

International Human Rights Day

December 10, 2021

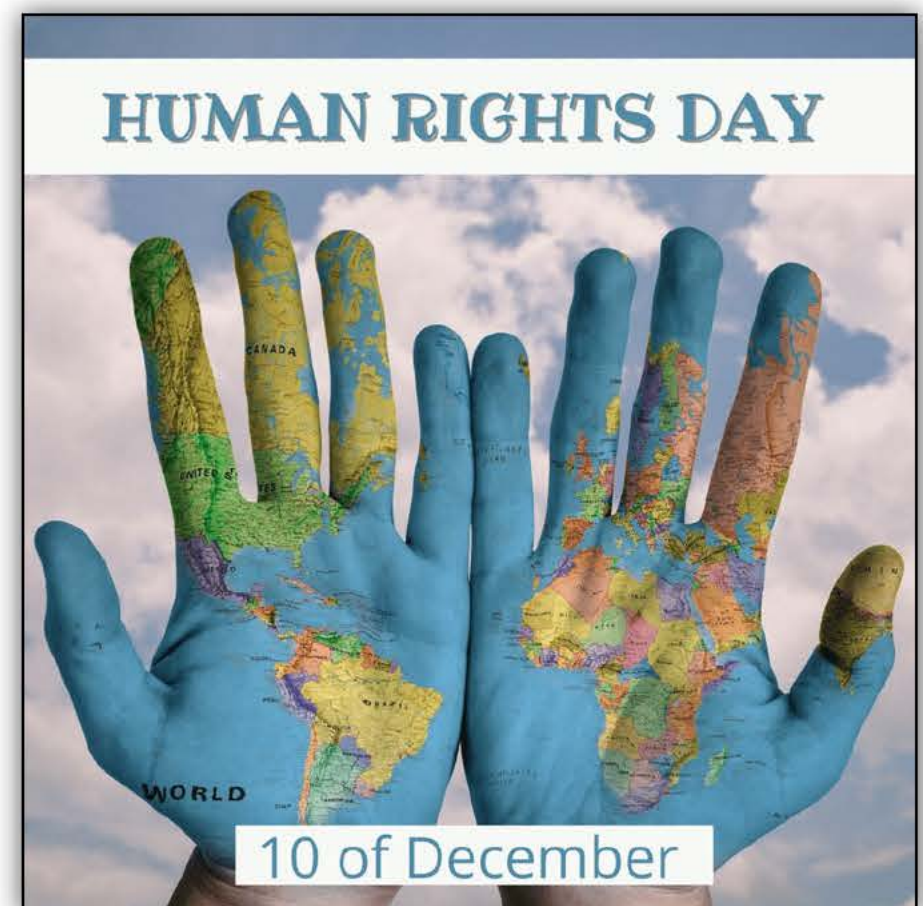
Life, Liberty & the Pursuit of Happiness?

Most of us grew up hearing these words, but what do they really mean? Inside each of these words is a far more extensive definition of the [30 fundamental Human Rights](#) that encompass the entirety of the Universal Declaration of Human Rights principles.

The Universal Declaration of Human Rights recognizes December 10th as [Human Rights Day](#) and is globally commemorated each year with themed events. The theme of 2021 relates to 'Equality' and Article 1 of the [UDHR](#) as "All human beings are born free and equal in dignity and rights."

There is so much we can do to enact change. But we cannot do it by standing still and watching the atrocities of the world continue to unfold before our eyes.

Instead, like raindrops into a calm pool, if we all took but a single step into the waters of equality, we would create a ripple effect and watch it spread endlessly outward, disrupting the status quo and effecting real change in the world.



Educational Resources from the Human Rights Watch

[Disability Rights](#)

[Children's Rights](#)

[Free Speech](#)

[Rights of Older People](#)

[Women's Rights](#)

[LGBTQ Rights](#)

What Can You Do to Help?

[6 Ways to Protect & Support Human Rights for People Around the World](#)

- Speak up for what you care about
- Volunteer or donate to a global organization
- Choose fair trade & ethically made gifts
- Listen to others' stories
- Stay connected with social movements
- Stand up against discrimination

[Notable books on systemic racism, racial justice, and anti-racism, available at the Princeton University Library](#)