



# WHAT DOES LIVING WITH DIGNITY MEAN TO ME?

**AMNESTY  
INTERNATIONAL**



To me,  
living with dignity means...

**ALL HUMAN BEINGS ARE BORN FREE  
AND EQUAL IN DIGNITY AND RIGHTS**  
(Article 1 of the Universal Declaration of Human Rights)

**Your DIGNITY**  
**Your RIGHTS**  
What do they **MEAN** to you?  
What are they **WORTH**?  
What do they **REPRESENT**?

Dignity is not given, it cannot be taken away. It is yours.  
Yet every day world leaders make decisions that deny dignity.  
For every home that is demolished, for every mother that dies  
during childbirth, for every child that goes to sleep at night  
hungry, sick and scared – dignity is denied.

Together, we need to remind world leaders what our dignity means to us.  
We need to show them how much it matters and what it is worth.

Tell us what dignity means to you, tell us in words or in pictures.  
We will take these messages to world leaders as part of the  
“Demand Dignity” campaign.

To find out more about the campaign visit [demanddignity.org](http://demanddignity.org).

If you would like to find out more about the Demand Dignity campaign add you details here:

Name \_\_\_\_\_

Email \_\_\_\_\_

Phone No. \_\_\_\_\_ Country \_\_\_\_\_

(These details will not be shared with any third party.)

We would like to scan your message on [demanddignity.org](http://demanddignity.org) to share with other people  
around the world who are demanding dignity with you. Are you happy for us to do that?

Yes, I am happy for Amnesty International to add my message to the Demand  
Dignity website.