



Below is Article 25 from the Universal Declaration of Human Rights, adopted and proclaimed by the United Nations on December 10, 1948.

***Universal Declaration of Human Rights, Article 25.***

(1) Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control.

(2) Motherhood and childhood are entitled to special care and assistance. All children, whether born in or out of wedlock, shall enjoy the same social protection.

Source: <https://www.un.org/en/universal-declaration-human-rights/index.html>

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**Read the Article 25 above and summarize its main point(s) in your own words. The main points can be in bullet form.**

**List three examples of your rights that relate to your health.**

