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UDHR was adopted by the United Nations' General Assembly in 1948. It was the first attempt to create a global standard of human rights – to define what human rights are and what they encompass. As such, the UDHR is highly relevant to each and every global citizen.

The harrowing experience of WWII influenced the decision to create the UDHR. World leaders felt the need to devise a road map guaranteeing the rights of all individuals everywhere.

The document which they drafted was taken up at the first session of the General Assembly in 1946 and became the UDHR.



This teaching guide is designed to help students understand the UDHR and how it applies to their daily lives and to the world around them. Given that it is written using legal terminology, it can be challenging for students to grasp its meaning. The teaching guide seeks to take abstract human rights concepts and to use examples to describe them, so that students can conceptualize these issues.

The teaching guide takes inspiration from Eleanor Roosevelt:

Eleanor Roosevelt



