Human rights are given to us because we are living human beings. Everyone is entitled to these rights. Groups of people decide what they believe to be important. A family, a community or the whole world are the types of groups that sometimes make statements about what they believe what rights all people should have.

Human rights do not depend on status. They are for everyone. A person’s race or sex doesn’t matter. A person’s religion doesn’t matter. It doesn’t depend on a person’s abilities. Human rights are the same for everyone.

Many groups discuss what rights should be given to each person or make statements about human rights. The United States wrote the Bill of Rights. The United Nations has a Universal Declaration of Human Rights. Churches often make statements about human rights. Mostly, they all agree. We have a human right to liberty.

We have a human right to be free from slavery and torture. We have a right to work and a right to learn. We have a right to our own opinion and a right to our privacy. We have freedom of speech. It is the right to express our opinion.

The right of freedom of expression and opinion is a fundamental human right. It is part of the Universal Declaration of Human Rights and it makes other rights possible. Access to a means to communicate provides this human right. We can’t deny a person this right because of a disability. All people have a right to communicate because they are alive.

When a person doesn’t talk or have an effective way to communicate, we need to help them to find another way. We add to what they can already do with more ways to communicate. We help each person express ideas of all kinds through any form or media. This could be talking or using writing, sign language or pictures.