

BE VOCAL ABOUT HUMAN RIGHTS

Vivian B. Saidil

Nursing Department
Universidad de Zamboanga
Zamboanga City, Philippines

Human rights are guide where on how to empower people of their own rights. It is where one's give its right to whatever he does. He/she is free to move on her own, because human rights are inherent to him/her.

Wherever there are people who are being abused by anyone it is her right to say it, and be vocal about it. Human rights help those people who are afraid to say what happen or caused them harm or misfortune. It is a way of helping people.