

MY HUMAN RIGHTS BOOKLET

**HEARTLAND
ALLIANCE**

GLOBAL INITIATIVE FOR
SEXUALITY AND HUMAN RIGHTS



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Principle 1: RIGHT TO THE UNIVERSAL ENJOYMENT OF HUMAN RIGHTS

Human right is for all regardless of sexual orientation or where we residence in the world.

Principle 2: THE RIGHT TO EQUALITY AND NON-DISCRIMINATION

We are all equal before the law, no matter the sex, age, religion, health, sexual orientation, social status tribe etc

Principle 3: THE RIGHT TO RECOGNITION BEFORE THE LAW

Everyone is known and respected as human before the law regardless of their sexual orientation, religious belief, social status etc.

Principle 4: THE RIGHT TO LIFE

Everyone has the right to life; no one will be denied rights to his/her life on the grounds of their sexual orientation or gender identity

Principle 5: THE RIGHT TO SECURITY OF THE PERSON

Everyone has the right to be protected against violence perpetrated by individual, law enforcement agencies, government agencies etc regardless of sexual orientation.



Principle 6: THE RIGHT TO PRIVACY

You have a right not to be disturbed in your house, phones, laptop, and other private life regardless of your sexual orientation.

Principle 7: THE RIGHT TO FREEDOM FROM ARBITRARY DEPRIVATION OF LIBERTY

You have the right to move freely, associate and get adequate information of your arrest before you are detained regardless of your sexual orientation. You have a right to move freely as long as you don't break the laws

Principle 8: THE RIGHT TO FAIR TRIAL

You have the right to be heard by the law, and the right to defend yourself before a court of law regardless of your sexual orientation.

Principle 9: THE RIGHT TO TREATMENT WITH HUMANITY WHILE IN DETENTION

You have the rights to be respected regardless of your sexual orientation, where you are or what you did while in detention

Principle 10: THE RIGHT TO FREEDOM FROM TORTURE AND CRUEL, INHUMAN OR DEGRADING TREATMENT OR PUNISHMENT

No one has the right to assault (verbally and physically) on any grounds including sexual orientation

Principle 11: THE RIGHT TO PROTECTION FROM ALL FORMS OF EXPLOITATION, SALE AND TRAFFICKING OF HUMAN BEINGS

No one has the right to treat you like a slave or sell you in exchange of any gift/item regardless of the purpose or your sexual orientation

Principle 12: RIGHT TO WORK

We all have the right to look for and own good jobs no matter your color, tribe, social class, gender (man or woman,), and marital status (married or single) or sexual orientation.

Principle 13: RIGHT TO SOCIAL SECURITY

It is your right that the government provides you certain basic social development like education; health, housing etc also makes sure your rights are protected regardless of your sexual orientation

Principle 14: RIGHT TO A GOOD STANDARD OF LIVING

You have the right to everyday needs such as food, water, housing, clothing etc regardless of your sexual orientation



Principle 15: RIGHT TO HOUSING

You have the right to own/rent house without landlord abuse or forceful ejection regardless of your sexual orientation.

Principle 16: RIGHT TO EDUCATION

You have the right to good education, no matter who you are, your age, sex, sexual orientation, social class, tribe, etc.

Principle 17: RIGHT TO HIGHEST ATTAINABLE STANDARD OF HEALTH SERVICES

You have the right to access the hospital when you are sick, you have the right to demand treatment from the doctor and receive medication where necessary regardless of your sexual orientation.

Principle 18: PROTECTION FROM MEDICAL ABUSES

You have the rights to reject any forceful medication, test, etc especially when you don't have good understanding about it regardless of your sexual orientation.

Principle 19: RIGHT TO FREEDOM OF OPINION AND EXPRESSION

You have the right to behave and think/speak as you choose regardless of your sexual orientation, as long as you do not break the law or violate human rights of others.

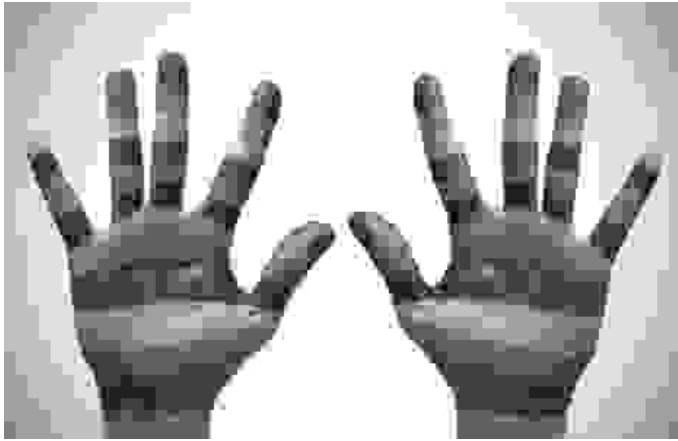


Principle 20: RIGHT TO FREEDOM OF PEACEFUL ASSEMBLY / ASSOCIATION

You have the right to come together for good reasons with others, no matter your sexual orientation, gender (male, female), old or young, as long as you come together in peace and not to harm anyone else.

Principle 21: RIGHT TO FREEDOM OF THOUGHT, CONSCIENCE AND RELIGION

You have the right to think, worship with any religion you believe in as long as this religion is not used to harm others around you.



Principle 22: THE RIGHT TO FREEDOM OF MOVEMENT

You have the right to move and go anywhere you please at anytime you decide regardless of your sexual orientation.

Principle 23: RIGHT TO SEEK ASYLUM

You have the rights to seek protection in another country if you are under threat in your own country regardless of your sexual orientation.

Principle 24: RIGHT TO START A FAMILY

You have the rights to start a family regardless of who you are or where you are from and your sexual orientation.

Principle 25: RIGHT TO PARTICIPATE IN PUBLIC LIFE

You have the rights right to take part in public issues and the right to vote and be voted for regardless of your sexual orientation

Principle 26: RIGHT TO PARTICIPATE IN CULTURAL LIFE

You have the right to partake in the traditional life style you choose regardless of your sexual orientation.

Principle 27: RIGHT TO PROMOTE HUMAN RIGHT

As human, you have a right to support and protect human rights for all regardless of sexual orientation, religious belief etc.

Principle 28: RIGHT TO EFFECTIVE JUSTICE

You have the right to effective justice regardless of your sexual orientation, gender, tribe, etc

Principle 29: ACCOUNTABILITY

You have the right to request accountability where you have experienced human rights violation regardless of your sexual orientation.

Principle 30: RIGHT TO OWN IMMOVABLE PROPERTY

You have a right to own a land or any property anywhere in Nigeria regardless of your sexual orientation

Principle 31: RIGHT TO PROTECTION FROM ALL FORMS OF EXTORTION

You have the right to be protected from any forceful collection of personal belongings regardless of your sexual orientation, gender, tribe, age, etc.