

Stand up for your rights

As Nelson Mandela once said “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” , that is why standing up for your rights starts with knowing that you have the same rights as everyone else. It also means responding to situations where those rights are being compromised.

It is very important to remind others who are contravening your rights that you have those rights. Thus, everybody needs to refuse to do things that they are being asked to do against their will.

Nowadays it is very common to witness being neglected and disrespected. Every day we see people being discriminated by their sex, religion, nationality, age, disability, ethnic background, etc. We see people being quiet when they have been downtrodden. Its high we started taking into consideration different points of view. But it’s also crucial for people to stand up for their rights because as Albert Einstein said “The world will not be destroyed by those who do evil, but by those who watch them without doing anything,”

Human Rights play an important role in everyone’s life, but not everyone realizes it. It’s involved in every comment we make that includes someone different. Human rights means being able to hold hands with the person you love, work where you’re qualified to work without your skin colour or sexual orientation being the reason you can’t. It means having the right to be human, making choices and mistakes.

Society has gotten to the point where people think it doesn’t matter what they say, that they think their comments and hate don’t affect other people. Humans are often hurtful towards each other, but after all we all were born with the innate of compassion and love.

There are many organizations that have taken upon defending basic human rights. One of them is FRA which stands for European Union Agency for Fundamental Rights which provides comparable data on an important number of fundamental rights issues across Member States. We advise everyone who believes his/hers

rights have been trampled to turn to an organisation that will help him/her to stand up for their rights.

What is more, we have to not only stand up for our own rights but also to try to defend other people's rights in case we see they have been disrespected. Furthermore we should stimulate them to raise awareness of the issue.

The celebration of Human Rights day is on 10 December each year. This year's campaign, "Stand up for someone's rights today!" , reminds us where human rights begin.

Together, we can make a difference. For this though, we need to reaffirm our commitment to respect, promote and protect human rights for all, no matter who they are.