

Easy Read



Llywodraeth Cymru
Welsh Government

Human rights

What people know about their rights

August 2026

How to use this document



This is an Easy Read version of: **Public understanding of human rights and the role of misinformation: Rapid Evidence Review.**



You might need help to read it. You can ask someone you know to help you.



Llywodraeth Cymru
Welsh Government

Where the document says **we**, this means **Welsh Government**. To find out more you can:

Look at the Evidence Units website:

gov.wales/equality-race-and-disability-evidence-units

Or email us at:

EqualityEvidenceUnit@gov.wales



Hawdd ei Ddeall Cymru
Easy Read Wales

[Easy Read Wales](#) made this document into Easy Read using **Photosymbols**. [To tell us what you think about this easy read version, click here.](#)

Contents

Understanding human rights	4
What we found out.....	7
Knowing about human rights is not enough	7
More information does not always help	9
Trust is important.....	10
False information can cause problems	11
Language and culture	12
People's lives affect their rights	13
What should happen next	15
More research is needed	18

Understanding human rights



We looked at how well people understand their **human rights**.



Human rights are basic rights and freedoms that everyone should have. Examples of **human rights** are:



- Being treated fairly.



- Having an education.



- Making decisions about your life.



- Having your own thoughts and beliefs.



- Saying what you think.



We looked at over 100 different pieces of information and research.

We wanted to understand:



- What people know about their human rights.



- How false information can affect this knowledge.



- What can help people know more about their rights.

What we found out

Knowing about human rights is not enough



People may know that human rights exist. But they may not be able to use their rights.

People need:



- Clear information.



- Support.



- Chances to use their rights.



Life experience is just as important as information and education.



Knowing about human rights is important. But it is not enough on its own.

More information does not always help



Education and information can help people learn about human rights.

But people can learn more when they:



- Share their views.



- Learn from their own experiences.



- See how rights make a difference in their everyday lives.

Trust is important



People need to trust organisations that provide services.



Organisations can help people know more about their rights. For example:

- Schools.
- Health services.
- Public services. Public services are services paid for by Government. For example, local councils, the NHS and fire and rescue.
- Community groups.



People are more likely to use their rights when these organisations respect their rights.

False information can cause problems



Misinformation is information that is wrong or not true. People share it without knowing whether it is true.



Disinformation is information that is wrong or not true. It is shared on purpose to trick or mislead others.



Both can:

- Make people confused.
- Make people feel afraid.
- Give unfair ideas about people.
- Make people trust organisations less.
- Make it harder to learn about your rights.

Language and culture



Human rights information should use clear and simple language.



It can help to talk about human rights using words like:

- Dignity. Dignity means treating people with respect and kindness.
- Fairness.
- Respect.



People may know more about their human rights when information is in their first language.



Using too many legal words can make information harder to understand.

People's lives affect their rights

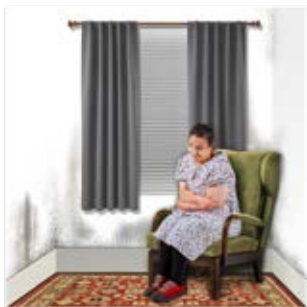


People's lives can affect whether they can use their rights.

For example:



- Living in **poverty** – not having enough money for the basic things you need.



- Poor housing.



- Poor health.



- **Discrimination** - when you are treated badly or unfairly because of who you are.



- Difficulty getting the services they need.



These problems can make people feel that using their rights is too hard or risky.

What should happen next



Raising awareness about human rights is important.

But it is also important for people to have:



- Clear and trustworthy information.



- Trust in organisations.



- Chances to take part.



- Support to use their rights.



- Services that respect people's rights.



Information should be in clear language.



Information about human rights is more helpful when it is linked to everyday life.



Information should be in people's preferred language.



People should be able to learn about their rights in Welsh and English.

More research is needed



There is not enough research about what works in the long term.

We need more research about:



- What helps people learn about human rights.



- Whether this knowledge lasts over time.



- People's experiences in Wales and the UK.



Much of the research we looked at is from other countries.



More research can help us find out how to help people understand their rights more.