

# **Your human rights — easy read guide**

Sample document for the OHCHR Pacific demonstration website, prepared by Titan Technologies. Not an official OHCHR publication.

## **What are human rights?**

Human rights are for everyone. You have them because you are a person. No one can take them away.

## **Your rights include**

- The right to be safe.
- The right to go to school.
- The right to health care.
- The right to say what you think.

## **Where to get help**

You can talk to your national human rights institution, a lawyer or a community group. You can also contact the UN Human Rights Office in the Pacific.