

# Table of Contents



## Chapter 1 What Are Human Rights?

- A. Introduction — 2
- B. Life in a New Country: What Rights Would You Choose? — 4
- C. The Universal Declaration of Human Rights — 4
- D. Ways to Classify Human Rights and Duties — 9
- E. Applying What You Have Learned about Human Rights — 13

## Chapter 2 Political Rights in a Democracy

- A. Is It Important to Participate in Government? — 18
- B. How Can People Participate in Democratic Government? — 20
- C. Freedom of Expression: What Is It? Should It Be Limited? — 24
- D. Structuring Democratic Government to Reduce the Abuse of Power — 29

## Chapter 3 National Security and Fair Procedures Following Arrest

- A. Limiting Human Rights Because of National Security — 42
- B. Fair Procedures: When Someone Is Detained or Arrested — 45
- C. Fair Procedures: When Someone Is Put on Trial — 47
- D. Detention and Torture — 50
- E. Prison Conditions — 53
- F. The Death Penalty: Aims and Consequences — 56

## Chapter 4 Social and Economic Rights

- A. What Are Social and Economic Rights? — 60
- B. Right Against Discrimination — 62
- C. Family Rights and Protections — 68
- D. Right to Adequate Education — 71
- E. Right to Adequate Food, Housing, and Health Care — 75
- F. Property Ownership: Private Rights and Public Need — 78
- G. Right to Work: Conditions, Pay, and Abuses — 80

## Chapter 5 When Human Rights Abuses Occur: What Can Be Done?

- A. Nonviolent Conflict Resolution: Negotiation, Arbitration, and Mediation — 84
- B. Groups and Tactics on the Local, National, Regional, and International Levels — 93
- C. The Intervention of Other Countries Regarding Human Rights — 105

## Glossary — 111

## Appendices

- A. The Constitution of the United States — 115
- B. Abbreviated, Plain Language, and Original Versions of the UDHR — 127
- C. International Covenant on Civil and Political Rights, 1966 — 135
- D. International Covenant on Economic, Social, and Cultural Rights, 1966 — 147
- E. UN Convention on the Rights of the Child (Unofficial Summary) — 155

## Index — 159