

Categories of Human Rights

Human Rights category	Description	UDHR articles that fit into the category (articles may fit into more than one category)
Rights of the individual or Personal rights	Summed up as 'my right to be me'. They are rights that protect one's freedom to act, work, think and behave as they wish, to be themselves and live as they wish to live.	
Civil and political rights or Rights of the individual in relation to the social group	Summed up as 'don't interfere with us'. They are a group of rights that protect individuals' freedom from abuse by governments and organisations, and ensure one's ability to participate in society.	
Civil liberties and political rights or Rights of the group	Also known as collective rights, these rights concern people as a group, rather than the individual. They concern issues to do with spiritual, public and political rights such as the right to freedom of religion and freedom of association.	
Social, economic and cultural rights	This recognises rights such as the right to work, to housing and the right to an adequate standard of living.	