



# **GLOBAL CITIZENSHIP FOR HUMAN RIGHTS**



Erasmus+



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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."*

*~14th Dalai Lama~*

*"Human Beings, indeed all sentient beings, have the right to pursue happiness and live in peace and freedom."*

*~14th Dalai Lama~*

*"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~*

*"Whenever there is a conflict between human rights and property rights, human rights must prevail."*

*~Abraham Lincoln~*

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

*~Abraham Lincoln~*

*"Democracy is not the law of the majority, but the protection of the minority."*

*~Albert Camus~*



*“The most important journey of our lives is doing good for the world, especially working for the upliftment of human conditions, human values, human dignity and human rights.”*

*~Amit Ray~*

*“Our role is to hand over a safe and beautiful world to the next generations full with human rights and cultural diversity.”*

*~Amit Ray~*

*"Joy is found when you focus your energy on improving human dignity, human capacity and human values."*

*~Amit Ray~*

*"Fundamental violations of human rights always lead to people feeling less and less human."*

*~Aung San Suu Kyito~*

*“We declare that human rights are for all of us, all the time:  
whoever we are and wherever we are from; no matter our class,  
our opinions, our sexual orientation.”*

*~Ban Ki-moon~*

*"Education promotes equality and lifts people out of poverty. It teaches children how to become good citizens. Education is not just for a privileged few, it is for everyone. It is a fundamental human right."*

*~Ban Ki-moon~*

*"By strengthening the three pillars of the United Nations - security, development and human rights - we can build a more peaceful, more prosperous and more just world for our succeeding generations."*

*~Ban Ki-moon~*

*"I believe in a world of justice and human rights for all. A world where girls can grow up free of fear of abuse. A world where women are treated with the respect and dignity that is their right. A world where poverty is not acceptable. My dear young friends, you can make this your world."*

*~Ban Ki-moon~*



*“Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.”*

*~Barack Obama~*

*"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~*

*"A people inspired by democracy, human rights and economic opportunity will turn their back decisively against extremism."*

*~Benazir Bhutto~*

*"Freedom is not an end. Freedom is a beginning."*

*~Benazir Bhutto~*

*"Every dictator uses religion as a prop to keep himself in power."*

*~Benazir Bhutto~*

*"Respect for the rights of others means peace."*

*~Benito Juarez~*

*"Some values must be universal, like human rights and the equal worth of every human being."*

*~Bjorn Ulvaeus~*

*"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~*



*"The right to development is the measure of the respect of all other human rights. That should be our aim: a situation in which all individuals are enabled to maximize their potential, and to contribute to the evolution of society as a whole."*

*~Boutros Boutros-Ghali~*

*"Nations will rise and fall, but equality remains the ideal. The universal aim is to achieve respect for the entire human race, not just for the dominant few."*

*~Carlos P. Romulo~*

*“Once social change begins, it cannot be reversed. You cannot uneducate the person who has learned to read. You cannot humiliate the person who feels pride. You cannot oppress the people who are not afraid anymore. We have seen the future, and the future is ours.”*

*~César Chávez~*

*"The first principle of nonviolent action is that of noncooperation  
with everything humiliating."*

*~César Chávez~*

*“Those who deny any group of people human rights are really denying the humanity of that group - and their own.”*

*~Christina Engela~*

*"You cannot have peace without human rights, democracy, gender equality, and clean water. Look to the root causes of war and you will find, in their reverse, the root foundations of peace."*

*~Cora Weiss~*

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

*~Dag Hammarskjöld~*

*"Freedom from fear could be said to sum up the whole philosophy of human rights"*

*~Dag Hammarskjöld~*



*“When we hide discrimination under the guise of ‘religious freedom,’  
we make a mockery of human rights.”*

*~DaShanne Stokes~*

*“Never be content to sit back and watch as others' rights are trampled upon. Your rights could be next.”*

*~DaShanne Stokes~*

*"You're not under attack when others gain rights and privileges  
you've always had."*

*~DaShanne Stokes~*

*“I am not interested in picking up crumbs of compassion thrown from the table of someone who considers himself my master. I want the full menu of rights.”*

*~Desmond Tutu~*

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

*~Desmond Tutu~*

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

*~Dorothy Height~*

*“I do not fight for my rights. I fight for human rights and where lies my rights too.”*

*~Ehsan Sehgal~*

*“Freedom makes a huge requirement of every human being. With freedom comes responsibility. For the person who is unwilling to grow up, the person who does not want to carry his own weight, this is a frightening prospect.”*

*~Eleanor Roosevelt~*



*“Where, after all, do universal human rights begin? In small places, close to home - so close and so small that they cannot be seen on any maps of the world. ... Unless these rights have meaning there, they have little meaning anywhere. Without concerned citizen action to uphold them close to home, we shall look in vain for progress in the larger world.”*

*~Eleanor Roosevelt~*

*"The destiny of human rights is in the hands of all our citizens in all our communities."*

*~Eleanor Roosevelt~*

*"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~*

*“Wherever men and women are persecuted because of their race, religion, or political views, that place must - at that moment - become the center of the universe.”*

*~Elie Wiesel~*

*“There may be times when we are powerless to prevent injustice,  
but there must never be a time when we fail to protest.”*

*~Elie Wiesel~*

*“We must take sides. Neutrality helps the oppressor, never the victim. Silence encourages the tormentor, never the tormented.”*

*~Elie Wiesel~*

*“Freedom means the supremacy of human rights everywhere. Our support goes to those who struggle to gain those rights or keep them. Our strength is our unity of purpose. To that high concept there can be no end save victory.”*

*~Franklin D. Roosevelt~*

*"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."*

*~Franklin D. Roosevelt~*



*"If civilization is to survive, we must cultivate the science of human relationships - the ability of all peoples, of all kinds, to live together, in the same world at peace."*

*~Franklin D. Roosevelt~*

*"Knowledge makes a man unfit to be a slave."*

*~Frederick Douglass~*

*"Where justice is denied, where poverty is enforced, where ignorance prevails, and where any one class is made to feel that society is an organized conspiracy to oppress, rob and degrade them, neither persons nor property will be safe."*

*~Frederick Douglass~*

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

*~George Mason~*

*"Democracy is not just constitutional and legislative rules; it is a culture and practice and adhering by the law and respecting international human rights principles."*

*~Hamad bin Isa Al Khalifa~*

*“You don't have to stand up for your rights to get justice, sometimes you can sit for your rights like Rosa Parks.”*

*~Harmon Okinyo~*

*“It must be instilled in man that ‘peace’ is the best legacy we would leave behind for the generations to come, as we practice and follow the edicts of human rights.”*

*~Henrietta Newton Martin~*

*"Life is not a matter of place, things or comfort; rather, it concerns basic human rights of family, country, justice and human dignity."*

*~Imelda Marcos~*



*"People tend to forget their duties but remember their rights."*

*~Indira Gandhi~*

*"The world does not need a war against 'terrorism', it needs a culture of peace based on human rights for all."*

*~Irene Khan~*

*“There can be no peace without justice and respect for human rights.”*

*~Irene Khan~*

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

*~Irene Khan~*

*“Human security comes only with human rights and the rule of law. Human rights are the basis for creating strong and accountable states without which there can be no political stability or social progress.”*

*~Irene Khan~*

*“Racism is an attack on the very notion of the universality of human rights. It systematically denies certain people the enjoyment of their full human rights because of their colour, race, ethnicity, descent or national origin.”*

*~Irene Khan~*

*"There is no excuse for human rights abuse, whether in the name of security or in the name of liberation."*

*~Irene Khan~*

*"Words like freedom, justice, democracy are not common concepts; on the contrary, they are rare. People are not born knowing what these are. It takes enormous and, above all, individual effort to arrive at the respect for other people that these words imply."*

*~James Baldwin~*



*“There can be no peace without development, no development without peace, and no lasting peace or sustainable development without respect for human rights and the rule of law.”*

*~Jan Eliasson~*

*"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~*

*"And we who have toiled for freedom's law, have we sought for freedom's soul? Have we learned at last that human right is not a part but the whole?"*

*~John Boyle O'Reilly~*

*“The rights of every man are diminished when the rights of one man are threatened.”*

*~John F. Kennedy~*

*"In giving rights to others which belong to them, we give rights to ourselves."*

*~John F. Kennedy~*

*"If we destroy human rights and rule of law in the response to terrorism, they have won."*

*~Joichi Ito~*

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

*~José Ramos-Horta~*

*“If you want to improve your quality of life and the quality of life for all women, never stop questioning society or calling for change.”*

*~Justina De Pierris~*



*"Education... is the key to unlocking other human rights."*

*~Katarína Tomasevskí~*

*"We will not enjoy security without development, we will not enjoy development without security, and we will not enjoy either without respect for human rights."*

*~Kofi Annan~*

*"We may have different religions, different languages, different colored skin, but we all belong to one human race. We all share the same basic values."*

*~Kofi Annan~*

*"Human rights education is much 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~*

*“Every precious human being born should have the right to live, love, and maximize his or her potential without suffering from discrimination.”*

*~Leta B.~*

*“The simple truth is that every human being should be born with basic human rights without suffering from discrimination.”*

*~Leta B.~*

*"Free expression is the base of human rights, the root of human nature and the mother of truth. To kill free speech is to insult human rights, to stifle human nature and to suppress truth."*

*~Liu Xiaobo~*

*"You are a human being. You have rights inherent in that reality.  
You have dignity and worth that exists prior to law."*

*~Lyn Beth Neylon~*



*"Because to take away a man's freedom of choice, even his freedom to make the wrong choice, is to manipulate him as though he were a puppet and not a person."*

*~Madeleine L'Engle~*

*“When I despair, I remember that all through history the ways of truth and love have always won. There have been tyrants, and murderers, and for a time they can seem invincible, but in the end they always fall. Think of it - always.”*

*~Mahatma Gandhi~*

*"Rights that do not flow from duty well performed are not worth having."*

*~Mahatma Gandhi~*

*"If we all discharge our duties, rights will not be far to seek. If leaving duties unperformed we run after rights, they will escape us like a will-o'-the-wisp."*

*~Mahatma Gandhi~*

*"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."*

*~Mahatma Gandhi~*

*"Begin with duties of a man and rights will follow as spring follows  
winter"*

*~Mahatma Gandhi~*

*"In the future, human rights will be increasingly a universal criterion for designing ethical systems."*

*~Mahnaz Afkhami~*

*"Women's empowerment is intertwined with respect for human rights."*

*~Mahnaz Afkhami~*



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

*~Mahnaz Afkhami~*

*"When the whole world is silent, even one voice becomes powerful."*

*~Malala Yousafzai~*

*"Education is neither eastern nor western. Education is education  
and it's the right of every human being."*

*~Malala Yousafzai~*

*“Let us remember: One book, one pen, one child, and one teacher can change the world.”*

*~Malala Yousafzai~*

*"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."*

*~María Julia Hernández~*

*"Without peace, there is little hope for human rights"*

*~Martin Ennals~*

*“A right delayed is a right denied.”*

*~Martin Luther King, Jr.~*

*"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.~*



*“The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.”*

*~Martin Luther King, Jr.~*

*“Injustice anywhere is a threat to justice everywhere.”*

*~Martin Luther King Jr.~*

*"Because no matter who we are or where we come from, we're all entitled to the basic human rights of clean air to breathe, clean water to drink, and healthy land to call home."*

*~Martin Luther King III~*

*"Human rights are inscribed in the hearts of people; they were there long before lawmakers drafted their first proclamation."*

*~Mary Robinson~*

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

*~Mary Robinson~*

*"The fight for human rights is about speaking truth to power."*

*~Mary Robinson~*

*"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~*

*"The respect for human rights is nowadays not so much a matter of having international standards, but rather questions of compliance with those standards."*

*~Michelle Bachelet~*



*"Violence against women in all its forms is a human rights violation. It's not something that any culture, religion or tradition propagates."*

*~Michelle Bachelet~*

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

*~Mother Teresa~*

*"The right to life does not depend, and must not be contingent, on the pleasure of anyone else, not even a parent or sovereign. ... You must weep that your own government, at present, seems blind to this truth."*

*~Mother Teresa~*

*"Poverty is the absence of all human rights. The frustrations, hostility and anger generated by abject poverty cannot sustain peace in any society."*

*~Muhammad Yunus~*

*"Human rights in the sense of human solidarity has created a new universal and equal language going beyond racial, gender, ethnic or religious boundaries. That is why we consider it a doorway to dialogue for people of all socioeconomic groups and all ideologies."*

*~Munir Saïd Thalib~*

*“To deny people their human rights is to challenge their very  
humanity.”*

*~Nelson Mandela~*

*“I have cherished the ideal of a democratic and free society in which all persons live together in harmony and with equal opportunities. It is an ideal which I hope to live for and to achieve. But if need be, it is an ideal for which I am prepared to die.”*

*~Nelson Mandela~*

*“If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language, that goes to his heart.”*

*~Nelson Mandela~*



*"For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others."*

*~Nelson Mandela~*

*"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~*

*"Education is the most powerful weapon which you can use to change the world."*

*~Nelson Mandela~*

*“While poverty persists, there is no true freedom.”*

*~Nelson Mandela~*

*“The more freedom we enjoy, the greater the responsibility we bear,  
toward others as well as ourselves.”*

*~Oscar Arias Sánchez~*

*"The candle burns not for us, but for all those whom we failed to rescue from prison, who were shot on the way to prison, who were tortured, who were kidnapped, who 'disappeared'. That's what the candle is for."*

*~Peter Benenson~*

*"Open your newspaper - any day of the week - and you will find a report from somewhere in the world of someone being imprisoned, tortured or executed because his opinions or religion are unacceptable to his government."*

*~Peter Benenson~*

*“Our hopes for a more just, safe, and peaceful world can only be achieved when there is universal respect for the inherent dignity and equal rights of all members of the human family.”*

*~Phumzile Mlambo-Ngcuka~*



*“Human rights are not only violated by terrorism, repression or assassination, but also by unfair economic structures that create huge inequalities.”*

*~Pope Francis~*

*“When you deprive people of their right to live in dignity, to hope for a better future, to have control over their lives, when you deprive them of that choice, then you expect them to fight for these rights.”*

*~Queen Rania Al Abdullah of Jordan~*

*"A right is not what someone gives you; it's what no one can take from you."*

*~Ramsey Clark~*

*“Human rights are what no one can take away from you.”*

*~René Cassin~*

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

*~Robert Alan Silverstein~*

*"Human rights rest on human dignity. The dignity of man is an ideal worth fighting for and worth dying for."*

*~Robert C. Maynard~*

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

*~Robert G. Ingersoll~*

*“Differences of race, nationality or religion should not be used to deny any human being citizenship rights or privileges.”*

*~Rosa Parks~*



*"Each person must live their life as a model for others."*

*~Rosa Parks~*

*"An intensive human rights education for all communities needs to be provided to overcome the old prejudices."*

*~Ruth Manorama~*

*"Human rights education is key to addressing the underlying causes of injustice around the world. The more people know about their rights, and the rights of others in society, the better equipped they are to protect them."*

*~Salil Shetty~*

*“Everyone has a right to the alleviation of suffering, the basic personal freedoms, peaceful coexistence and the opportunity to lead a productive life...”*

*~Shenita Etwaroo~*

*“Rights will not be far to seek if we all discharge our duties. If, however, we run after rights and leave our duties unperformed, our rights may not fail to escape us.”*

*~Shenita Etwaroo~*

*“Human rights are not controversial. What’s controversial is believing that anyone deserves lesser for the simple fact of their race, class, gender, or beliefs.”*

*~Shenita Etwaroo~*

*"Human rights is a universal standard. It is a component of every religion and every civilization."*

*~Shirin Ebadi~*

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

*~Shirin Ebadi~*



*"Democracy doesn't recognize east or west; democracy is simply peoples will. Therefore, I do not acknowledge that there are various models of democracy, there is just democracy itself."*

*~Shirin Ebadi~*

*“Human rights is the only ideology that deserves to survive”*

*~Simon Wiesenthal~*

*"Tolerance and human rights require each other."*

*~Simon Wiesenthal~*

*“Human rights; they are in the hands of mankind and nowhere else.”*

*~sir Kristian Goldmund Aumann~*

*"Those religions that are oppressive to women are also against democracy, human rights and freedom of expression."*

*~Taslima Nasrin~*

*"We are now struggling for a new world which is based on peace, which is based on love, which is based on justice, which is based on accountability, based on human rights."*

*~Tawakkol Karma~*

*"Peace, development and human rights are essentially inter-related,  
inter-dependent and indivisible."*

*~Theo van Boven~*

*“Only people educated about and aware of their human rights can demand that their governments observe those rights.”*

*~Theodor Meron, Judge~*



*"Human rights means that each individual should be treated with respect, dignity and equality."*

*~Tony Fernandes~*

*"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~*

*"Every human being, of whatever origin, of whatever station, deserves respect. We must each respect others even as we respect ourselves."*

*~U Thant~*

*"It was never the people who complained of the universality of human rights, nor did the people consider human rights as a Western or Northern imposition. It was often their leaders who did so."*

*~Vaclav Havel~*

*“Human rights are universal and indivisible. Human freedom is also indivisible: if it is denied to anyone in the world, it is therefore denied, indirectly, to all people. This is why we cannot remain silent in the face of evil or violence; silence merely encourages them.”*

*~Vaclav Havel~*

*"The spirit of liberty is not merely, as multitudes imagine, a jealousy of our own particular rights, but a respect for the rights of others, and an unwillingness that any man, whether high or low, should be wronged and trampled underfoot."*

*"William Ellery Channing"*

*“When the fundamental principles of human rights are not protected, the center of our institution no longer holds. It is they that promote development that is sustainable; peace that is secure; and lives of dignity.”*

*~Zeid Ra'ad Al Hussein~*

*“My government makes me angry. The police force makes me angry. Homophobia makes me angry. Luckily, anger is what motivates me.”*

*~Zhanar Sekerbayeva~*



