

Justice and Community Safety Directorate

Human Rights

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Human rights are about respect, fairness, justice and equality. Human rights is about standing up for our own rights and about our responsibility to respect the rights of others.

There are a number of basic rights that people from around the world have agreed on, such as:

- the right to life
- freedom from torture and cruel or inhumane treatment
- the right to a fair trial
- free speech
- freedom of religion
- rights to health, education and an adequate standard of living.

These human rights are the same for all people everywhere - male and female, young and old, regardless of background, where we live, what we think or what we believe. This is what makes human rights "universal".

Rights also describe what is lawful and has been laid down in law. For example, Australia has anti-discrimination laws that prescribe fair treatment in certain circumstances regardless of age, gender, sexuality, ethnic background, disability, or religion.

In many situations rights exist but are not covered by law. These rights are referred to as moral rights and are based on people's sense of what is fair or just.

Respect for human rights builds strong communities, based on equality and tolerance where there is opportunity to contribute.

The [ACT Human Rights Commission](#) promotes human rights and welfare of people living in the ACT. It provides an independent, fair and accessible one-stop shop for complaints relating to:

- unlawful discrimination
- health services
- services for older people
- disability services, and
- services for children and young people.

Contact

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