

Rights Recognized, Responsibilities Realized:

The Universal Declaration and Its Influence

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My entry is about the Universal Declaration of Human Rights (UDHR). The Universal Declaration of Human Rights (UDHR) is a foundational document that establishes fundamental human rights and freedoms for all individuals, regardless of nationality, ethnicity, or background. It serves as a global standard for human rights protection and has influenced numerous national and international laws. Following the atrocities of World War II, world leaders sought to create a framework that would prevent future human rights violations and ensure fundamental freedoms for all. I got the idea of this topic from my interest in countries around the world and the topic of this year's theme, *Rights and Responsibilities*, for National History Day. I was interested in something global for my topic instead of something local. I also wanted to find something that was a true benefit to humankind. I ended up participating in History Day because I was one of the people who were chosen and were sent a proposal and I accepted that proposal.

To start, I went to the official United Nations website and found other info from the other websites that were related to the UN or the UDHR. My most valuable source was the United Nations official website and the Amnesty website. My initial thoughts about this topic was that it was just a plain document with rights listed in them that some countries agreed to follow, but as I did my research I realized that this was a really important document that almost all the countries agreed to and famous people helped in. I chose to go somewhat in depth into the UDHR, included the main parts of the UDHR, and followed along and answered some major questions people had. I put my entry together by gathering information about the UDHR that were related to the topic of this year's History Day. Some problems that I overcame were citing research sources, linking pages of my websites, typing information into my journal, and finding information all by myself.

The Universal Declaration of Human Rights relates to the NHD theme because it is a document that includes rights and responsibilities for people around the world. This topic is important to study because it changed humankind a lot in the time WW2 ended and it included a lot of rights and responsibilities that you should know you have. This relates to change in history because it changed the way people treated others after WW2 that prevented a lot of acts that could've happened without it. A conclusion that I have drawn after learning about this

topic is that there are a lot of rights and responsibilities in history that I don't know that can benefit me. The UDHR recognizes human rights as inherent to every individual, ensuring protection and dignity. At the same time, it is a responsibility for governments, organizations, and individuals to uphold and protect these rights. Each person has a role in advocating for justice, equality, and freedom to ensure these principles are upheld globally.