



**Humanists**

INTERNATIONAL



**What is humanism?**



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## What is humanism?

Humanism is a rational, non-religious approach to life. Humanists strive to lead fulfilling, meaningful and ethical lives, using reason and empathy to guide them.

While the definition of humanism may vary slightly between organizations and groups, as a global movement we share the same definitive guiding principles, which are democratically agreed upon and published in a document called **the Amsterdam Declaration**.

The Amsterdam declaration is available to read in full online at <https://humanists.international/what-is-humanism> however this guide offers a simple overview of the main principles contained in it.

### **About Humanists International**

Humanists International is the global union of the humanist movement, bringing together more than 120 organizations and associated groups from across the world.



## Humanists strive to be ethical

Humanists believe that being moral and making good choices is a part of being human.

As humans, we understand how it feels to experience suffering as well as happiness. Therefore, humanists believe in using reason and empathy to guide our decision making and make moral choices, motivated by helping and not harming others.

Humanists do not look to religion to tell us what is right or wrong.





Humanists believe everyone is equally important, everyone deserves respect, and everyone should have the opportunity to lead a fulfilling life and reach their full potential, but without depriving others of the same freedoms and opportunities.

Humanists reject all forms of discrimination and prejudice, and believe we should instead strive to live in harmony with one another, regardless of our beliefs or backgrounds.

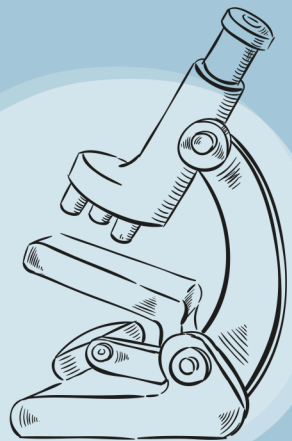
Humanists believe people should be free to make their own choices, but they also have a responsibility to think about how their actions affect others and society as a whole. Humanists also believe that, being a part of the natural world, we have a responsibility to protect it.





## Humanists strive to be rational

Humanists base their understanding of the world on reason and science. We are convinced that humanity can find the solutions to the world's problems, using science, technology and free inquiry to improve people's lives and the world we live in.





## Humanists strive for fulfillment in their lives

Humanists believe it's important for everyone to find things that bring them happiness and fulfillment, as long as it causes no harm to others. We believe it is important to continue developing our knowledge, interests and skills throughout our lives.

Humanists therefore respect and admire the pursuit of knowledge to improve our understanding of the world. We treasure artistic creativity and imagination, and recognise the transforming power of the arts. We cherish the beauty of the natural world and its potential to bring wonder, awe, and tranquility. We recognise the value of taking part in sports and other physical activities, and the sense of achievement and comradeship this can bring.



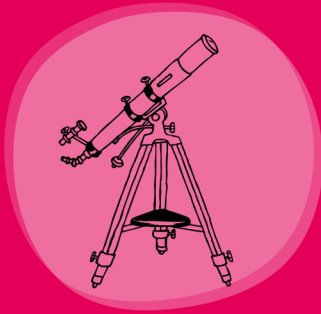


**Humanism provides people with a sense of meaning and purpose, and a way to live an ethical and fulfilling life, without religion.**

Although we believe a commitment to human wellbeing is something we should always pursue, we recognise that our current beliefs can change over time. The beliefs we hold now about what's best for people and the world we live in can evolve as we learn more and experience new things.

As a result, we don't try to hide from criticism or force our beliefs onto others. Instead, we encourage open and honest discussions, and want to work with people who may have different beliefs but share our values, so we can work together to make the world a better place for everyone.





## Want to find out more and join our global community?

We recommend you start by joining your nearest Humanists International affiliated group or organization. Visit our website to find yours:



<https://humanists.international/our-members>

Humanists International campaigns on the issues that affect humanists around the world. We defend humanists at risk of persecution and violence. We lobby for humanist values at international institutions, including the United Nations. We work to build the humanist movement around the world. If you support these global aims, please consider becoming an individual supporter today online at:



<https://humanists.international/support>



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