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This is a list of the most important human rights included in the Universal Declaration of Human Rights (UDHR), the International Covenant on Civil and Political Rights (ICCPR), the International Covenant on Economic, Social and Cultural Rights (ICESCR) and the European Convention for the Protection of Human Rights and Fundamental Freedoms (ECPHR) (the complete texts are printed below this summary):

1. Civil Rights or Freedom Rights:

- Equality of rights without discrimination
- Life
- Security and integrity of the person
- Protection against slavery, torture and cruel or inhuman punishment (humane treatment when detained)
- Protection against arbitrary arrest or detention (arrest or detention only on the basis of a law and with prompt notice of the charges)
- A public, fair and prompt trial before an independent, impartial and competent judge
- Presumption of innocence until proven guilty
- Means necessary for your defense
- Protection against compulsory confession
- The right not to testify against yourself
- "Ne bis in idem", no two convictions or punishments for the same offence
- Case reviewed by a higher tribunal
- Protection against "ex post facto" laws, laws established after the deed
- "Nullum crimen sine lege", there is no offense without a law
- Recognition as a person before the law
- Equality before the law and equal protection by the law
- Judicial protection of rights and access to legal remedies for rights violations (the right to apply to a court which offers redress for violations)
- Protection of privacy, family, home and correspondence
- Freedom of movement and residence
- Asylum from persecution
- The right not to be deprived of your nationality, the right to change your nationality
- Protection against arbitrary expulsion of nationals and aliens
- Leave and return to your country
- The right to marry and beget a family of your choice
- Protection of the family
- The right to own property
- Freedom of thought and religion
- Freedom of expression (seeking, receiving and imparting information regardless of borders)
- The absence of attacks on your honor and reputation
- Freedom of assembly and association (including the right to leave an association)

2. Political Rights or Democratic Rights:

- Political participation, directly and through freely chosen representatives
- Equal access to public service, the right to be elected
- The will of the people is the basis of the authority of government
- Periodic and genuine elections
- Universal and equal suffrage
- Secret vote

3. Social, Economic and Cultural Rights:

- Social security
- A certain standard of living
- Work, of your own choice and under favorable conditions
- Protection for the unemployed, the elderly, the disabled and sick persons
- Fair wages and equal wages for equal work
- Free trade unions (right to form and join)
- Strike
- Rest and leisure
- Food, clothing and housing
- Health care
- Special protection for children and mothers
- Education
- Participation in the cultural life of the community
- Self-determination
- International solidarity