

## Human Rights Essay

Human Rights. What do those two words mean to you? Many people, if asked that question, would not know how to respond. Human rights, according to *Webster's New World Dictionary*, are basic rights and freedoms to which all humans are entitled. To me, when someone talks about human rights, three main things come to mind; the right to live, the right to freedom, and the right to basic necessities. Although human rights encompasses so much more than these examples, experiences that I have been through have led me to believe that these three are most important.

The first thing that comes to mind is how my parents have played a very influential role in teaching me the basics ways to treat and care for others. They are role models and have shown me this in many ways. One way is by supporting a child in Brazil by sending him money every quarter. He doesn't have the money to get the things he needs, but with the help of my parents he can support his family and buy things he needs. This example represents the human right number three: the right to life, liberty, and security. My parents have taught me that every person deserves to be able to live safely with the necessities every human needs. They have showed me the importance of caring for others. It is everyone's responsibility to make it possible for each person to have life, liberty, and security.

Another example I think of is how my family and friends treat others. In my family, we follow the Golden Rule: Treat others how you would like to be treated. The Golden Rule is just an easier way of saying human rights article number one, which is the right to equality. My siblings and I are friends with people of a different race or religion, but we act the same ways towards them as we do our other friends. Sometimes, I see people treating others who are different from them like they are lower than themselves. I do not believe that is true. The color of skin, religion, race or other differences do not make a person who they are. All people are unique and have the right to be treated as such.

The last thing that comes to mind is the human rights article number twenty-five. In 2008, my family and I went to Mexico for Christmas to help with the program Los Amigos. Los Amigos is a nonprofit organization full of volunteers that works to better the lives of children in Mexico. Volunteers gather toys, food, and school supplies to give to the children there in Mexico for Christmas. While I was helping, we distributed items from 6:00 a.m. through 2:00 p.m. to hundreds of children in need. The children in line waited for hours, barefoot, in the hot sun, to receive the food and toys. While I was in Mexico, I noticed how different the people there live from myself. I realized how truly blessed I am from my short visit there. Article twenty-five in the human rights document states that everyone has the right to adequate living standards. By going to Mexico, I found out about the many families that do not have adequate living standards and the basic needs for living beings. Although the human right documents try to prevent poverty, this experience has made me better understand why the articles have this goal in mind.

Life, liberty, security, equality, and adequate living standards are just a few of the human rights that protect us from the poverty and injustice that lives right in our backyard. The lessons that I have learned have taught me to be responsible for the care of others and about the importance of human rights. Now, not only will I work to provide human rights for everyone, but I will advocate on their behalf in hopes of inspiring others to join me.