

Human Rights  
Farhana H. Astang  
Certificate in Respiratory Therapy  
School of Allied and Medicine  
Universidad de Zamboanga  
Zamboanga City, Philippines

Human rights give freedom to anyone. Everyone has the right to speak, to act in any way but in a courteous way. It permits them to express themselves and their thoughts and what they feel especially among other religions.

To have peace in our country, we should give the freedom of others to express what they feel especially the poor so let us give them the chance to open and speak out and not prevent them from doing so.