

Rights in Your Pocket:

Human Rights



Jiyan Foundation
for Human Rights

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Dear Reader,

The Jiyan Foundation for Human Rights has been assisting survivors of human rights violations in Iraq since 2005. With this booklet we want to help you protect yourself and your family before you become victims.

We have prepared three brochures to put your human rights in your pocket and in your hand at any time you need them: One for all humans, one for women, and one for children. Each of these booklets summarizes and explains your most fundamental rights.

By reading and carrying these books you can protect yourself and others in situations of need. Often it is enough to show

people that you know your rights to stop them from harming you. That is exactly what we at the Jiyan Foundation want to achieve:

To make you and all other members of our society aware of the human rights we all share. Only if we know our rights, can we claim them. Let us start together by reading a book.

Salah Ahmad

President of the Jiyan Foundation

Dear Reader,

This is a book with a purpose. A book that does not signify its importance by its size or author, but by its contents and use. The book contains a human's most basic rights, and in the case of women and children, those rights which are special to them because of their increased vulnerability.

I know about the power of these rights because I applied them. I also know that it is important you do not only rely on others but know how to protect yourself. That way wrongs can be stopped before they occur.

All too often people's rights are abused because the perpetrator knows that his victims

are unaware of their legal protection. This book can stop that. Carry it with you and use it to prevent and challenge the abuse of your rights.

Your rights now literally lie in your hands. Should you, however, encounter situations where you feel helpless, I am confident that you will find a strong and supportive partner in the Jiyan Foundation for Human Rights.

Rizgar Mohammed Amin
Former Chief Judge, Iraqi Special Tribunal

List of abbreviations

CAT: Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment

Draft CoK: Draft Constitution of Kurdistan Region – Iraq

ICCPR: International Covenant on Civil and Political Rights

ICESCR: International Covenant on Economic, Social and Cultural Rights

UDHR: The Universal Declaration of Human Rights

Equality

Everyone has equal dignity and human rights, simply because they are human. These rights cannot be lost and belong to everyone, everywhere, at all times.

Art. 1 UDHR

There should be no difference between how people are treated, especially by the law and government, because of where they are from, what their religion, their skin-color, language or ethnicity is, or because of their wealth or sex.

Art. 20.1–20.2 Draft CoK; Art. 2 ICCPR;
Art. 2 ICESCR; Art. 2 UDHR

Men and women must be treated equally, especially by law and by the government.

Art. 20.3 Draft CoK; Art. 3 ICCPR;
Art. 3 ICESCR; Art. 7 UDHR

The law should protect everyone in the same way and should provide the same rules for all humans.

Art. 20.1 Draft CoK; Art. 14 ICCPR;
Art. 6 UDHR

Everyone who does equal work must be paid equal money. This applies especially for men and women.

Art. 24.5 Draft CoK; Art. 7 ICESCR;
Art. 23 UDHR

Life and Well-Being

Everyone has the right to life, which means that they may not be killed by the police or military, unless killing is the only way to stop them from harming someone else.

Art. 19.2 Draft CoK; Art. 6 ICCPR;
Art. 3 UDHR

Everyone must have enough to live a life in shelter, food and clothing, and have clean water available to them. If they don't, the government should help them with it.

Art. 24.1 Draft CoK; Art. 11 ICESCR;
Art. 25 UDHR

Everyone should have access to healthcare and should be treated without difference, regardless of their background or whether they can afford essential treatment.

Art. 24.2 Draft CoK; Art. 12 ICESCR

Everyone should be provided with social security if they cannot provide for themselves financially.

Art. 24.3 Draft CoK; Art. 9 ICESCR;
Art. 22 UDHR

Freedom

Everybody has the freedom to choose whatever religion or belief they want to hold. No one should be treated differently or badly because of what they believe in or what religion they belong to.

Art. 19.9 Draft CoK; Art. 18 ICCPR;
Art. 18 UDHR

Everyone has the freedom to say and think whatever they like, unless it harms other people. Especially the press and artists must not be stopped from saying and writing what they think, even if it is a criticism or an insult to some people.

Art. 19.10 Draft CoK; Art. 19 ICCPR;
Art. 19 UDHR

Everyone must be allowed to ask for information from the government publically if it concerns the well-being of everyone in society.

Art. 19.11 Draft CoK; Art. 19 ICCPR;
Art. 19 UDHR

There should be no restrictions on how and where people can move within a country apart from those which are necessary to maintain security.

Art. 12 ICCPR; Art. 13 UDHR

Everyone has the freedom to meet with others and organize peaceful public gatherings, especially to protest for something that is important to human rights.

Art. 21 ICCPR; Art. 20 UDHR

Arrest and Detention

No one is allowed to be arrested without a reason written in law.

Art. 22.2 Draft CoK; Art. 6 ICCPR; Art. 9 UDHR

If someone is arrested, he or she must be told immediately about the reasons and in a way and language they understand.

Art. 22.2 Draft CoK; Art. 14.3 ICCPR;
Art. 10 UDHR

If someone is arrested, the reasons need to be confirmed by a judge as soon as possible and evidence of the reasons must be shown.

Art. 22.2 Draft CoK; Art. 6 ICCPR; Art. 9 UDHR

If someone is arrested this should not be done secretly. He or she should be able to stand before a judge within 48 hours.

Art. 22.1 Draft CoK; Art. 14.3 (c) ICCPR

Everyone must be allowed to have a lawyer to defend themselves at a trial and must have enough time to prepare with him or her. If someone cannot afford a lawyer, the state must pay for one.

Art. 22.2 Draft CoK; Art. 14.3 (d); Art. 10 UDHR

No one who is arrested is allowed to be threatened with severe pain or given severe pain or emotional suffering in order to get information, a confession or to punish him or her in any way. Anything like that is torture.

Art. 19.3 Draft CoK; Art. 7 ICCPR;
Art. 2 CAT; Art. 5 UDHR

No one who is arrested should be treated less humanely than any other person. This means that such persons should for example not be detained alone for long periods or deprived of food, warmth or medical attention.

Art. 19.3 Draft CoK; Art. 7 ICCPR;
Art. 16 CAT; Art. 5 UDHR

If someone is tortured and gives a confession, this confession must not be allowed to be used in a trial.

Art. 19.3 Draft CoK; Art. 7 ICCPR; Art. 5 UDHR

Someone who has fled another country because he is scared of torture there cannot be sent back if this is a realistic threat.

Art. 3 CAT

Victims' Rights

Anyone who has become a victim of a violation of human rights must be allowed to take the case to court or be given the chance to show that their rights have been violated.

Art. 8 UDHR

Victims of torture or inhuman treatment must be compensated for their suffering.

Art. 19.3 Draft CoK; Art. 14 CAT

Victims of torture or inhuman treatment are entitled to have their ill-treatment publicly acknowledged, have an investigation

into their treatment by the police as well as have their physical and financial losses compensated.

Art. 14 CAT

Victims of torture or inhuman treatment must be given opportunity to regain their physical, emotional and mental well-being through professional rehabilitation until they have reached the best possible life again.

Art. 14 CAT

Seek Help

We hope to have given you encouragement to defend your rights. But we also know that you might not be able to do so in some situations. If you feel that one of your rights has been violated and you cannot stand up for yourself, **we will listen to you, back you up, and help you to react.**

All our services are free of charge and we will treat your problems with confidentiality. Our multi-professional team has long lasting experience in assisting survivors of human rights violations!

Contact Us

Kirkuk: 0770 936 15 14

Sulaymaniyah: 0771 013 61 37

Erbil: 0750 892 00 79

Duhok: 0750 73 75 111

Chamchamal: 0770 035 33 22

Halabja: 0770 683 30 41

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