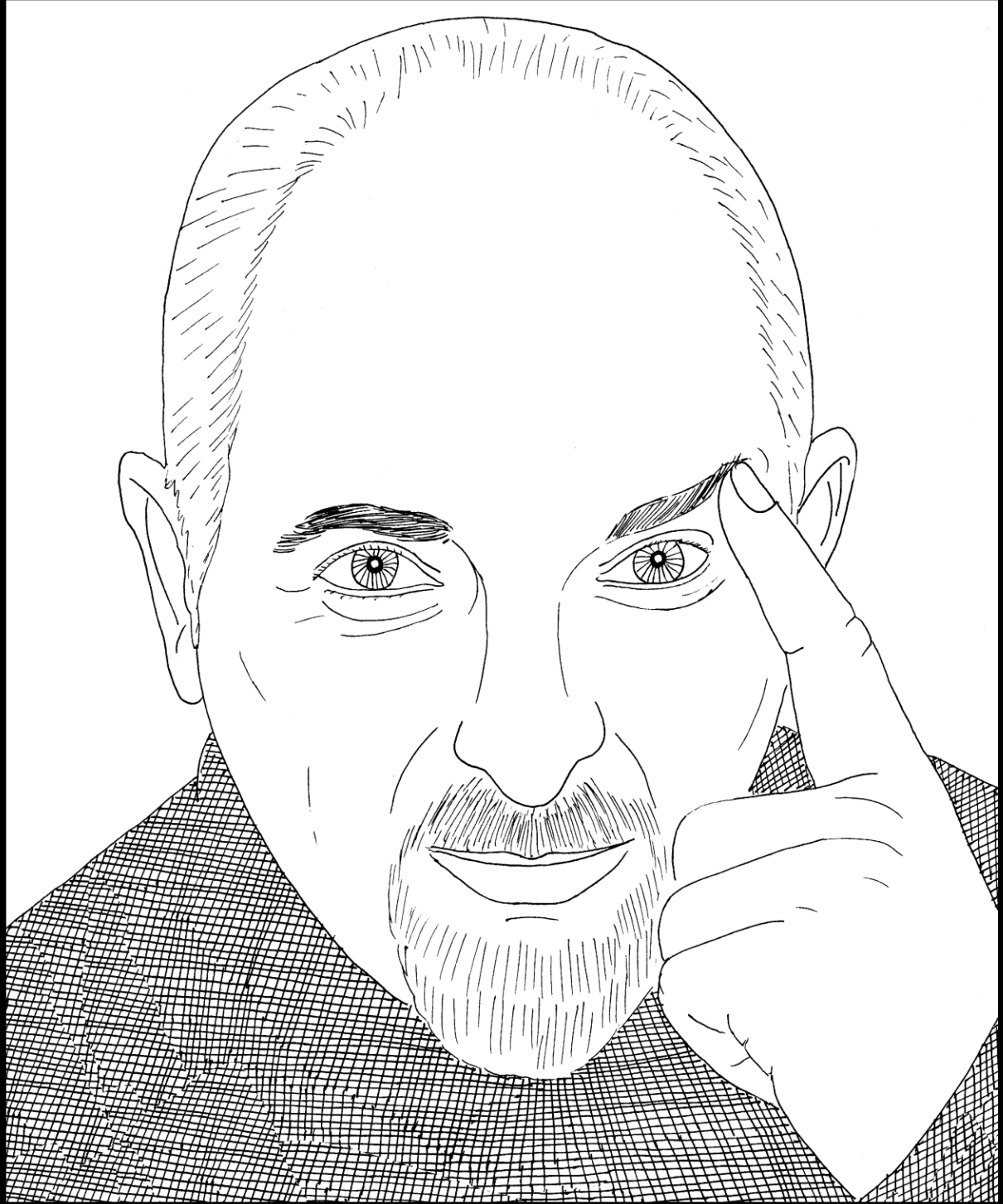
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"The UN Declaration of Human Rights laid down what any person might reasonably expect, yet there are remarkably few people who enjoy these rights. With cameras in the hands of activists and meaningful distribution of those images, we will witness what really goes on in this world and hopefully want to change it."

-- Peter Gabriel

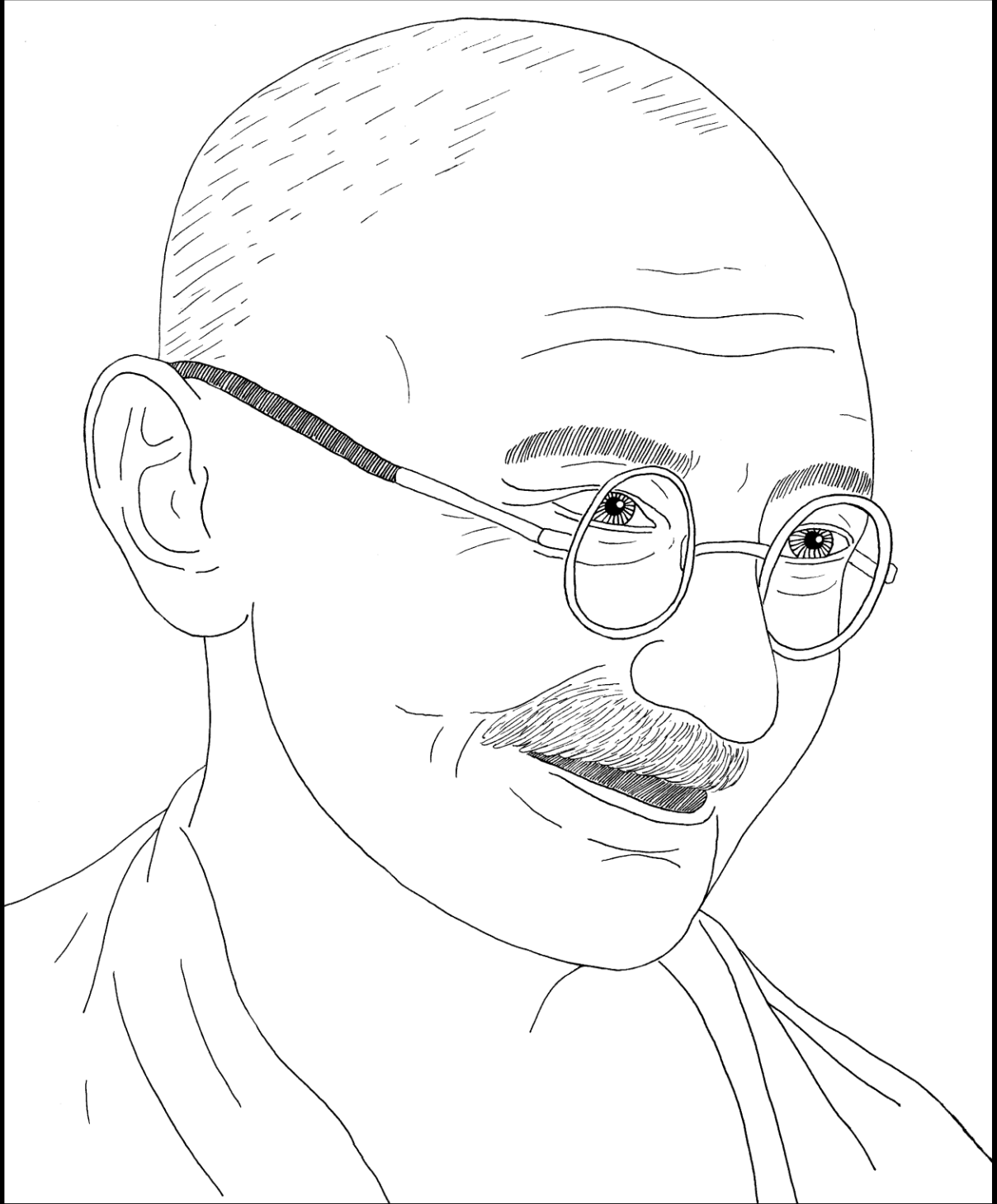
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"Truth resides in every human heart, and one has to search for it there, and to be guided by truth as one sees it. But no one has a right to coerce others to act according to his own view of truth."

-- Mohandas Gandhi

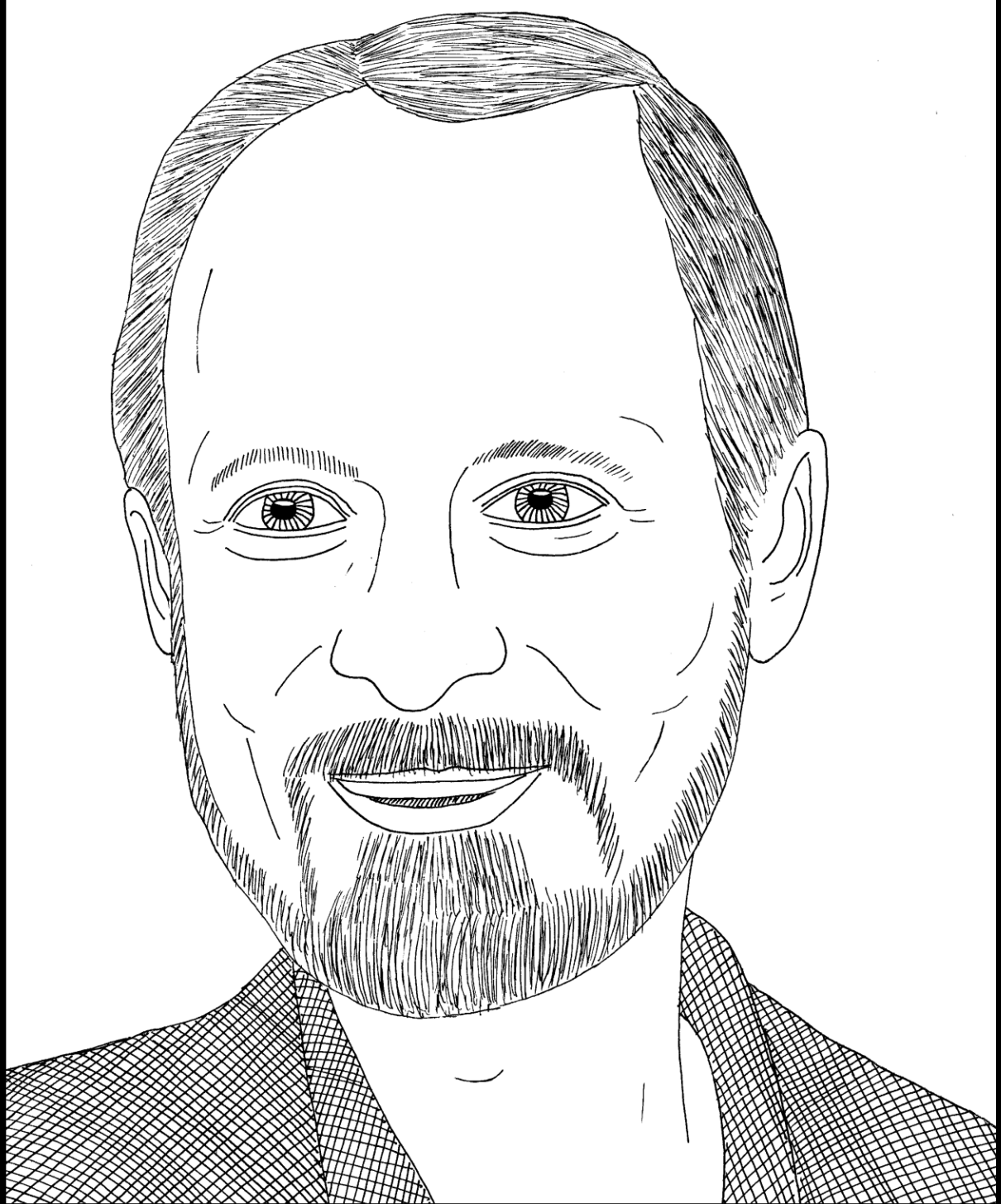
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"The modern infrastructures that exist in the world all contribute to the advancement of human rights and democracy..."

-- Akbar Ganji

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**"Nobody's free until everybody's free."
-- Fannie Lou Hamer**

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**D E F E N D
Z A M U C H I
R - I G H T S**



**D E F E N D
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**"There is no contradiction between effective law enforcement
and respect for civil and human rights."**

-- Dorothy Height

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"After a war, the silencing of arms is not enough. Peace means respecting all rights. You can't respect one of them and violate the others. When a society doesn't respect the rights of its citizens, it undermines peace and leads it back to war."

-- Maria Julia Hernandez

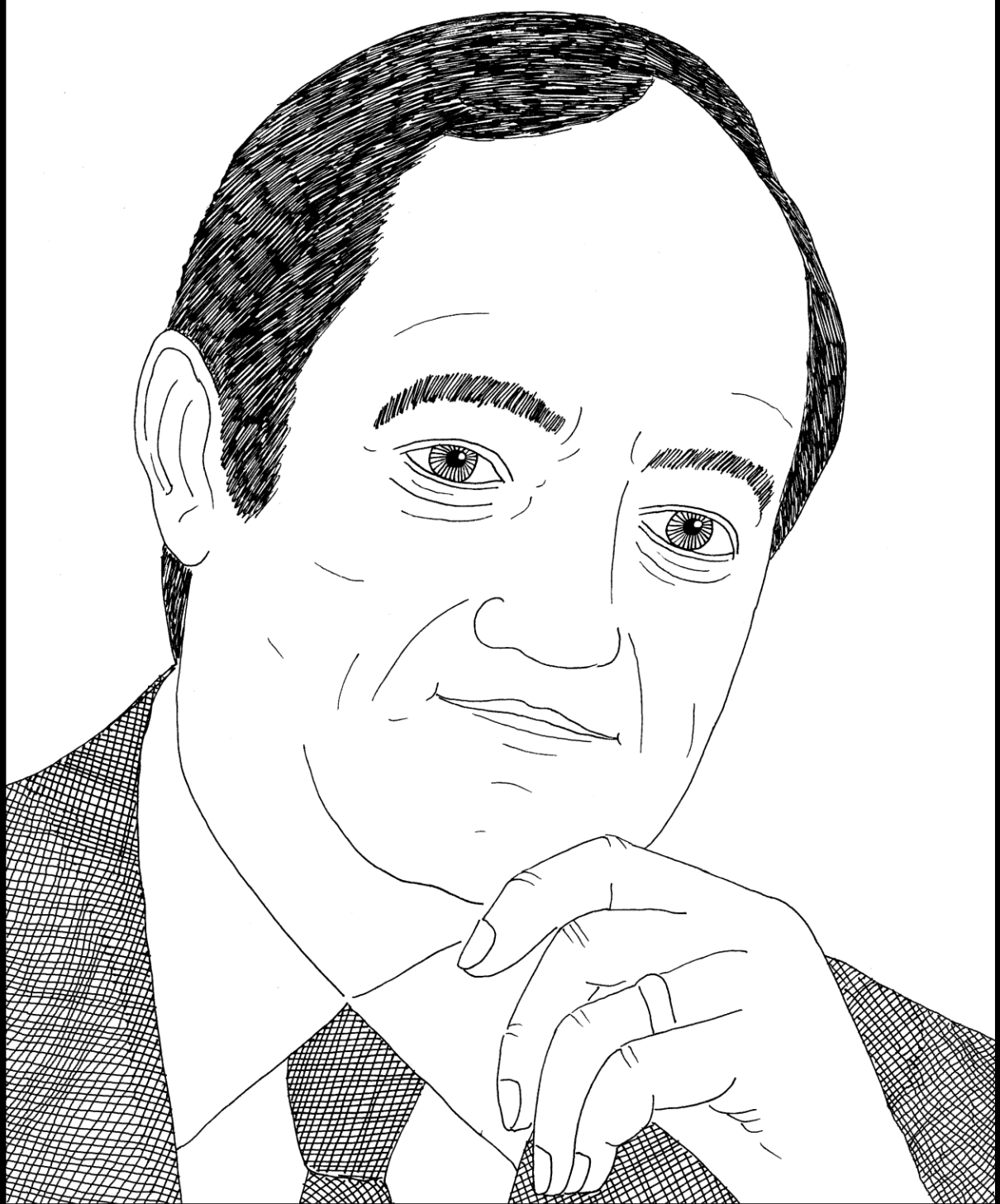
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**"There can be no compromise on the right of personal security;
there can be no compromise on securing of human rights."**

-- Hubert Humphrey

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**"Give to every human being every right
that you claim for yourself."**

-- Robert G. Ingersoll

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"There is so much each one of us can do to make a difference. We are at a dangerous juncture in the history of mankind. ...We need to defend our principles and values, human rights, civil liberties and the rule of international law. If we don't our world will further descend into a state of chaos."

-- Bianca Jagger

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"I think cultural diversity makes human rights even richer. It is a part of human rights to actually respect cultural diversity, to encourage it. But cultural diversity does not mean inhuman treatment of other human beings."

-- Asma Jahangir

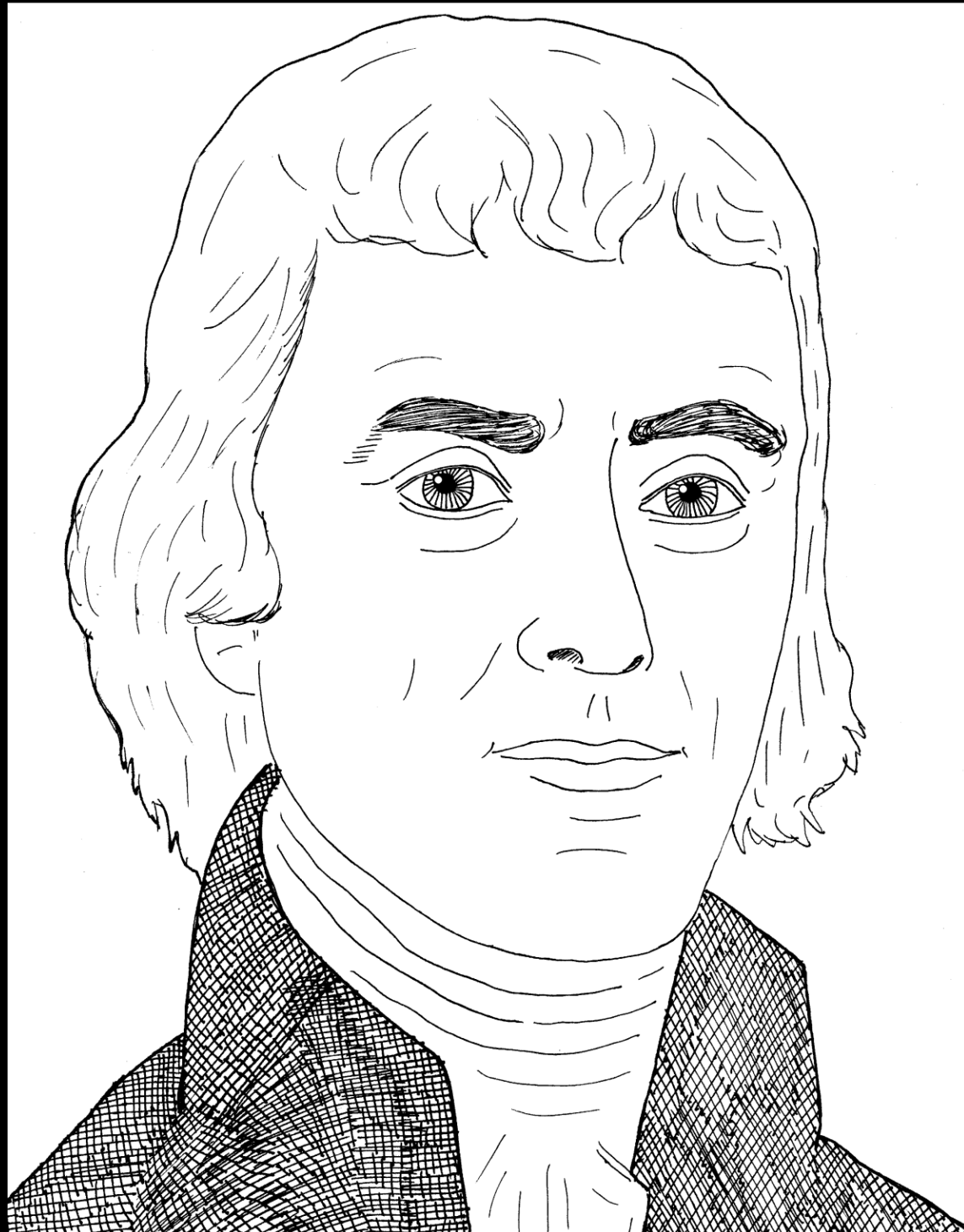
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"We hold these truths to be self-evident--that all men are created equal; that they are endowed by their Creator with certain inalienable rights; that among these are Life, Liberty, and the pursuit of happiness."

-- Thomas Jefferson

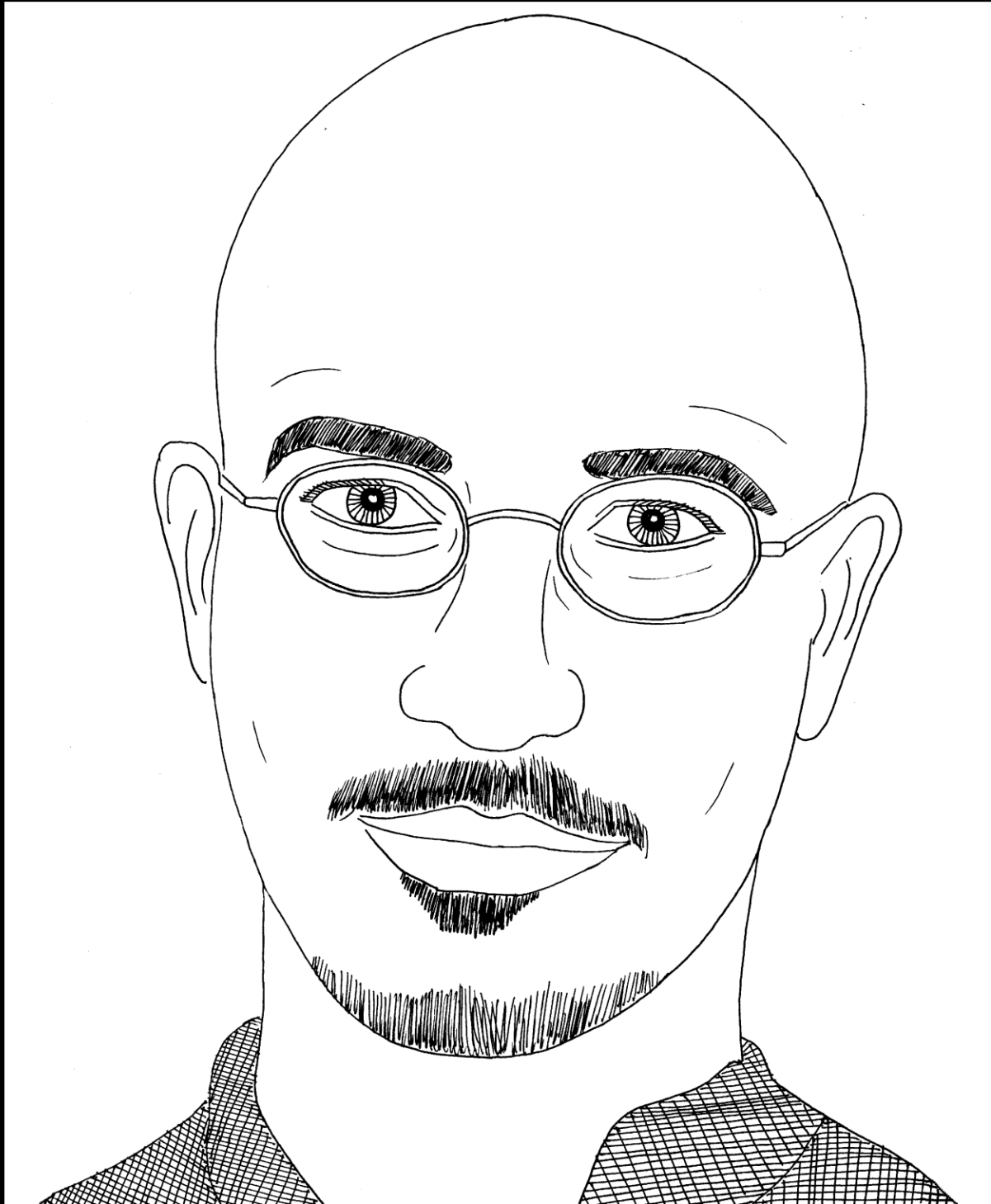
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S-I-G-N-A-M-C-I-D-E-F-F-E-D



S-I-G-N-A-M-C-I-D-E-F-F-E-D

**"No one is above the law, and no one is beneath the law."
-- Van Jones**

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S-H-I-G-R-Z-A-M-C-I-D-Z-N-E-T-M-D

"The Earth is the mother of all people
and all people should have equal rights upon it."
-- Chief Joseph

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S-I-G-N-I-F-I-C-A-N-T-H-U-M-A-N-R-I-G-H-T-S



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**"In giving rights to others which belong to them,
we give rights to ourselves."
-- John F. Kennedy**

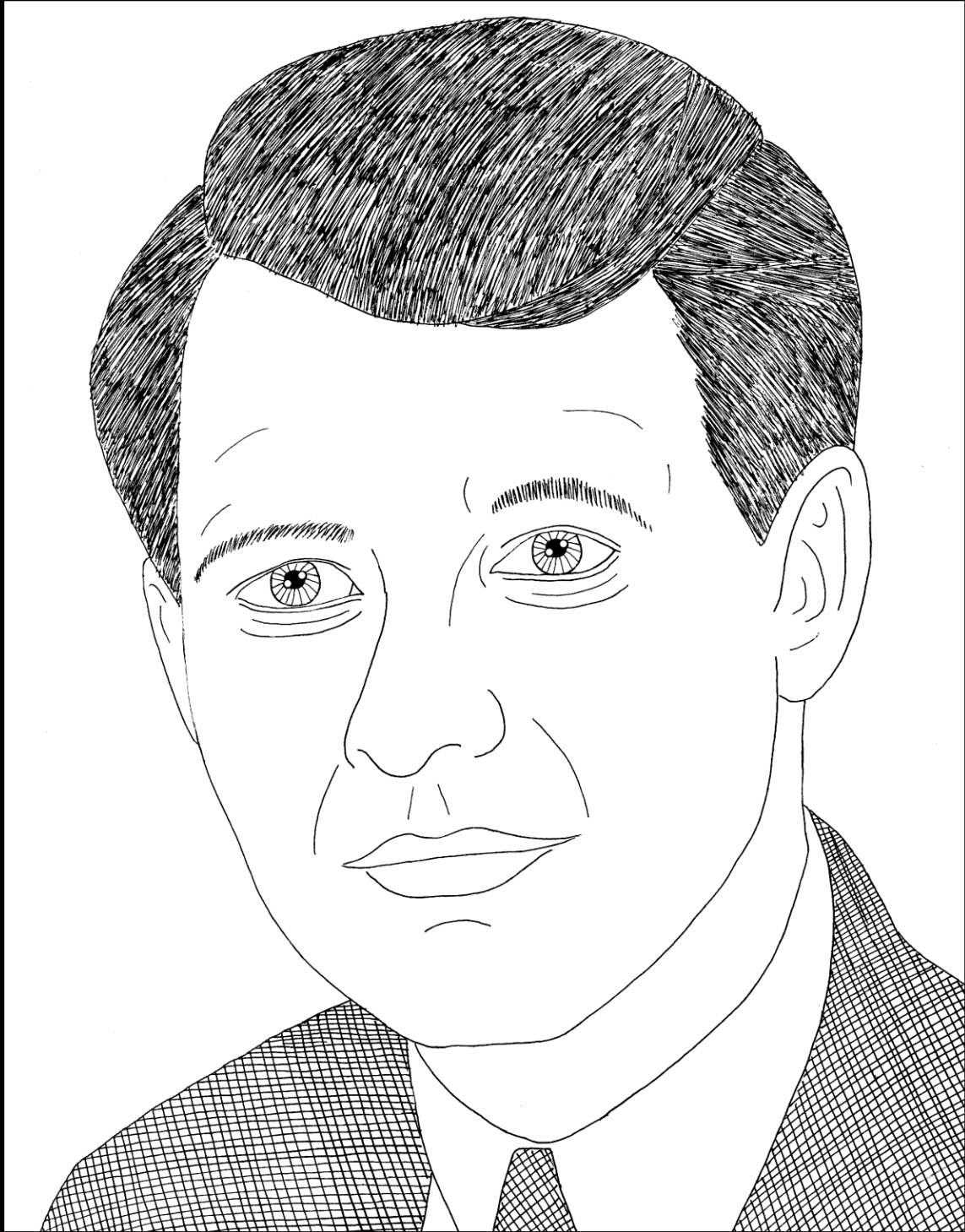
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"Each time a person stands for an ideal, or acts to improve the lot of others, or strikes out against injustice, he or she sends forth a tiny ripple of hope. And crossing each other from a million different centers of energy and daring, those ripples build a current that can sweep down the mightiest walls of oppression and resistance."

-- Robert F. Kennedy

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**"No cause can justify the abuse of human rights."
-- Irene Khan**

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**"I won't give up until the exploitation of all children has ended
and all children have their rights."**

-- Craig Kielburger

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"Democracy is the absolute value that makes for human dignity,
as well as the only road to sustained
economic development and social justice."

-- Kim Dae-jung

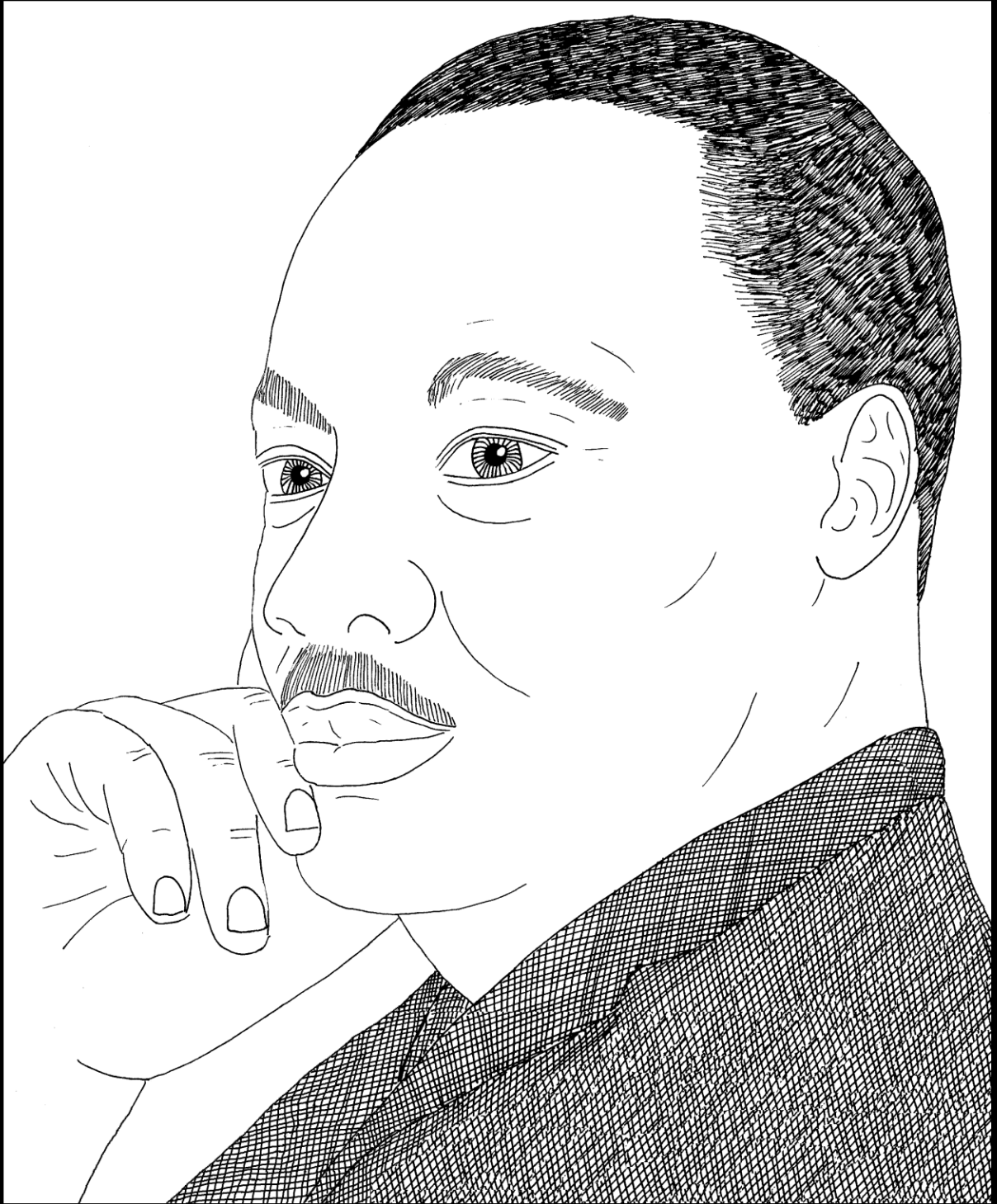
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**"Commit yourself to the noble struggle for human rights.
You will make a greater person of yourself,
a greater nation of your country and a finer world to live in."
-- Martin Luther King, Jr.**

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"we are opposing the exploitation of man by man, similarly we must oppose the exploitation of peoples by other peoples ...but today this is no longer enough ...we have to assist the peoples fighting for their independence to develop their economies, to increase their standard of living."

-- Bruno Kreisky

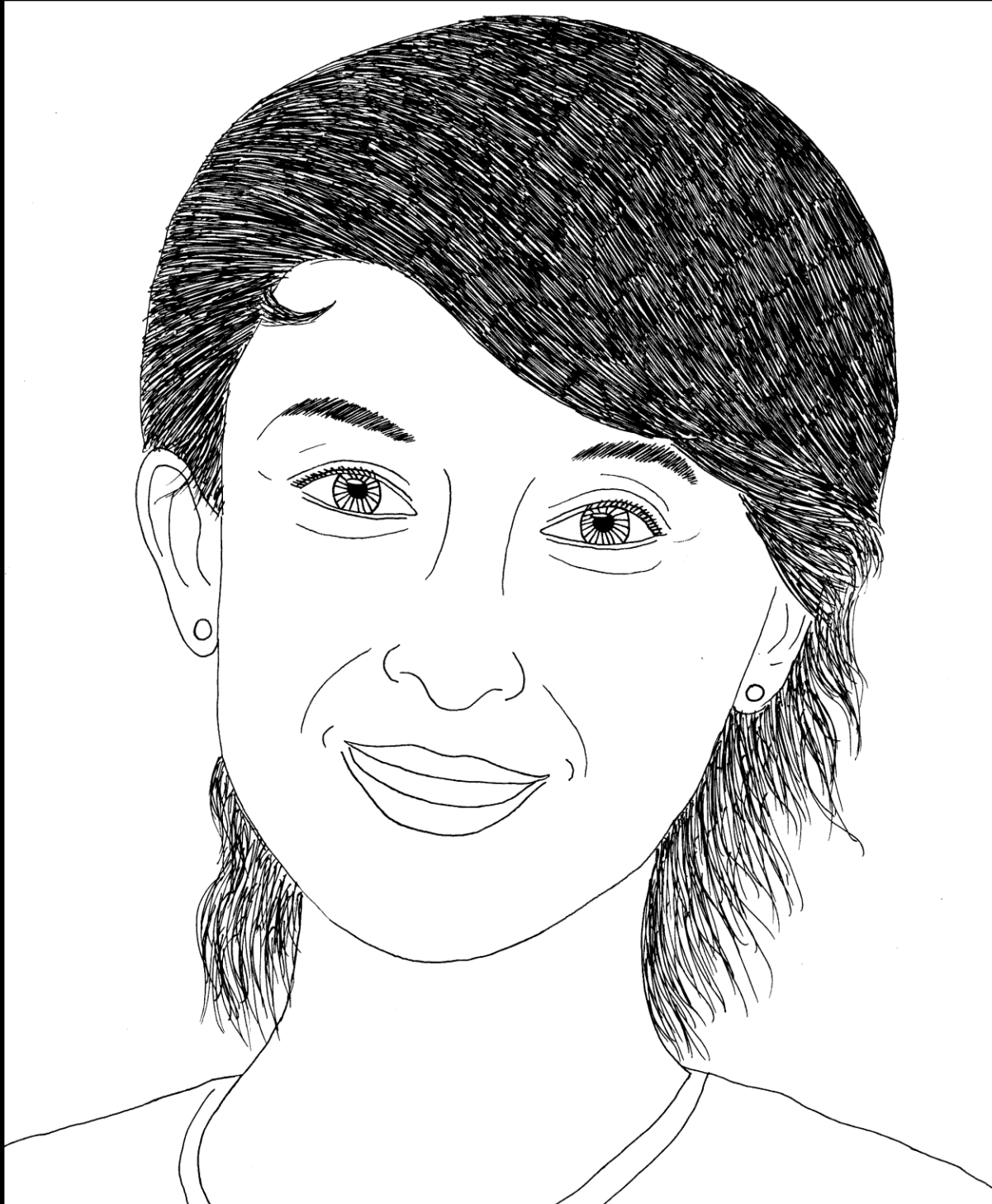
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HUMAN RIGHTS



HUMAN RIGHTS

"The people of my country want the two freedoms that spell security:
freedom from want and freedom from fear."

-- Daw Aung San Suu Kyi

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“Sexual abuse and rape in our prisons are the epitome of the dehumanizing nature of our entire correctional system. Prison rape is a human rights issue; it's a public health issue; and it's a public safety issue.”

-- Barbara Lee

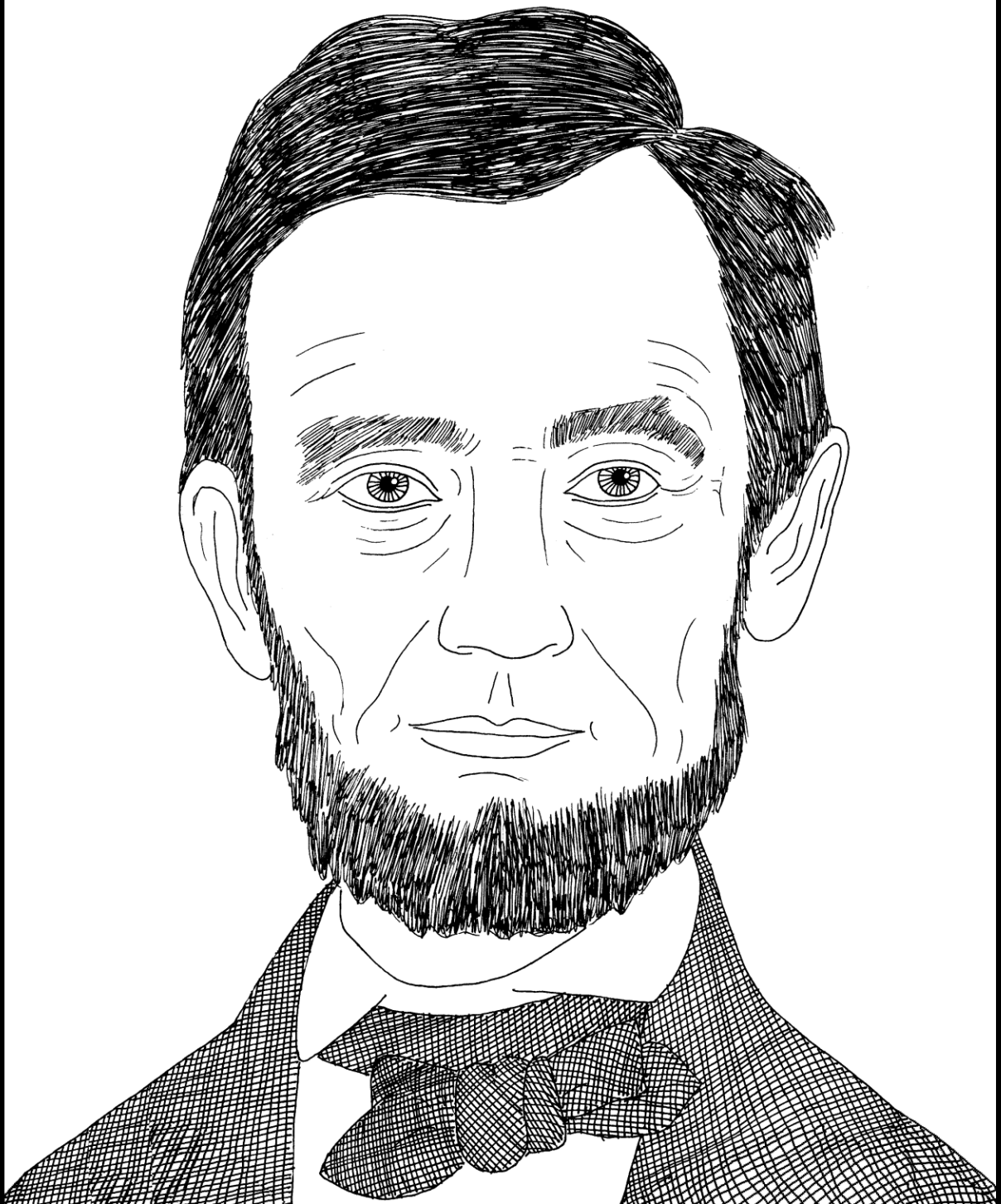
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**"Whenever I hear anyone arguing for slavery,
I feel a strong impulse to see it tried on him personally."
-- Abraham Lincoln**

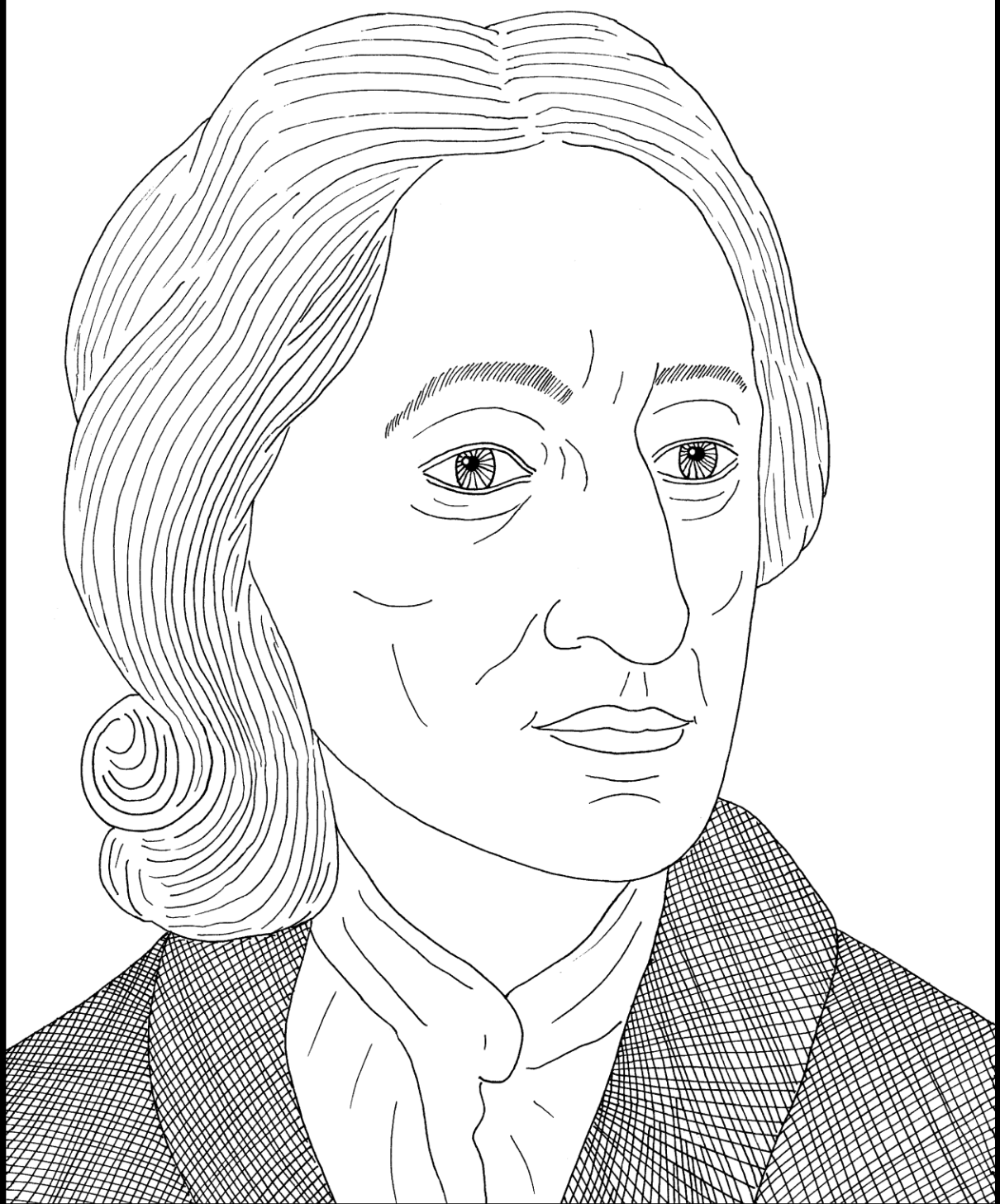
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**"All mankind... being all equal and independent,
no one ought to harm another in his life, health, liberty or possessions."
-- John Locke**

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"Even strong as they are today, rich countries should have no illusion: nobody is safe in a world of injustices. War will never bring security. War can only generate monsters: bitterness, intolerance, fundamentalism, and the damaging denial of current hegemonies. The poor must be given reasons to live, not to kill or die."

-- Luiz Lula da Silva

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S-I-G-N-I-F-I-C-A-N-T
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**"Overcoming poverty is not a gesture of charity. It is an act of justice. It is the protection of a fundamental human right, the right to dignity and a decent life."
-- Nelson Mandela**

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**"Get up, stand up, Stand up for your rights.
Get up, stand up, Don't give up the fight."
-- Bob Marley**

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**"All men are by nature born equally free and independent."
-- George Mason**

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"The cost in human lives and suffering is so high that we all have to work to end violence and oppression once and for all. We have to proclaim that every human being is equal, in dignity, in freedom —and, as the first article of the Universal Declaration of Human Rights states, we have to live "in a spirit of brotherhood."

-- Federico Mayor

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D-Z-E-M-E-N-D



S-I-G-R-I-G-T-S
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D-Z-E-M-E-N-D

**"We are not myths of the past, ruins in the jungle, or zoos.
We are people and we want to be respected,
not to be victims of intolerance and racism."**

-- Rigoberta Menchu

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"I feel more motivated and happy because there are people interested in our problem, people that care for us and support us in our fight for human liberty. I have a great emotion because I know now that we are not struggling alone against human rights violation."

-- Aktham Naisse

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**"The only way to make sure people you agree with can speak
is to support the rights of people you don't agree with."
-- Eleanor Holmes Norton**

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**"Together we can prevent genocide from happening again.
Together we can make a better future for our children."**

-- Dith Pran

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**"Caged birds sing of freedom, free birds fly."
-- Thorolf Rafto**

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**"We believe that human rights transcend boundaries
and must prevail over state sovereignty."**

-- José Ramos-Horta

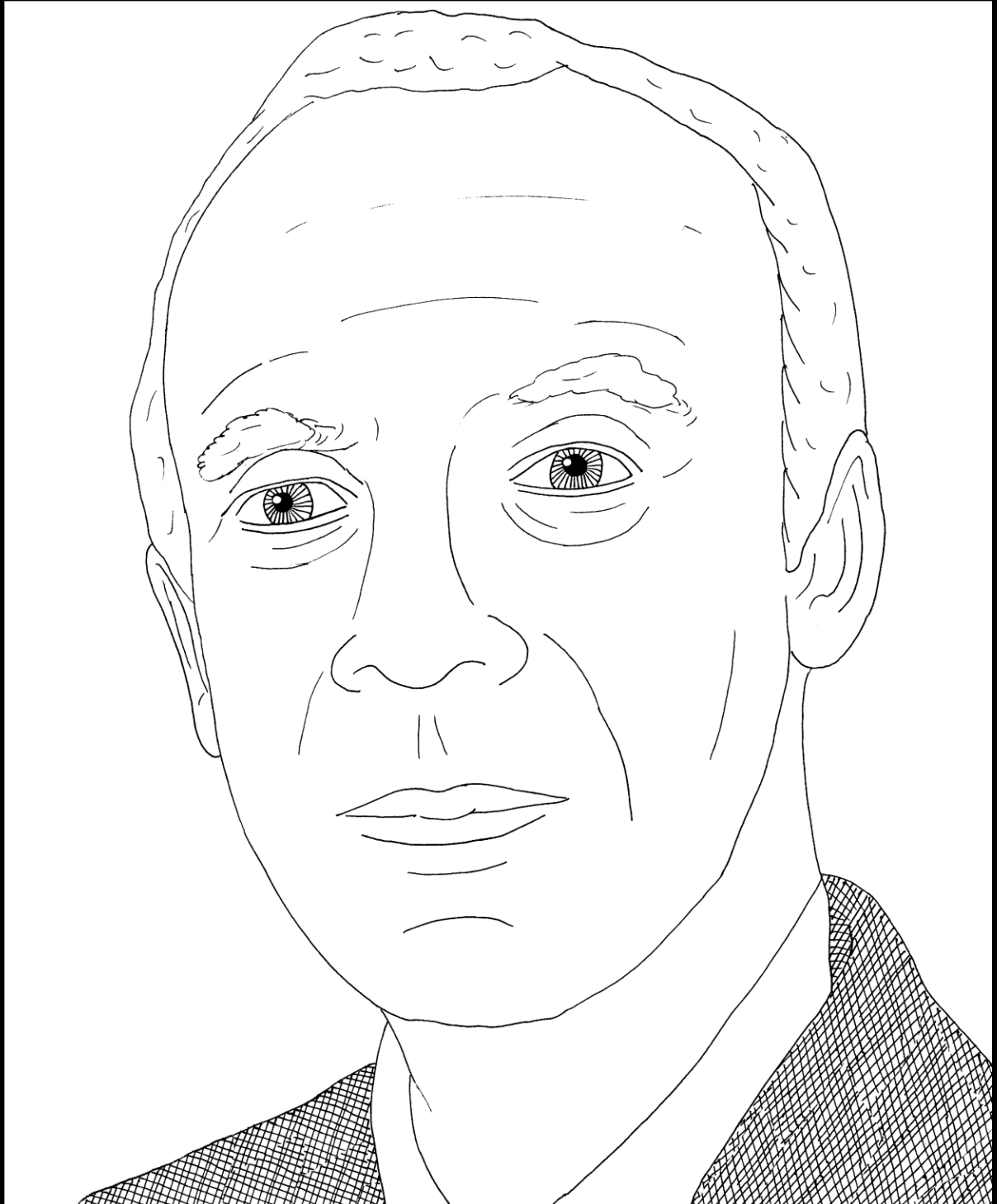
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"A community is democratic only when the humblest and weakest person can enjoy the highest civil, economic, and social rights that the biggest and most powerful possess."

-- A. Philip Randolph

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**"Today's human rights violations
are the causes of tomorrow's conflicts."
-- Mary Robinson**

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"Basically we could not have peace, or an atmosphere in which peace could grow, unless we recognized the rights of individual human beings...their importance, their dignity... and agreed that was the basic thing that had to be accepted throughout the world."

-- Eleanor Roosevelt

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**"Freedom means the supremacy of human rights everywhere.
Our support goes to those who struggle to gain
those rights or keep them."**

-- Franklin D. Roosevelt

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"The indigenous peoples understand that they have to recover their cultural identity...They also understand that this is not a favor or a concession, but simply their natural right to be recognized as belonging to a culture that is distinct from the Western culture, a culture in which they have to live their own faith."

-- Bishop Samuel Ruiz Garcia

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"In every country, we should be teaching our children the scientific method and the reasons for a Bill of Rights. With it comes a certain decency, humility and community spirit. In the demon-haunted world that we inhabit by virtue of being human, this may be all that stands between us and the enveloping darkness."

-- Carl Sagan

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**"Silence in the face of injustice is complicity with the opressor."
-- Ginetta Sagan**

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"I want my child to walk in a world guided by love. This means that everybody will have a job, or the resources to take care of basic needs. A world where families are not oppressed and are connected to their neighbors and their communities, where the best in humanity is honored. That's when we will truly be at peace."

-- Malika Sanders

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**"Human rights are not a privilege conferred by government.
They are every human being's entitlement by virtue of his humanity."
-- Mother Teresa**

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HUMAN RIGHTS



HUMAN RIGHTS

"The Universal Declaration of Human Rights - This great and inspiring instrument was born of an increased sense of responsibility by the international community for the promotion and protection of man's basic rights and freedoms. The world has come to a clear realization of the fact that freedom, justice and world peace can only be assured through the international promotion and protection of these rights and freedoms."

-- U Thant

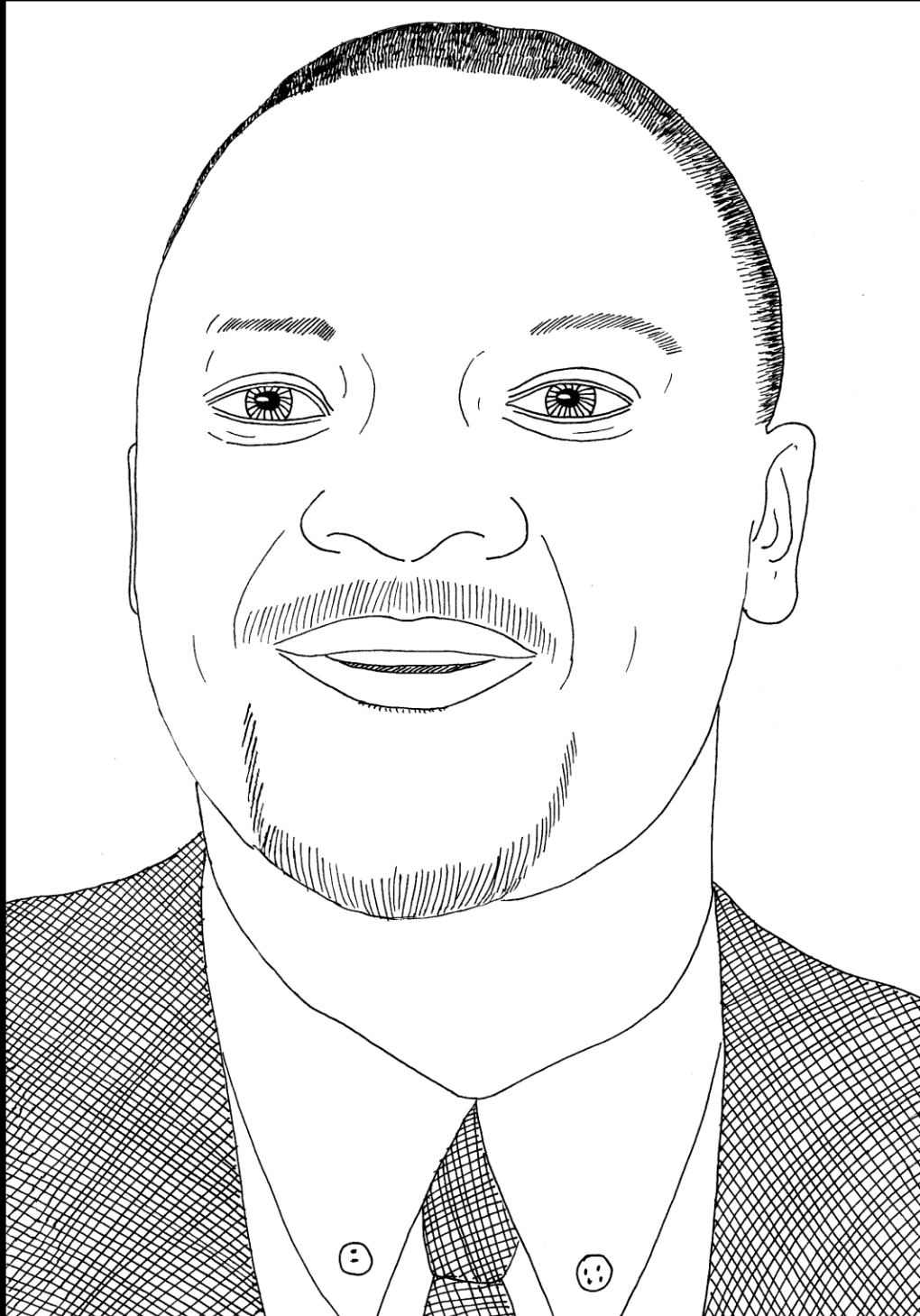
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"African leaders and the international community must demand that the government of Zimbabwe stop its violence against political opponents; create a democratic environment through the repeal of repressive legislation; enact a democratic constitution; and hold free, fair elections that are supervised by the international community."

-- Arnold Tsunga

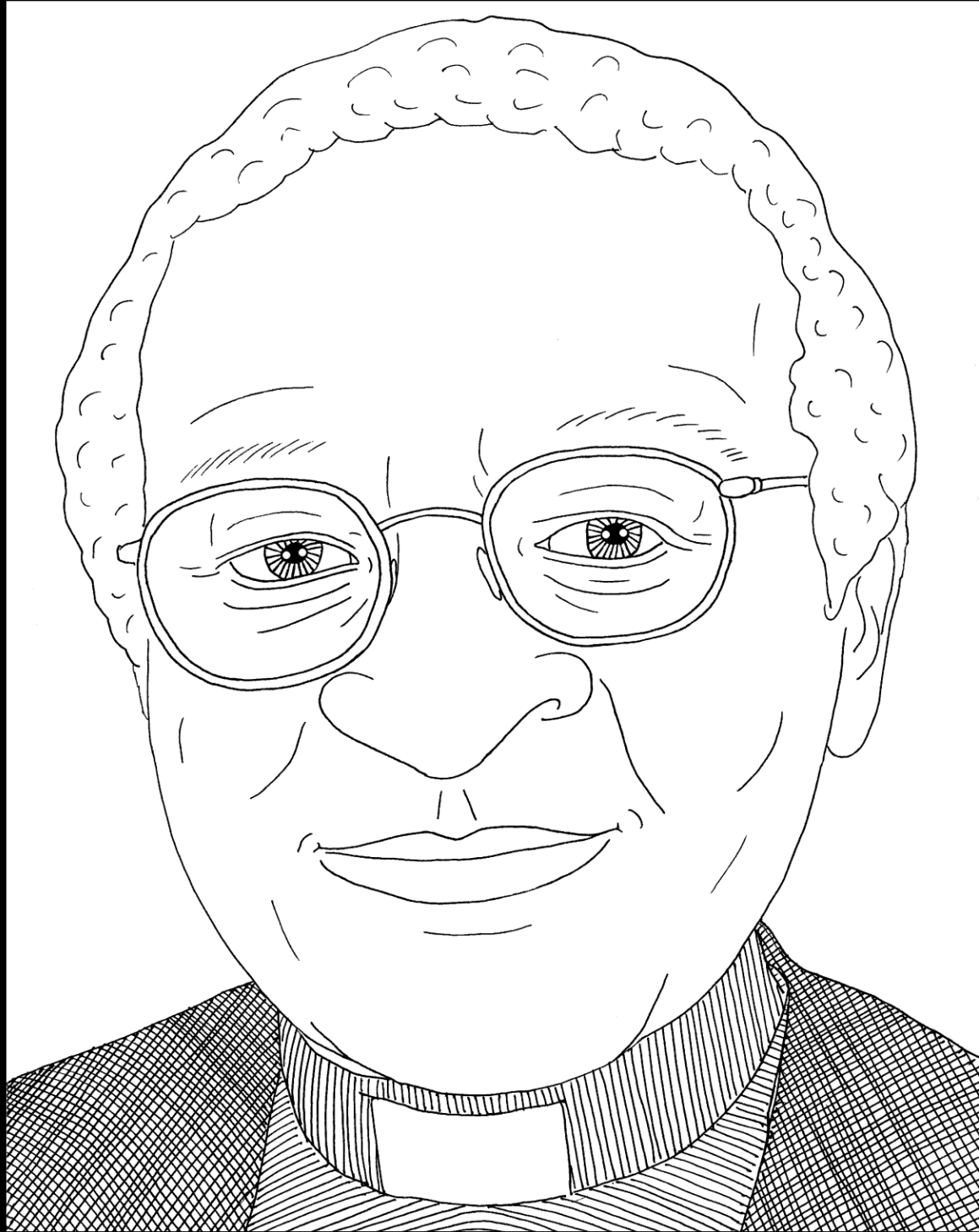
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"It means a great deal to those who are oppressed to know that they are not alone. And never let anyone tell you that what you are doing is insignificant."

-- Archbishop Desmond Tutu

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"Today, I wish that the millions of displaced people would be able to return with the necessary conditions of safety and dignity, that people in exile could return to their home-country as the intelligence is needed, that cruelty, political killings, poverty and hunger cease. I wish that our people recover their dignity, truth is revealed and justice exists."

-- Alirio Uribe Muñoz

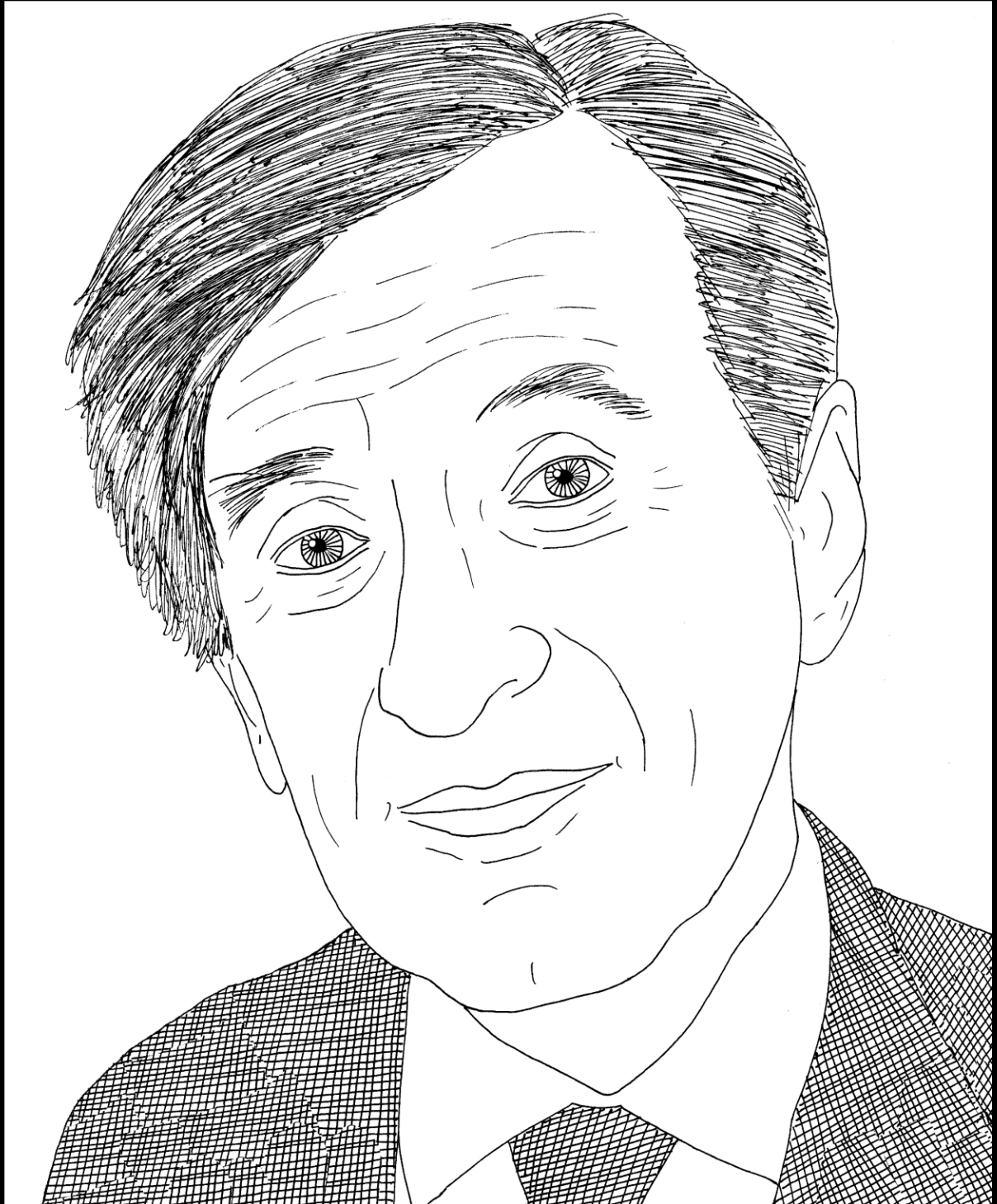
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**"We must take sides.
Neutrality helps the oppressor, never the victim.
Silence encourages the tormentors, not the tormented."
-- Elie Wiesel**

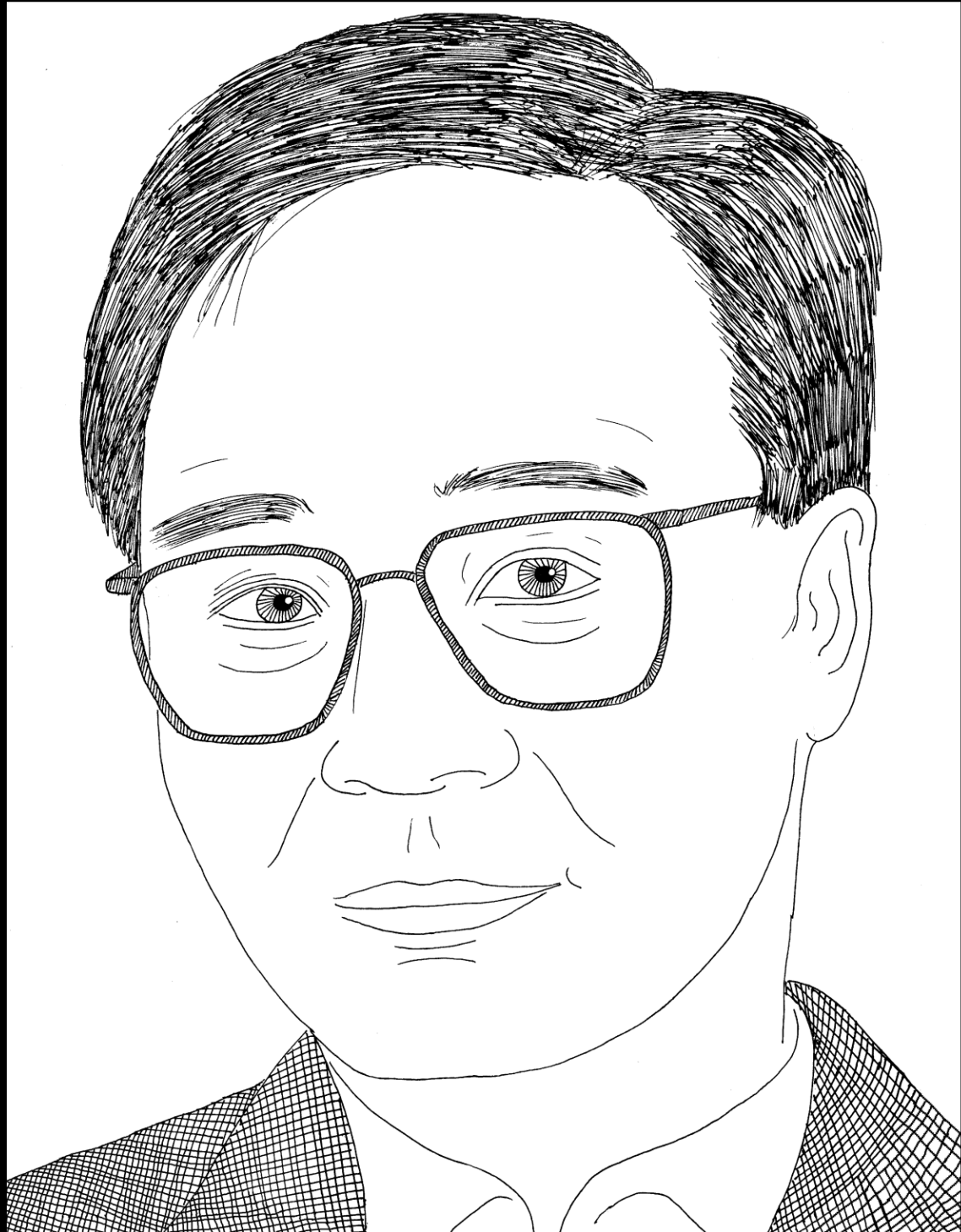
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"I want people to be aware. Aware of how many men and women are in prison. Aware of the products made in China by prison labor: the toys, the footballs, the surgical gloves. Aware of what life is like under forced labor.

Aware of the so-called crimes that send people there.

This is a human rights issue, not one of imports and exports."

-- Harry Wu

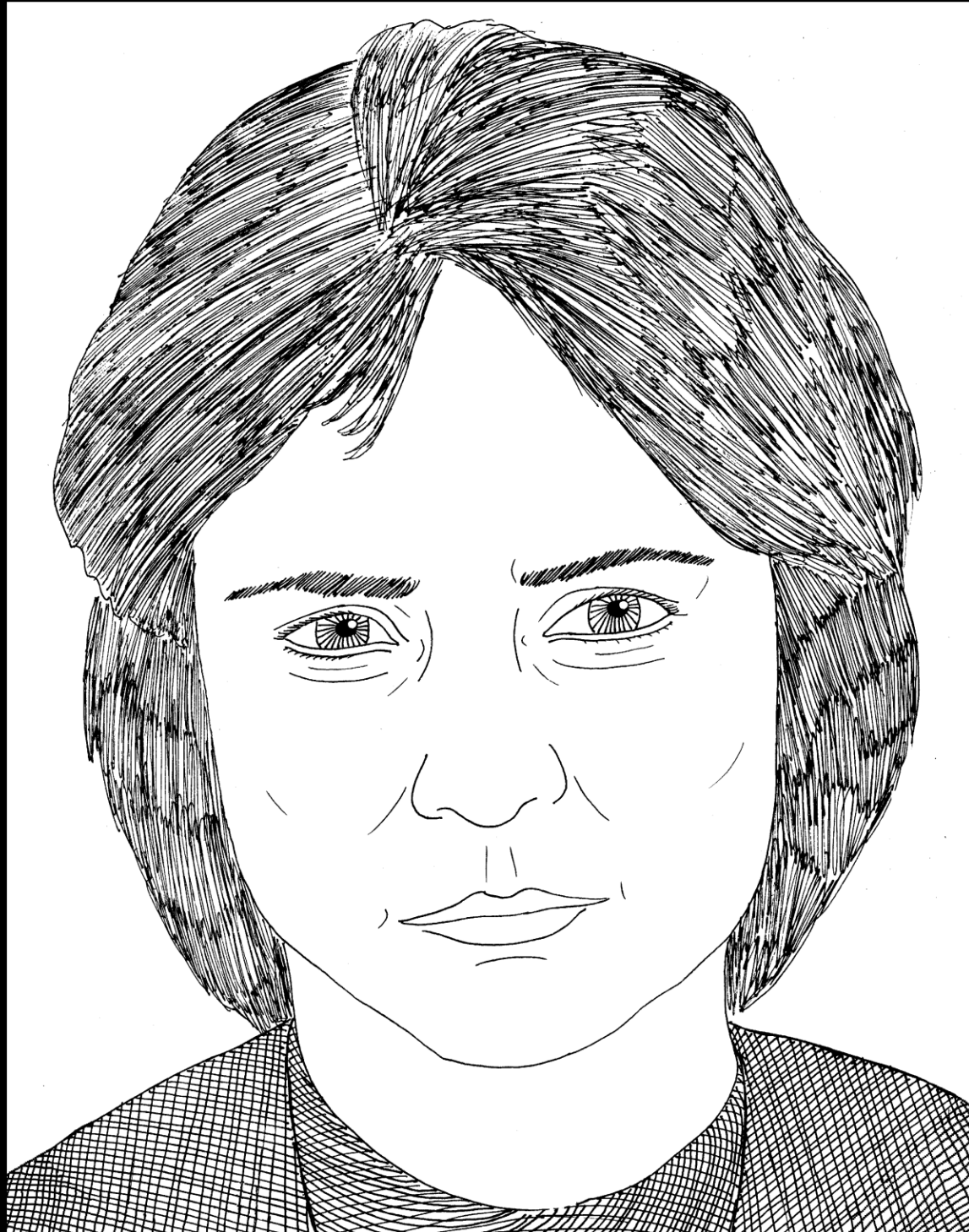
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"...civil society has not lost the possibility to influence the government and force them to change their policy.
That is why we believe in your voice and your help."
-- Lida Yusupova

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BE A HERO FOR A BETTER WORLD

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**"I have defended democracy, human rights,
and brotherhood between peoples.**

And I'll keep doing so for as long as I live."

-- Leyla Zana

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<p>BE A HERO FOR A BETTER WORLD</p>  <p>"The connection between women's human rights, gender equality, economic development and peace is increasingly apparent." —Bettye Atkins</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"Human rights education is much more than a lesson in isolation or a theme for a day. It is a process to equip people with the tools they need to live lives of security and dignity." —Rufi Aznan</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"The sad truth is that most evil is done by people who never make up their minds to be good or evil." —Hannah Arendt</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"A country that begins with children having virtually no rights is ending with children having the most powerful legal instrument that only recognizes but protects their human rights." —Carol Bellamy (on the Convention on the Rights of the Child)</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"You can imagine a man, but not an idea. You can catch a man, but not an idea. You can kill a man, but not an idea." —Benazir Bhutto</p> <p>Be a Hero for a Better World - betterworld.net</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>"The most potent weapon in the hands of the oppressor is the mind of the oppressed." —Stephen Blake</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"We are asking people to understand that slavery still exists today, in the form of slavery in America. If you count the number of slaves, there are more American slaves today than in the history of the United States." —Wendell Berry</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"Everyone has a right to peaceful coexistence. We have personal freedoms, the abolition of suffering, and the opportunity to lead a productive life." —Jimmy Carter</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"Peace can only last where human rights are respected, where the people are fed, and where individuals and nations are free." —Dalai Lama</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"Human rights for everyone is the necessary foundation upon which all of us may build a world where everybody may live in peace and security and plenty." —Michael Douglas</p> <p>Be a Hero for a Better World - betterworld.net</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>"The idea of cultural relativism is nothing but an excuse to violate human rights." —Shirley Eaddy</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"Clean water and health care and school and food and the media and general life, all of these things should constitute a set of basics that people must have as birthrights." —Don Farmer</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"Each generation of human beings must stand and accept responsibility to ensure that the rights of the previous generation are not lost. We must stand for the rights of the previous generation and the rights of the future generation." —Thomas Shannon</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"Truth leads to every human heart, and one has to search for it. It is not an easy task, but it is worth the effort. It is worth the effort to search for it, and to live according to the truth." —Nelson Mandela</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"Nobody's free until everybody's free." —Fawzi Loui Hamour</p> <p>Be a Hero for a Better World - betterworld.net</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>"Freedom from fear" could be said to sum up the whole philosophy of human rights." —Dag Hammarskjöld</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"There is no contradiction between effective law enforcement and respect for civil and human rights." —Dorothy Height</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"We must have faith to be self-actualized: that men are created equal, they are endowed by their Creator with certain inalienable rights, that among these are life, liberty and the pursuit of happiness." —Thomas Shannon</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"The Earth is the mother of all people and all people should have equal rights upon it." —Chief Joseph</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"No cause can justify the abuse of human rights." —Irene Khan</p> <p>Be a Hero for a Better World - betterworld.net</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>"Greatest power is the ability to struggle for human rights. You will make a greater person of yourself and a greater nation of your country and a better world to live in." —Martin Luther King Jr.</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"We are opposing the exploitation of man by man, slavery by man against man, we have to assist the people fighting for their independence to defend their civil and human rights." —Shimon Peres</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"Today's human rights violations are the causes of tomorrow's conflicts." —Elie Wiesel</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"Freedom means the supremacy of human rights everywhere. Our support goes to those who struggle to gain their rights or to keep their rights." —Franklin D. Roosevelt</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"Silence in the face of injustice is complicity with the oppressor." —Greta Ottagio</p> <p>Be a Hero for a Better World - betterworld.net</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>"Human rights are not a privilege conferred by government. They are every human being's entitlement by virtue of his humanity." —Walter D'Haeseleer</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"It is a great deal to those who are oppressed to know that they are not alone. And never let anyone tell you that what you are doing is insignificant." —Archbishop Desmond Tutu</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"We must take sides. Neutrality helps the oppressor, never the victim. Silence encourages the tormentors, not the tormented." —Ellen Westcott</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"I have a dream that one day this country will rise up and say, 'We are a nation of the free, the brave, and the just. We are a nation of the brave, the just, and the free. We are a nation of the brave, the just, and the free. We are a nation of the brave, the just, and the free.'" —Lida Femenias</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"Civil society has not just the possibility to influence the government, and force them to change their policy. That's why we believe in your voice and your fight." —Lida Femenias</p> <p>Be a Hero for a Better World - betterworld.net</p>