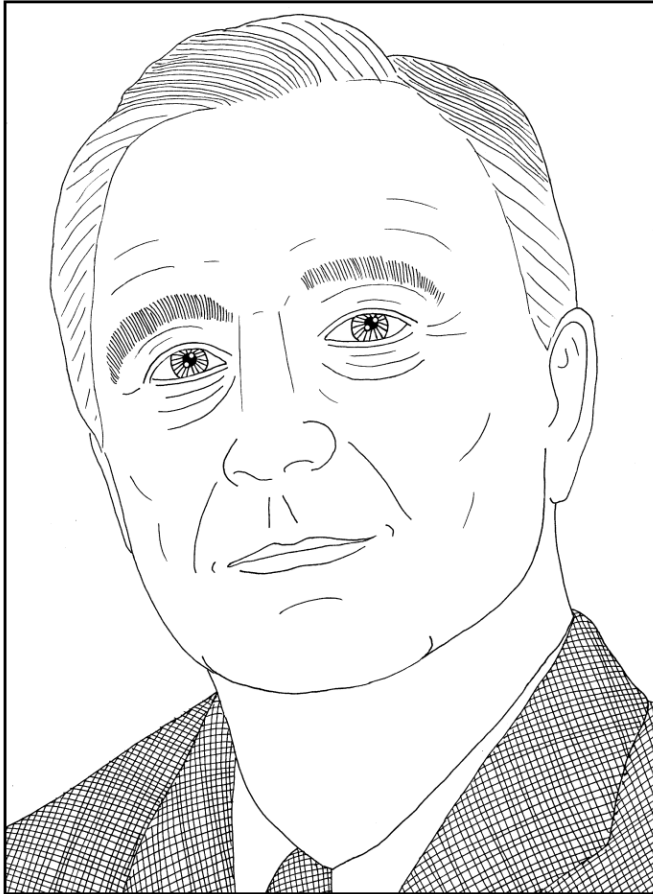




# FREEDOM DAY - FEBRUARY 1



"Freedom means the supremacy of human rights everywhere. Our support goes to those who struggle to gain those rights or keep them."  
-- Franklin Delano Roosevelt

Freedom is the most basic of all human rights, but throughout history many individuals and nations have had to struggle to be free. For this reason, the first ten Amendments, known as the Bill of Rights, were added to the American Constitution to guarantee basic freedoms for our new nation's citizens.

The Bill of Rights was a tremendous milestone in the pursuit of freedom for all, and yet when our nation was founded, not all Americans were allowed to be free. Slavery is the ultimate loss of freedom, and it was nearly another 100 years before Abraham Lincoln signed the 13th Amendment abolishing slavery. **National Freedom Day** commemorates this momentous occasion on February 1, 1865.

The first article of the United Nations' Universal Declaration of Human Rights states the most important starting point for all human rights - "All human beings are born free and equal in dignity and rights." Much progress has been made in helping to win freedom for all. But even though international law forbids slavery, it still exists in many parts of the world. In fact, there are more slaves today than ever before -- more than 27 million men, women and children are forced against their will to work as prostitutes or in sweat shops or agricultural fields. And even though all nations agreed to uphold basic human rights for their citizens, many people are not allowed these basic liberties.

Freedom Day, on February 1, is an opportunity to celebrate the victories for freedom that have been won and to re-dedicate our commitment to work for freedom for all.

## Do One Thing for a Better World

1. Learn about history of slavery and human trafficking today
2. Hold an event to raise awareness that not all are free
3. Contribute to organizations working to promote freedom

## Organizations Protecting Freedom

- American Civil Liberties Union ([aclu.org](http://aclu.org))
- Amnesty International ([amnesty.org](http://amnesty.org))
- Coalition Against Trafficking in Women ([catwinternational.org](http://catwinternational.org))
- Freedom House ([freedomhouse.org](http://freedomhouse.org))
- Global Alliance Against Traffic in Women ([gaatw.net](http://gaatw.net))
- Women's International League for Peace & Freedom ([wilpf.org](http://wilpf.org))

## DO ONE THING

The Emily Fund - Education, Mentorship, Inspiration, Leadership, Youth for a better world

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# FREEDOM DAY - FEBRUARY 1

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**"The more freedom we enjoy, the greater the responsibility we bear, toward others as well as ourselves."  
-- Oscar Arias**

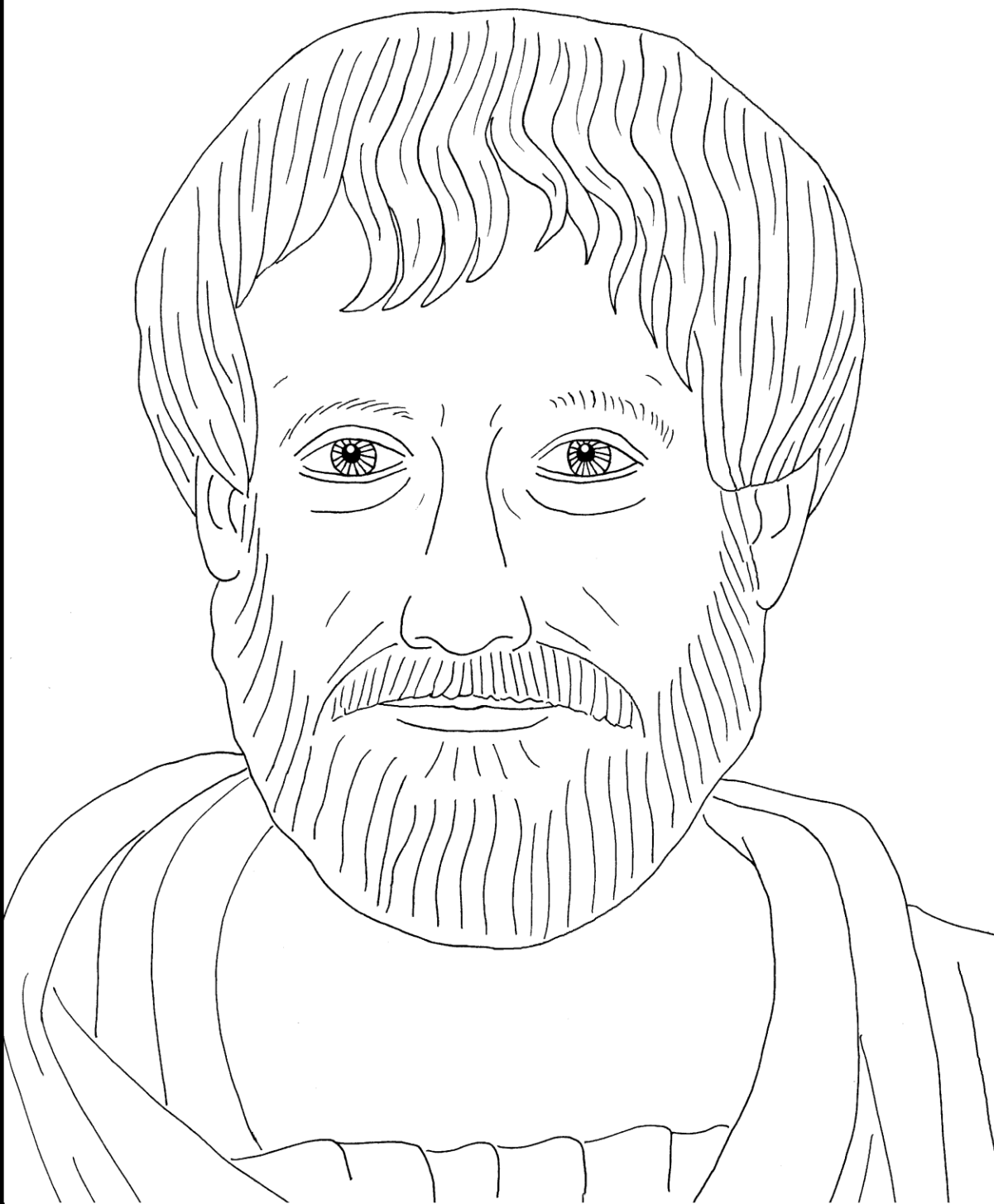
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# FREEDOM DAY - FEBRUARY 1

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**"Liberty and equality...will be best attained when all persons alike share in the government to the utmost."  
-- Aristotle**

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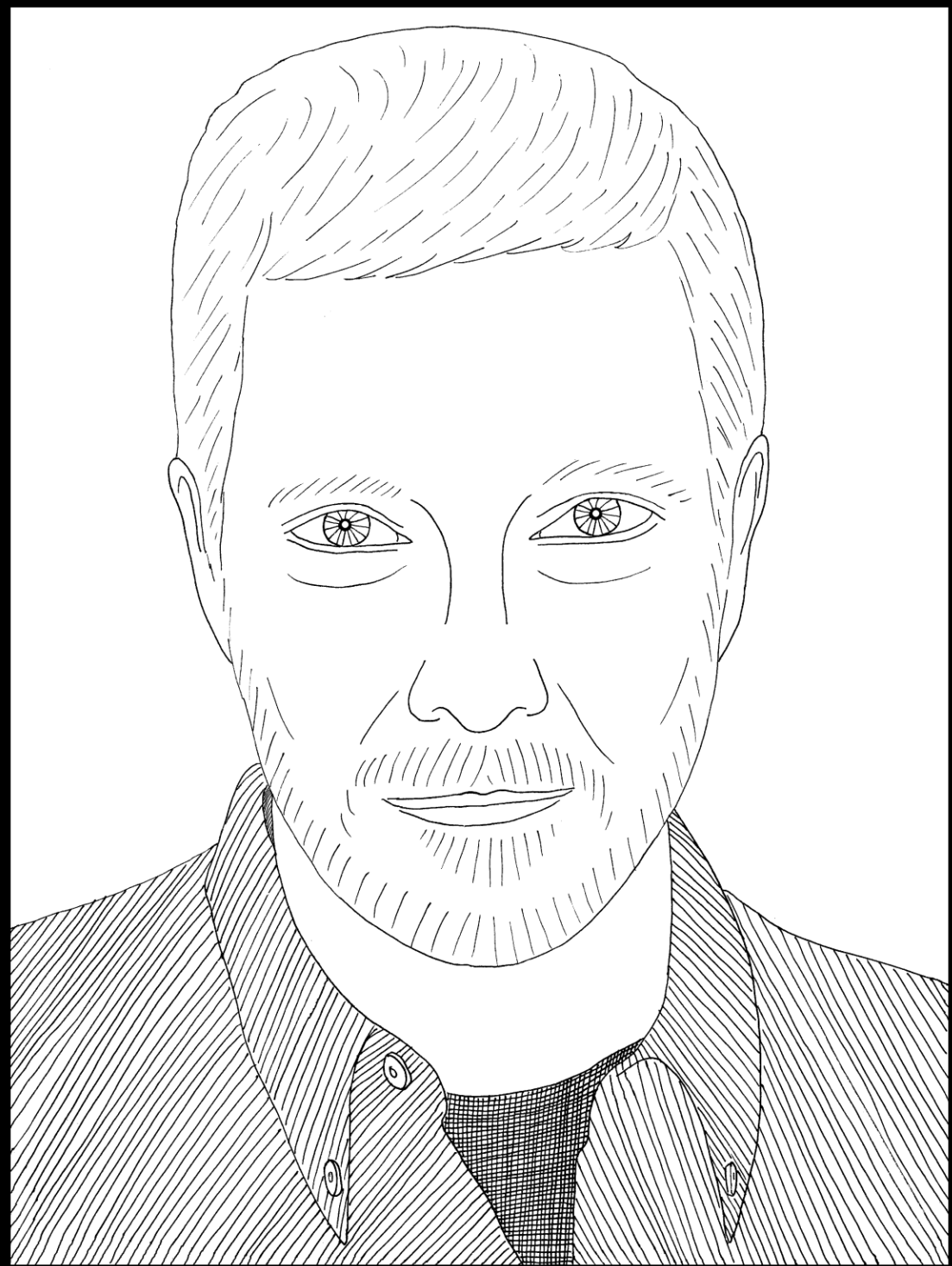
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"We could eradicate slavery. The laws are in place. The multi-nationals, the world trade organizations, the United Nations, they could end slavery, but they're not going to do it until and unless we demand it."

-- Kevin Bales

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# FREEDOM DAY - FEBRUARY 1

MAKE A DIFFERENCE



MAKE A DIFFERENCE

"Anti-democracy...is a virus that exists, and pro-democracy is the antibody to that virus, and I think we have to become vigilant, and we have to stay on top of the issues of democracy and freedom."

-- Harry Belafonte

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**"None who have always been free can understand the terrible fascinating power of the hope of freedom to those who are not free."  
-- Pearl S. Buck**

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MAKE A DIFFERENCE

**"...if you count the number of women and children in bonded labor, domestic slavery or sexual slavery today, there are more slaves in the world than at any other time in history."**

**-- Charlotte Bunch**

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"The well-being and the hopes of the peoples of the world can never be served until peace - as well as freedom, honor and self-respect - is secure."  
-- Ralph Bunche

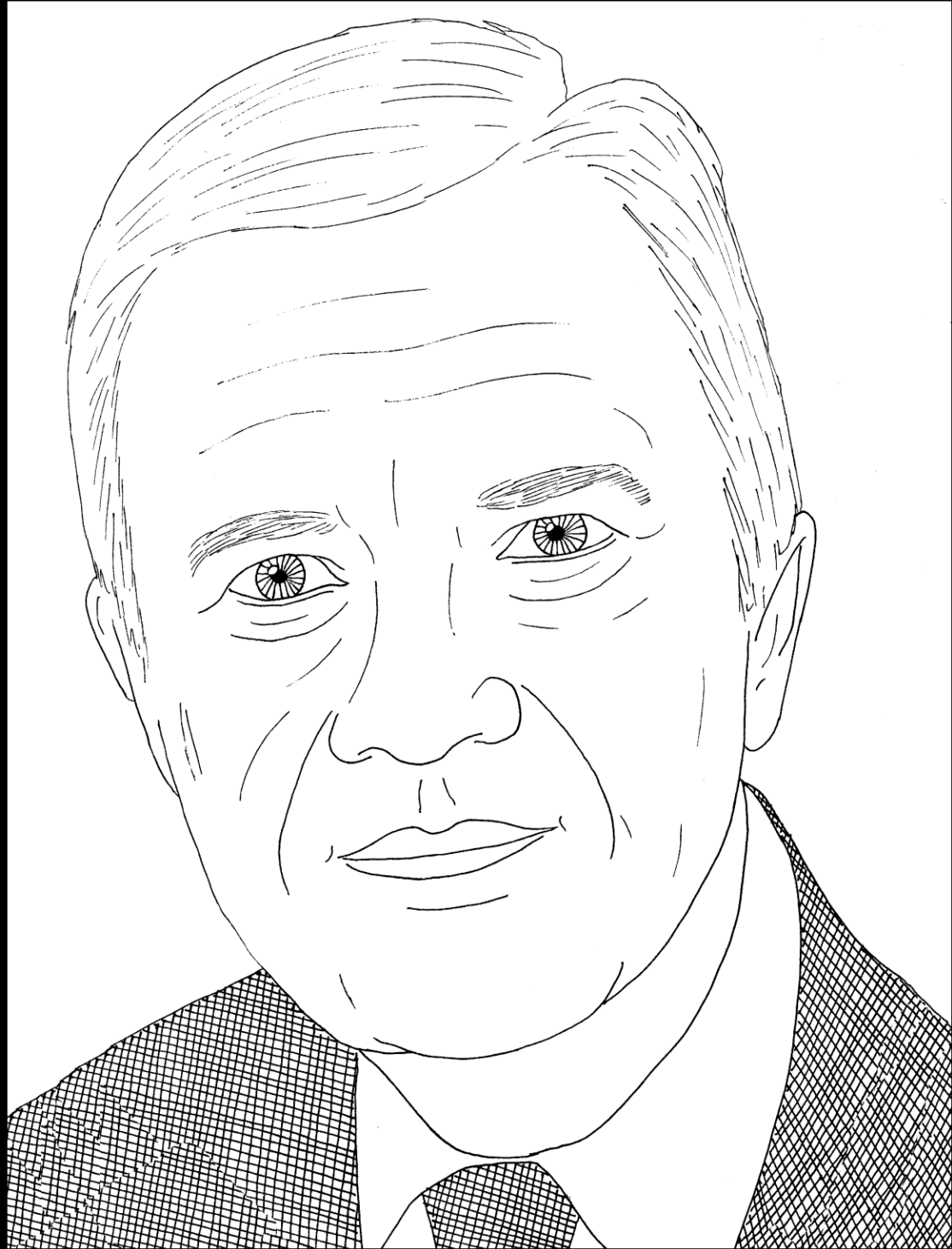
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**"Everyone has a right to peaceful coexistence,  
the basic personal freedoms, the alleviation of suffering,  
and the opportunity to lead a productive life..."**

**-- Jimmy Carter**

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MAKE A DIFFERENCE



"There are two kinds of restrictions upon human liberty -- the restraint of law and that of custom. No written law has ever been more binding than unwritten custom supported by public opinion."  
-- Carrie Chapman Catt

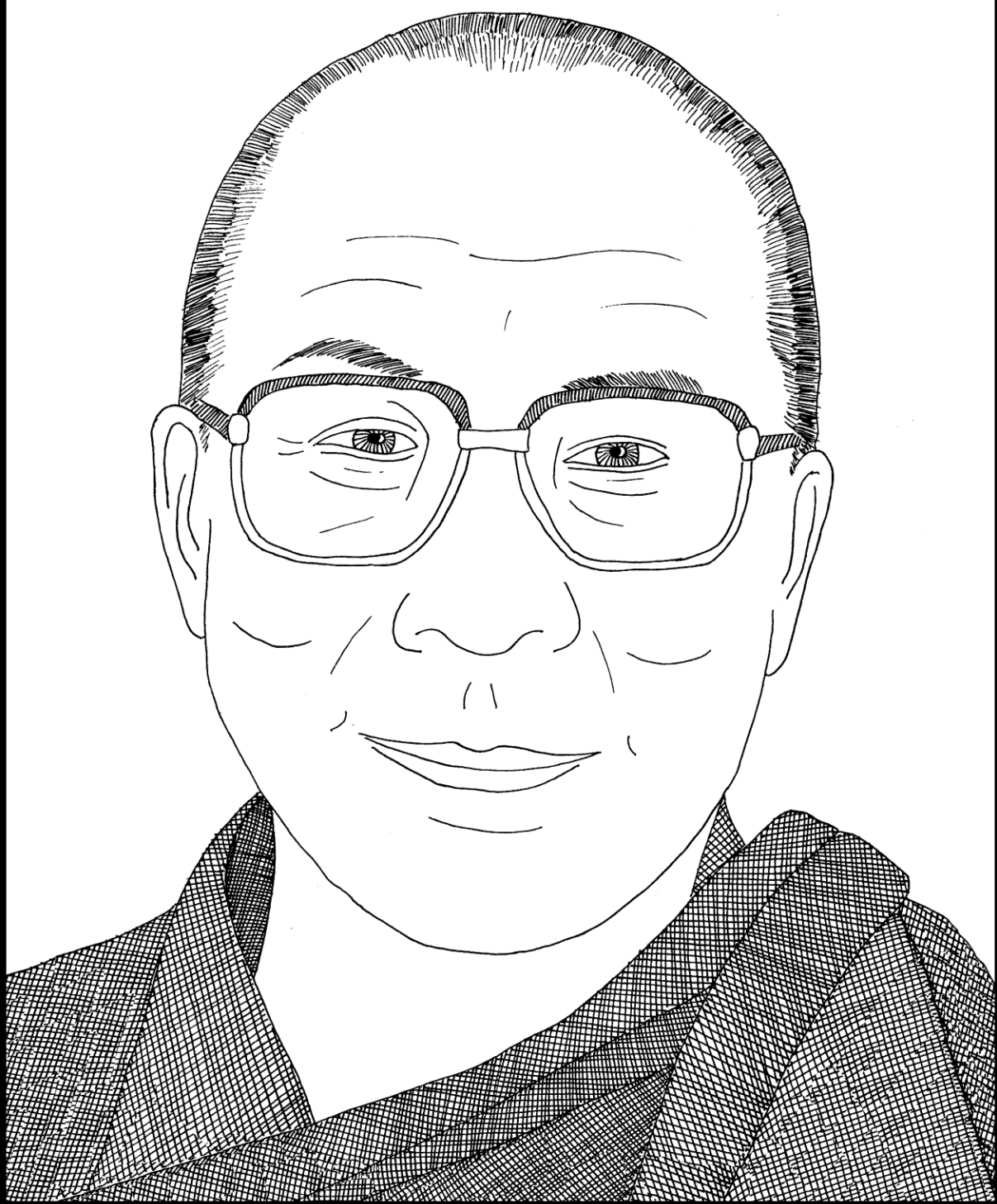
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"Peace can only last where human rights are respected,  
where the people are fed, and where individuals and nations are free."  
-- The Dalai Lama

**Do One Thing for a Better World**

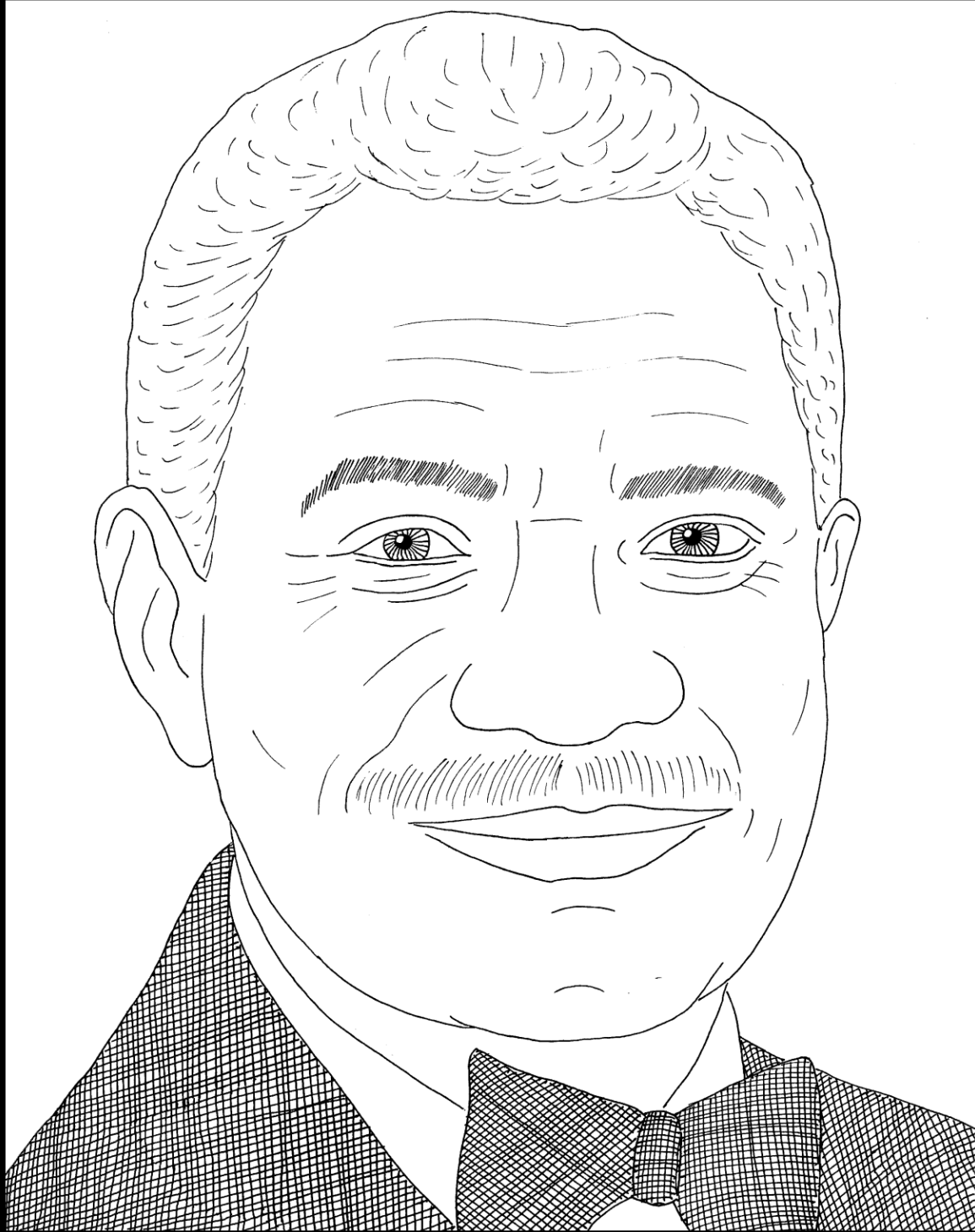
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"It is necessary to stay on the march, to be on the journey, to work for peace wherever we are at all times, because the liberty we cherish, which we would share with the world, demands eternal vigilance."

-- Ossie Davis

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"Freedom has its life in the hearts, the actions, the spirit of men and so it must be daily earned and refreshed - else like a flower cut from its life-giving roots, it will wither and die."

-- Dwight D. Eisenhower

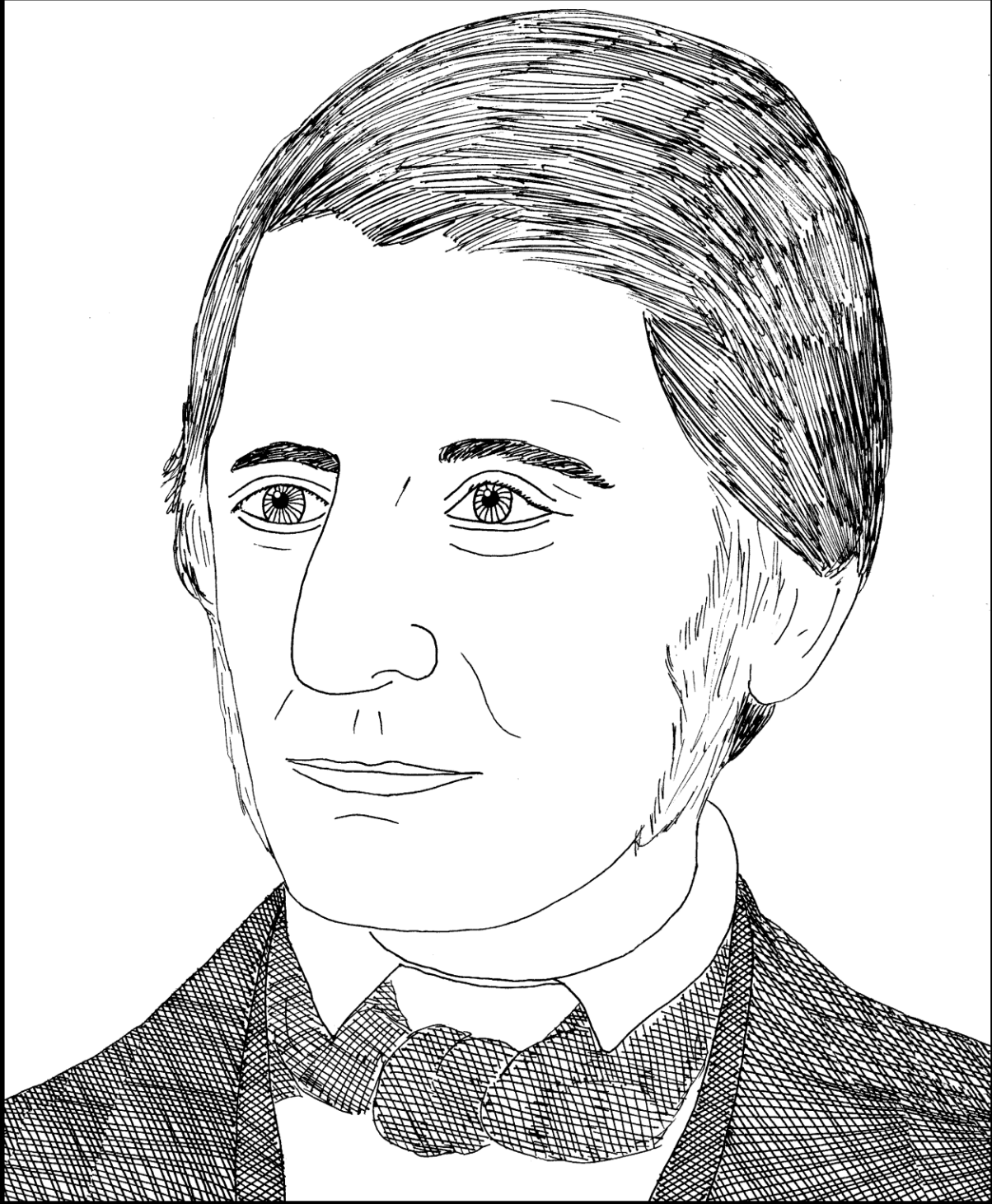
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"For what avail the plough or sail, or land or life, if freedom fail?"  
-- Ralph Waldo Emerson

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**"The fight for freedom is combined with the fight for equality, and we must realize that this is the fight for America - not just black America but all America."**

**-- James Farmer**

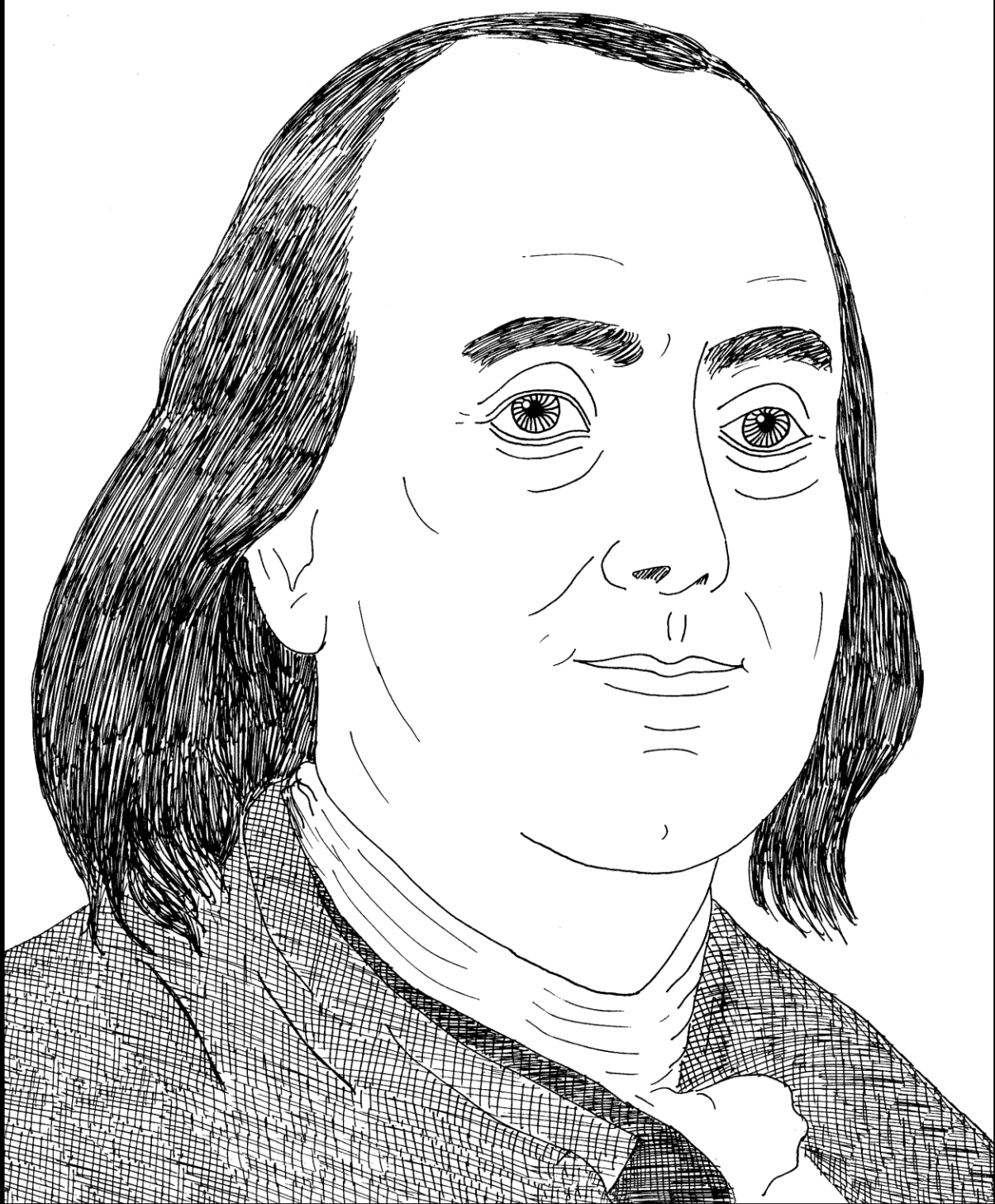
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**"They that can give up essential liberty to obtain a little temporary safety deserve neither liberty nor safety."  
-- Benjamin Franklin**

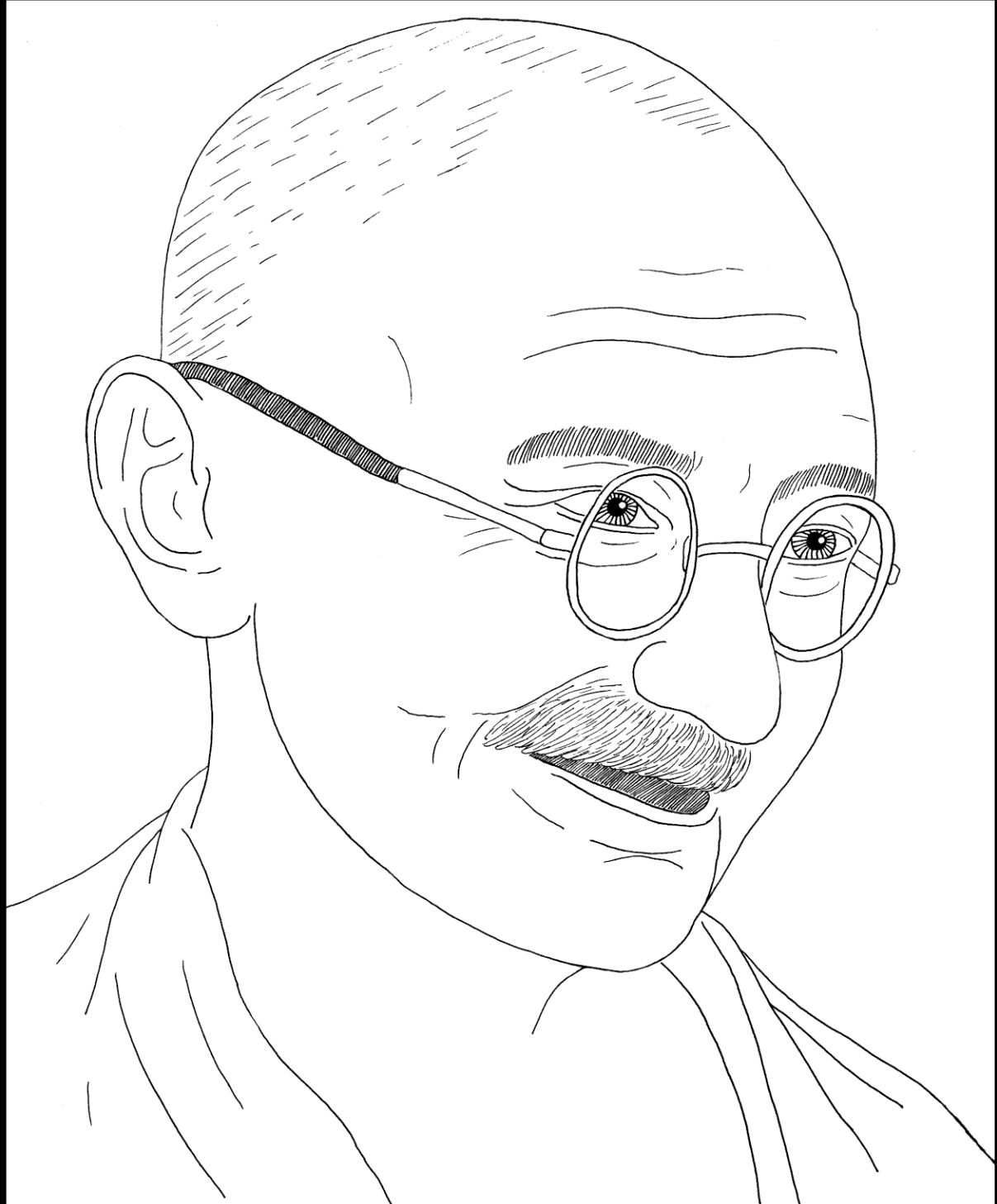
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"There is no road to freedom, freedom is the road."  
-- Mohandas Gandhi

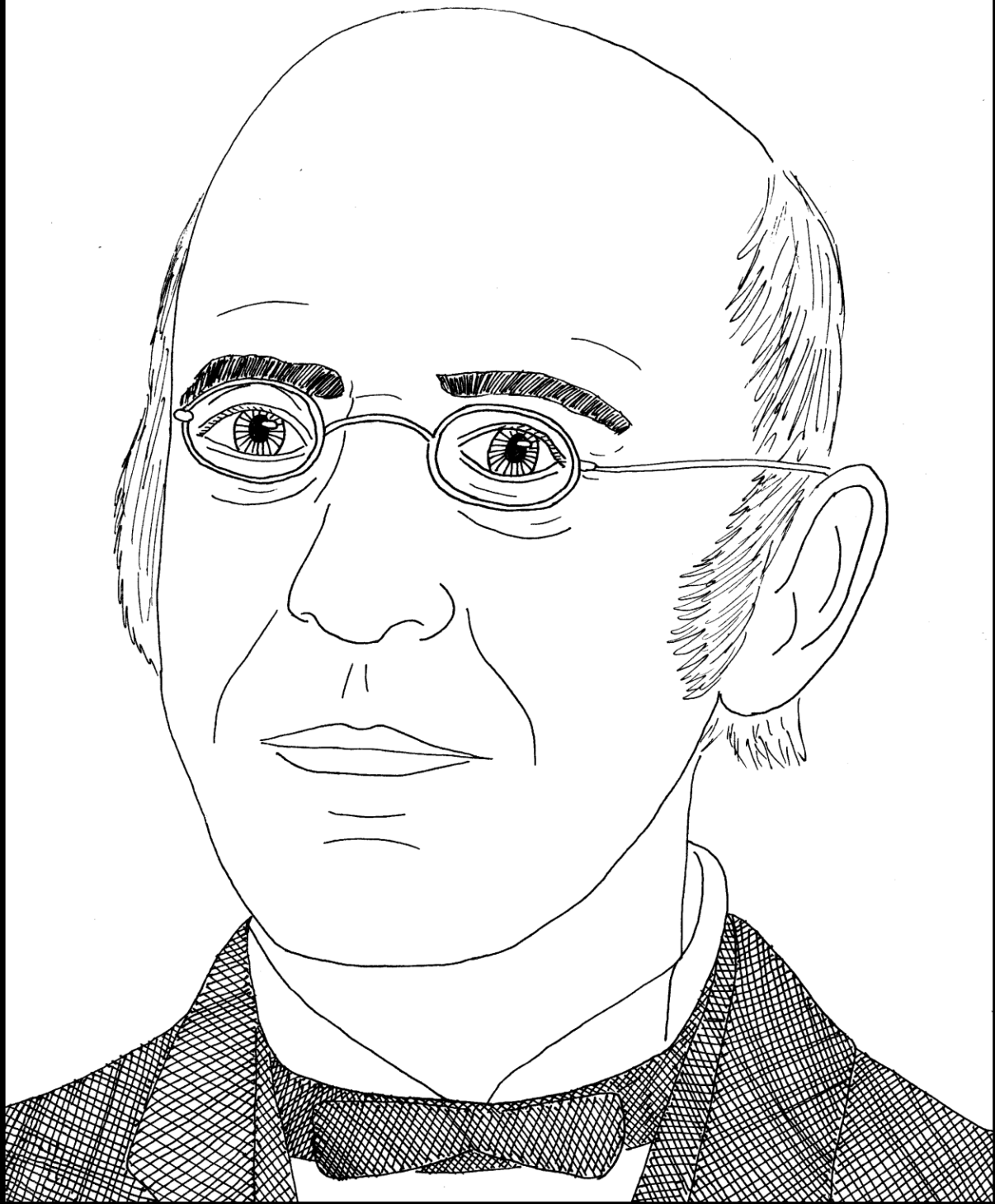
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"Enslave the liberty of but one human being  
and the liberties of the world are put in peril."  
-- William Lloyd Garrison

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**"Promoting active liberty does not mean allowing the majority to run roughshod over minorities. It calls for taking special care that all groups have a chance to fully participate in society and the political process."**

**-- Ruth Bader Ginsburg**

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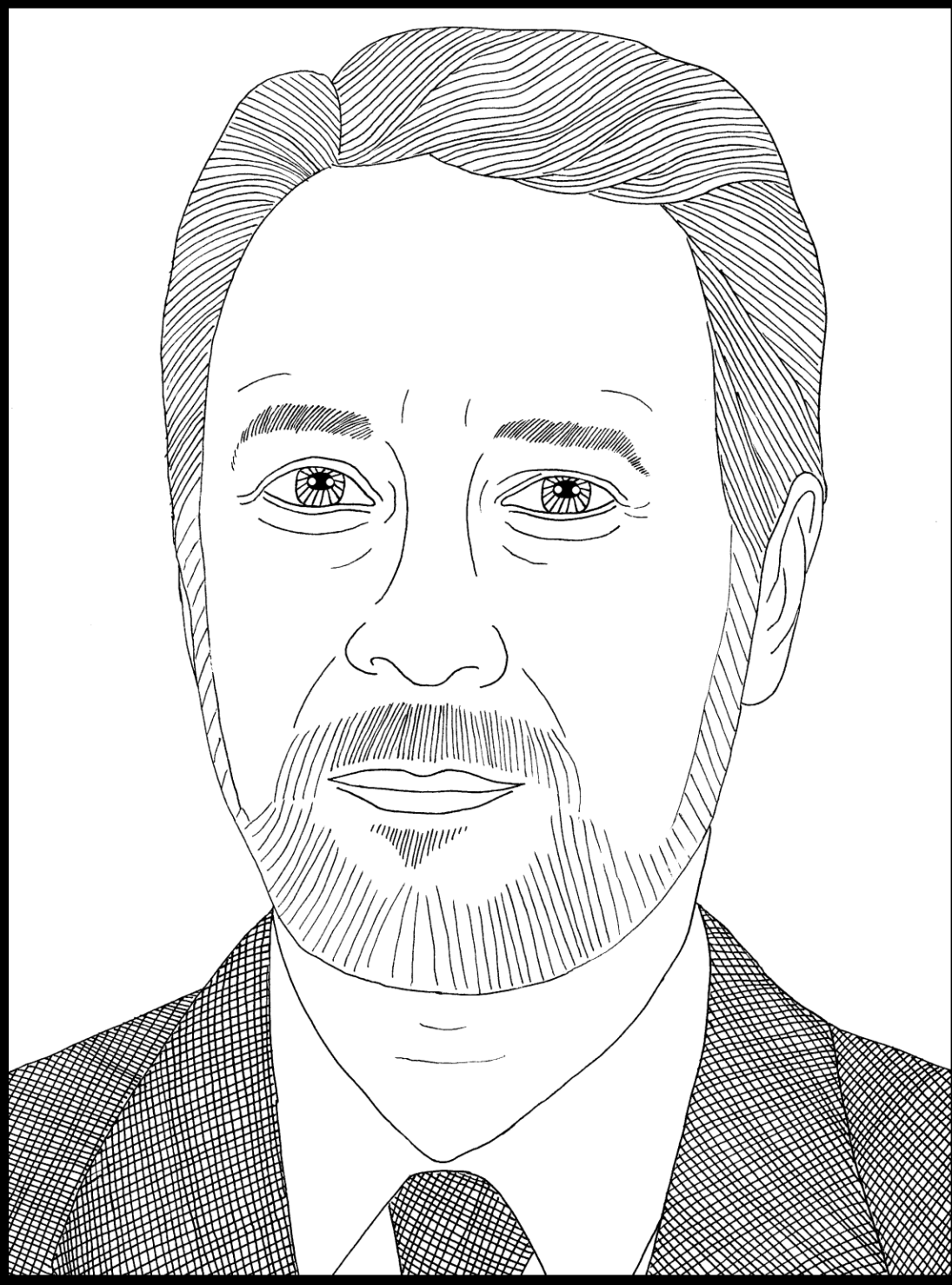
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**"Freedom means to build a democratic system enshrined with the respect for fundamental rights of Man, of the human being, of the individuals."  
-- Xanana Gusmão**

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# FREEDOM DAY - FEBRUARY 1

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"Nobody's free until everybody's free."  
-- Fannie Lou Hamer

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**"Without free, self-respecting and autonomous citizens  
there can be no free and independent nations."**

**-- Vaclav Havel**

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# FREEDOM DAY - FEBRUARY 1

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"Yes, a new day is here. Across America -- throughout the entire world -- the forces of emancipation are at work. We hear freedom's rising chorus: 'Let me live my own life. Let me live in peace. Let me be free,' say the people."  
-- Hubert Humphrey

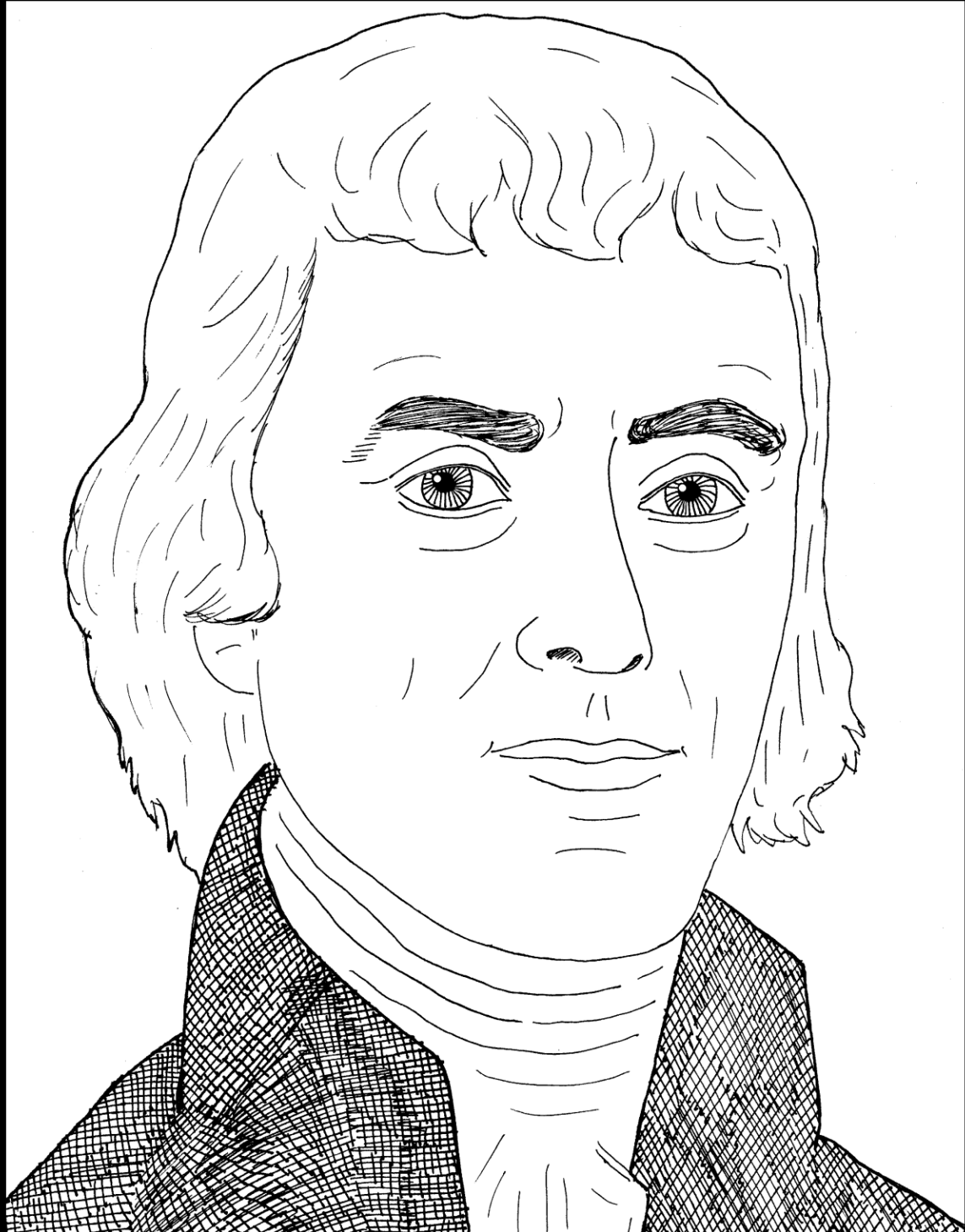
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**"We hold these truths to be self-evident--that all men are created equal; that they are endowed by their Creator with certain inalienable rights; that among these are Life, Liberty, and the pursuit of happiness."**

**-- Thomas Jefferson**

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**"The enlargement of liberty for individual human beings must be the supreme goal and abiding practice of any western society."  
-- Robert F. Kennedy**

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**"Struggle is a never-ending process. Freedom is never really won -- you earn it and win it in every generation."  
-- Coretta Scott King**

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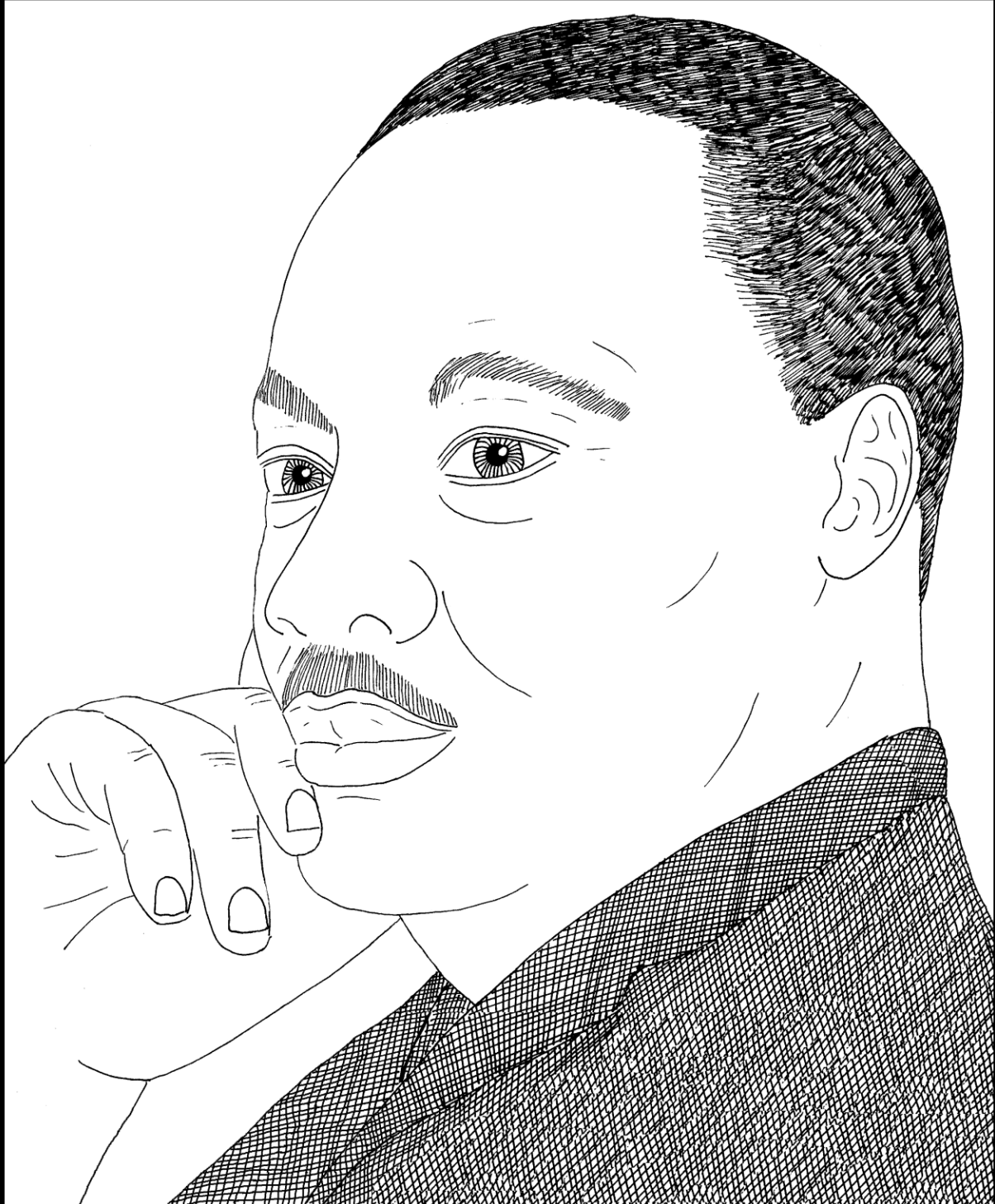
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"When we let freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, 'Free at last! free at last! Thank God Almighty, we are free at last!'"

-- Martin Luther King, Jr.

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"Freedom rings resoundingly in a democracy each time we speak freely."  
-- Dennis Kucinich

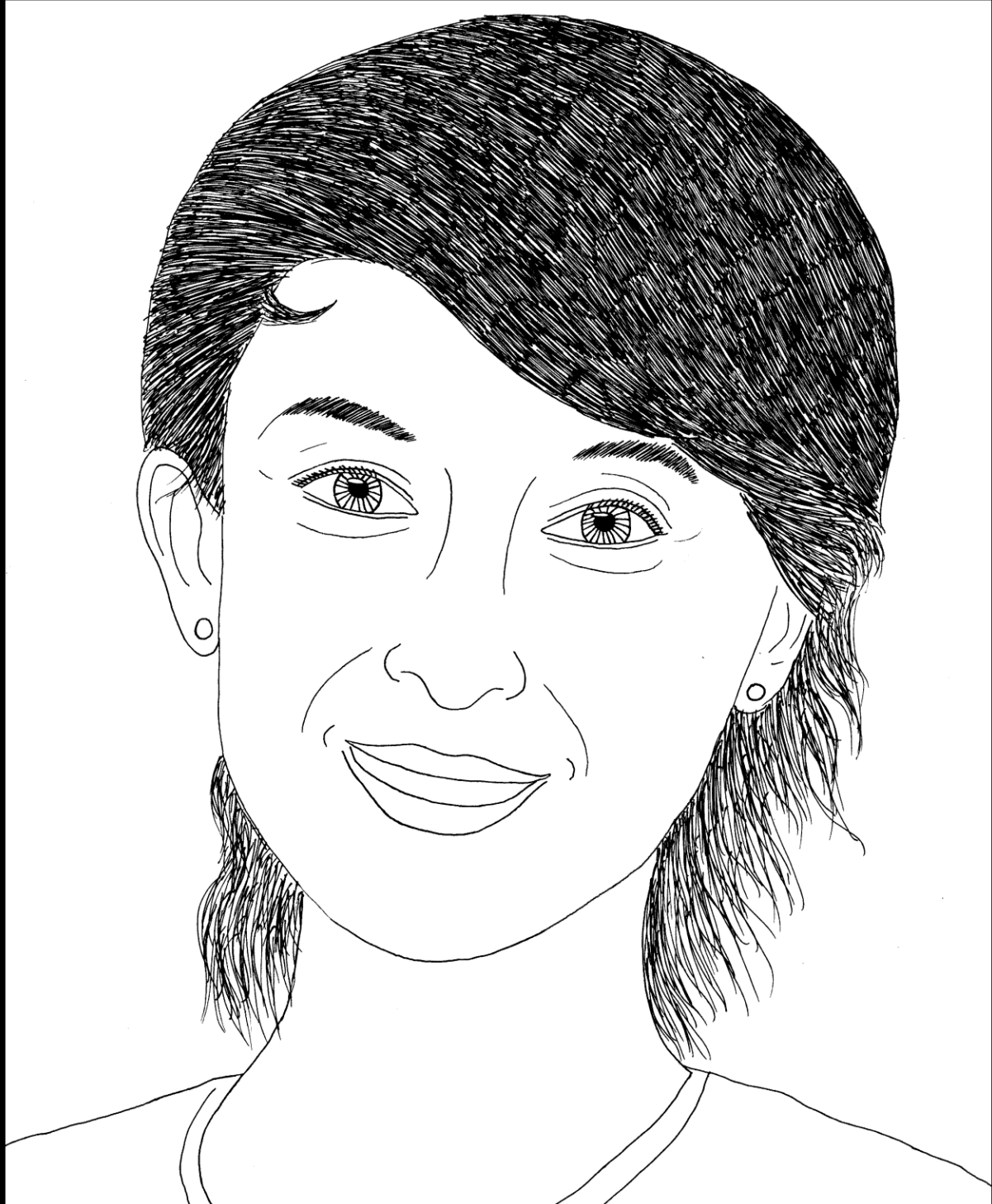
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"Please use your freedom to promote ours."  
-- Aung San Suu Kyi

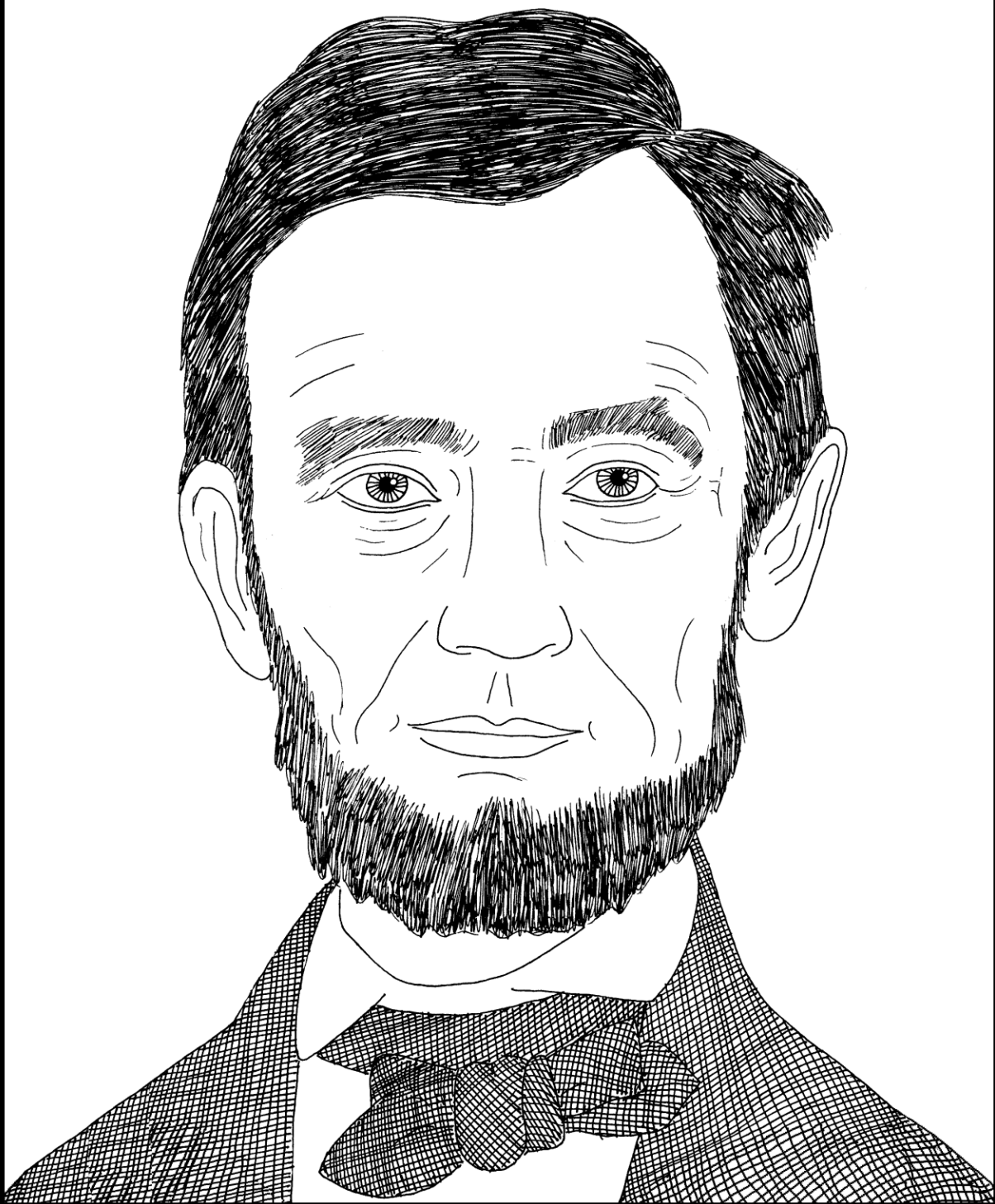
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**"Those who deny freedom to others deserve it not for themselves."  
-- Abraham Lincoln**

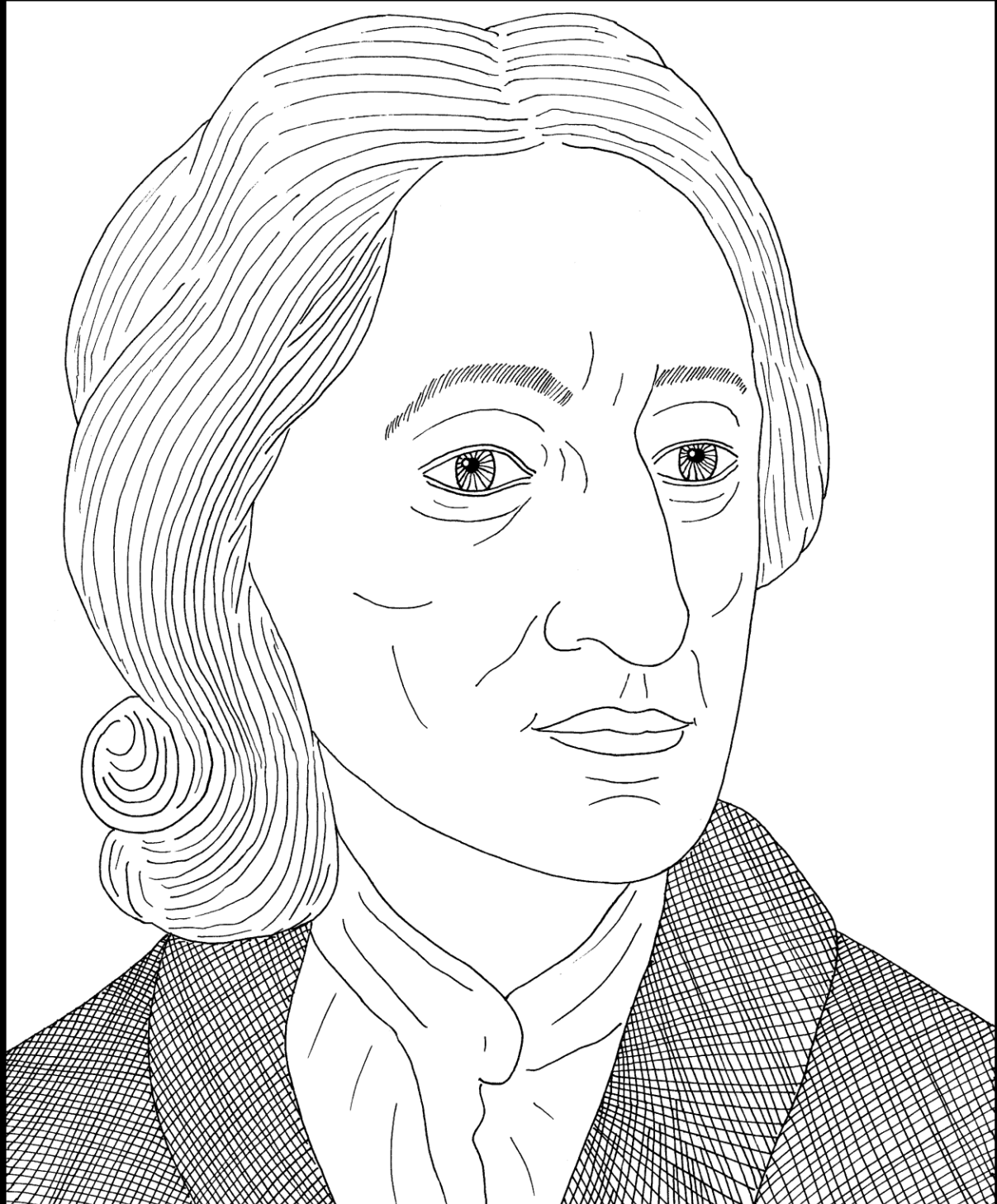
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**"The end of law is not to abolish or restrain, but to preserve and enlarge freedom. For in all the states of created beings capable of law, where there is no law, there is no freedom."**

**-- John Locke**

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"Running away will never make you free."  
-- Kenny Loggins

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**“Emancipate yourselves from mental slavery.  
None but ourselves can free our minds.  
Won't you help to sing the songs of freedom?”  
-- Bob Marley**

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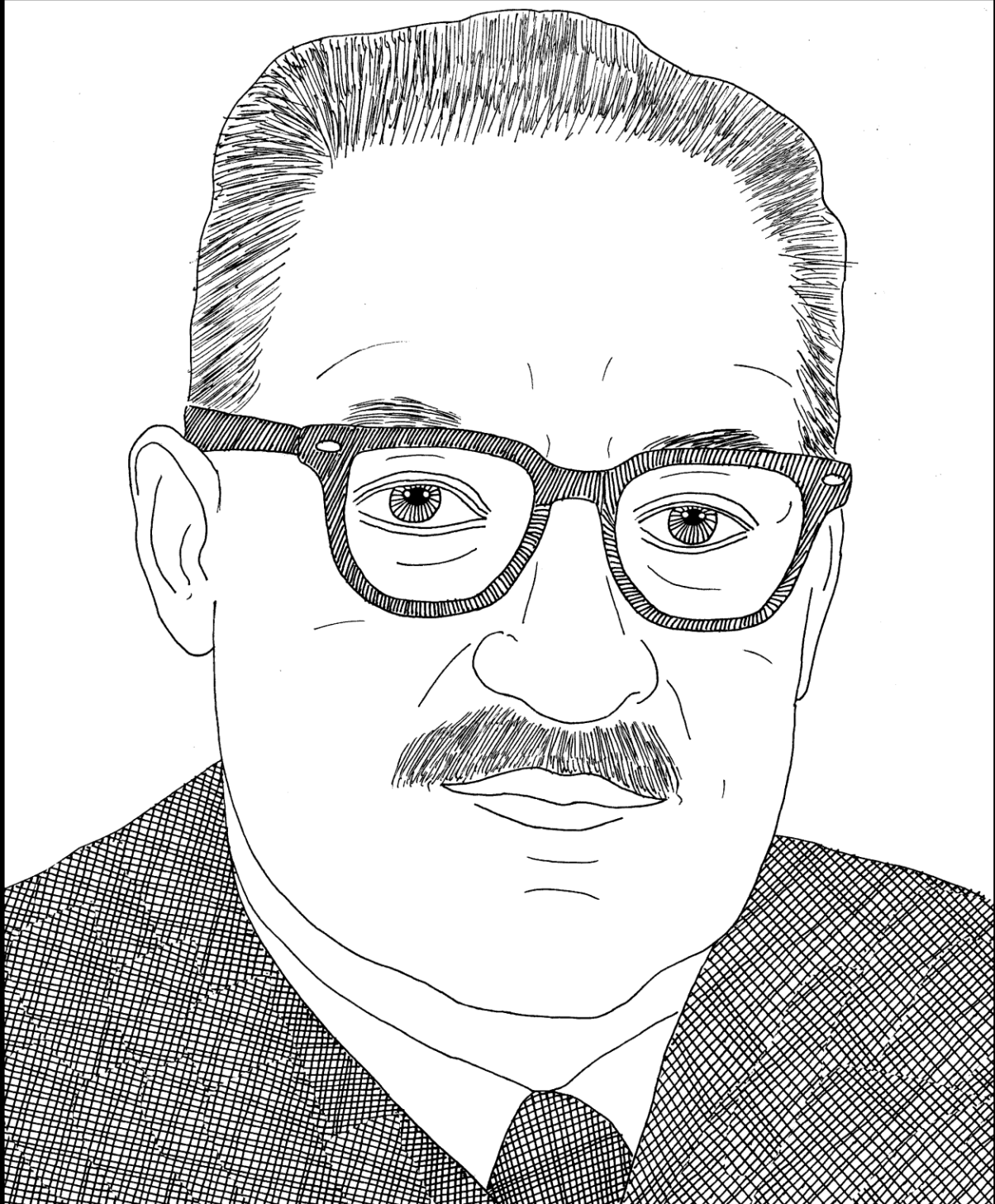
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# FREEDOM DAY - FEBRUARY 1

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**"Today's Constitution is a realistic document of freedom only because of several corrective amendments. Those amendments speak to a sense of decency and fairness that I and other Blacks cherish."**

**-- Justice Thurgood Marshall**

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# FREEDOM DAY - FEBRUARY 1

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"All men are by nature born equally free and independent."  
-- George Mason

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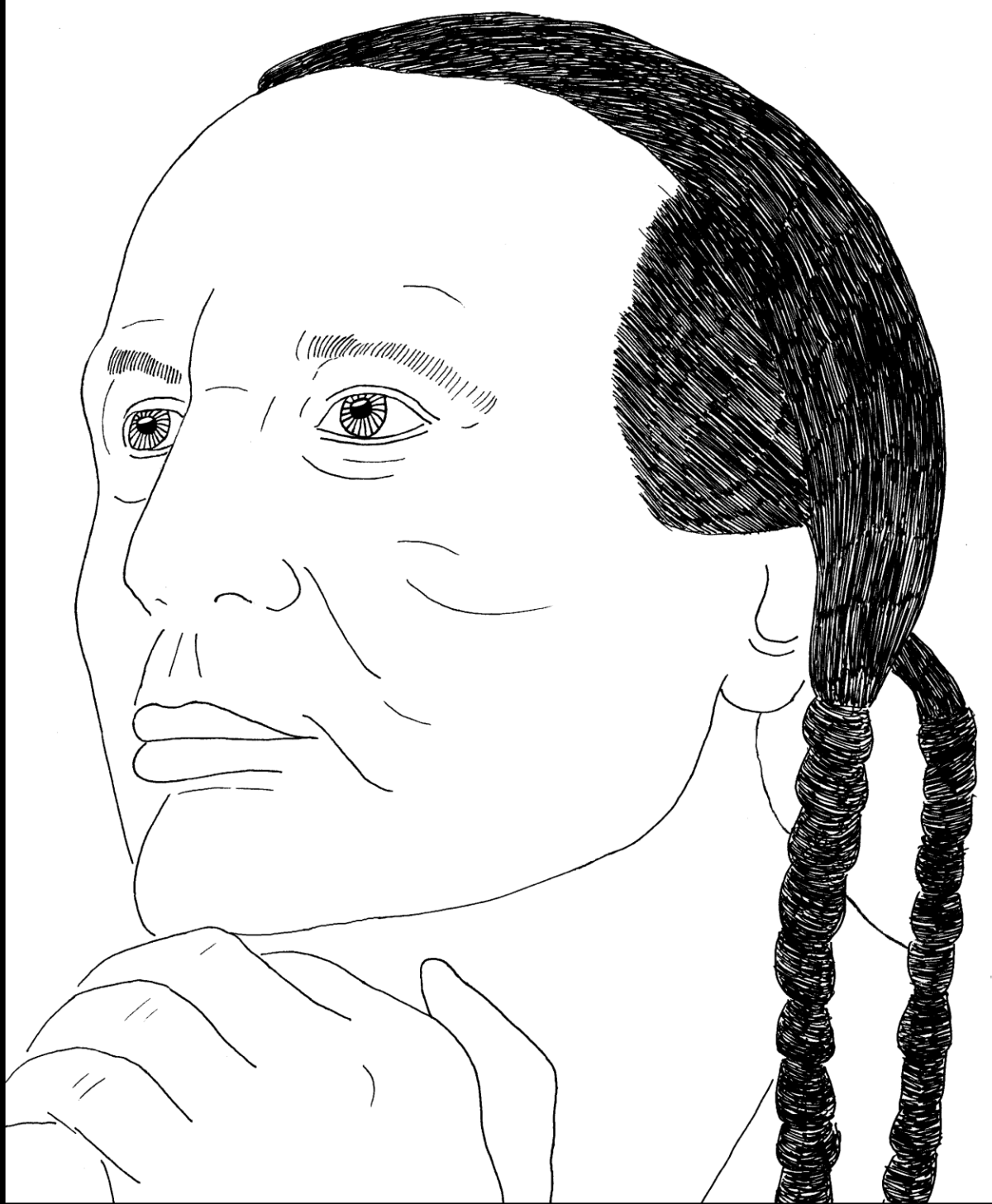
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"Freedom is for everyone, whatever lifestyle they choose, as long as it's peaceful and honest."  
-- Russell Means

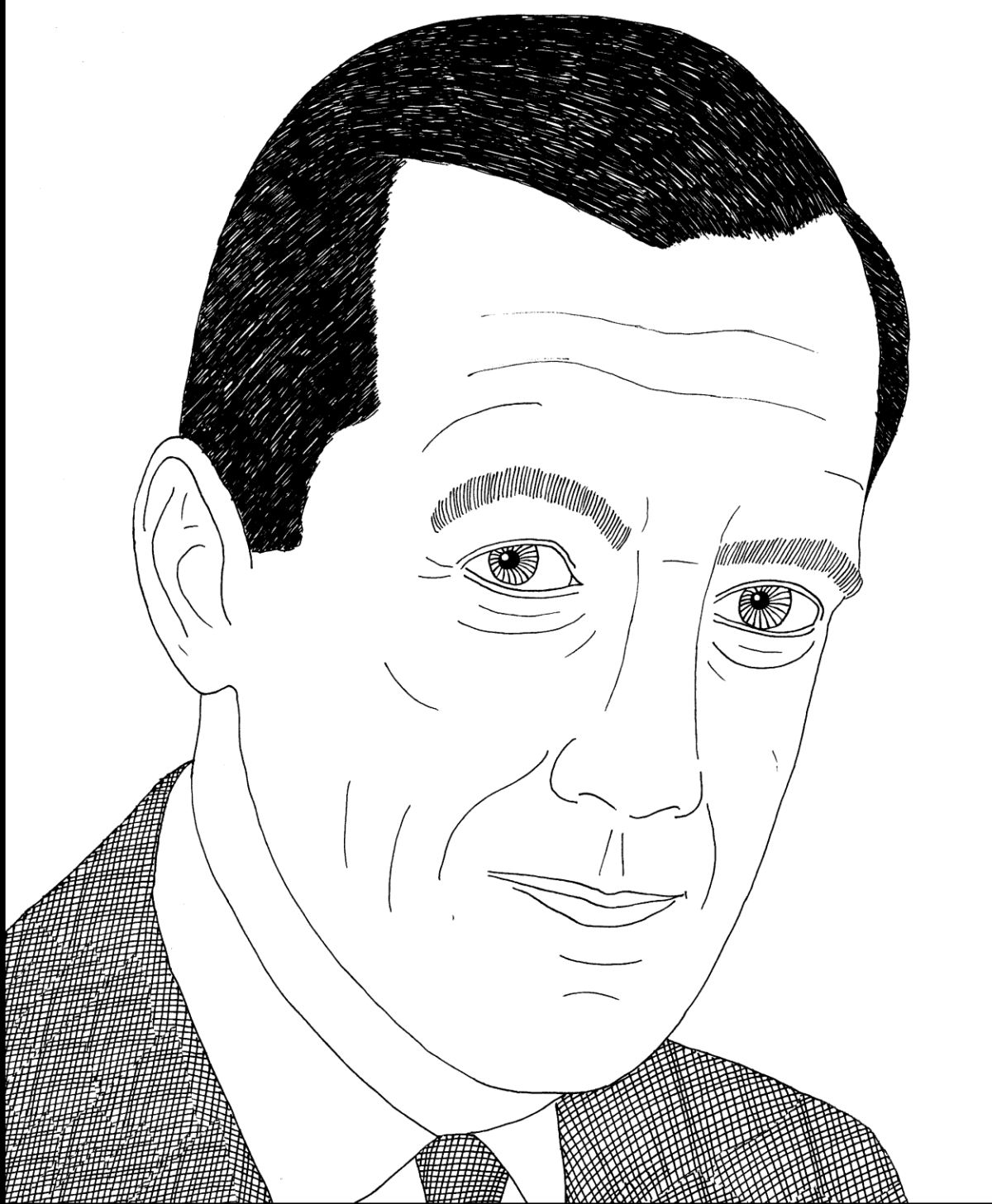
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**"We cannot defend freedom abroad by deserting it at home."  
-- Edward R. Murrow**

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"Today we are engaged in a deadly global struggle with those who would intimidate, torture, and murder people for exercising the most basic freedoms. If we are to win this struggle and spread those freedoms, we must keep our own moral compass pointed in a true direction."

-- Barack Obama

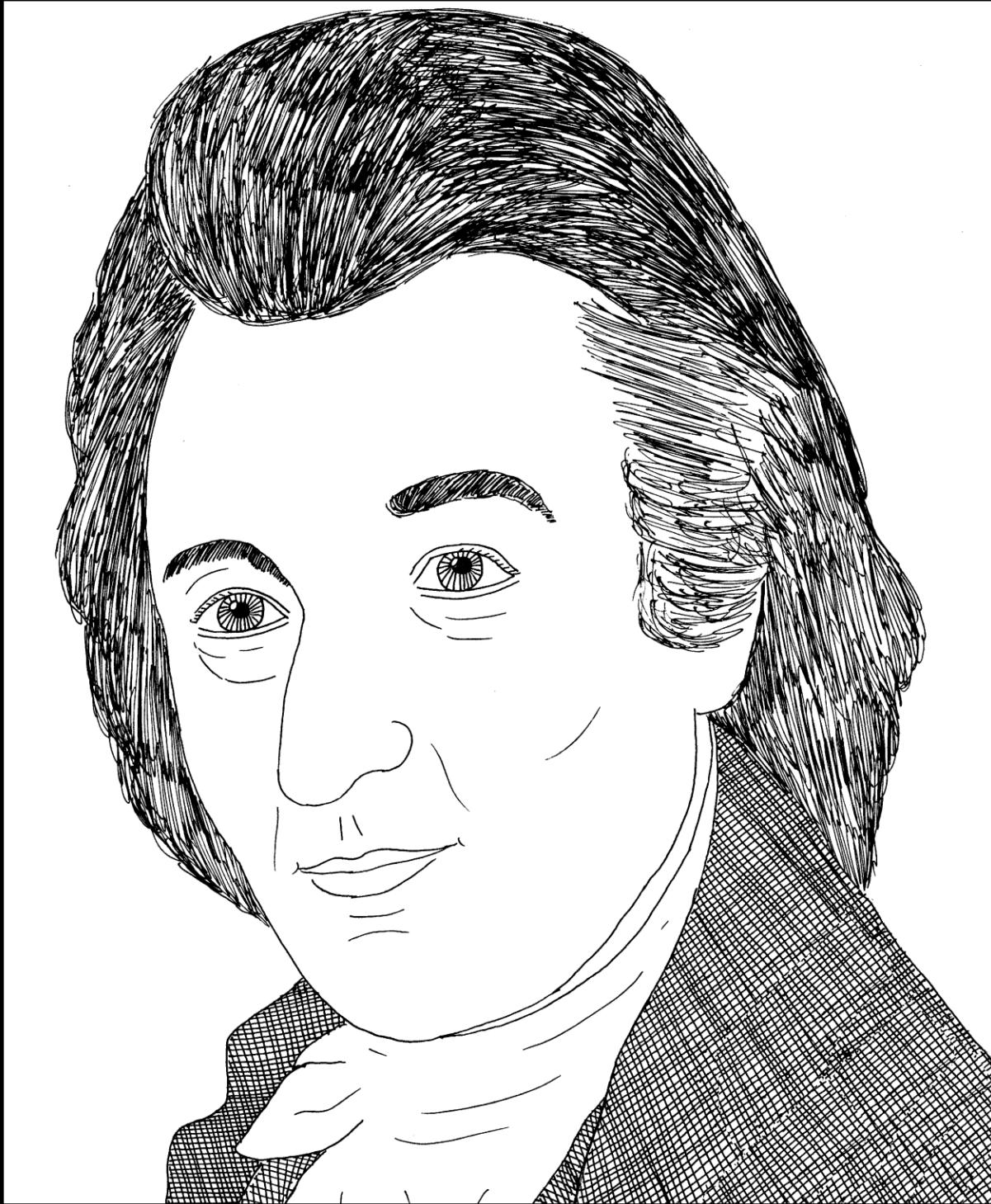
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**"When people fear the government, there is tyranny.  
When government fears the people, there is liberty."  
-- Thomas Paine**

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MAKE A DIFFERENCE



MAKE A DIFFERENCE

**"I would like to be known as a person who is concerned about freedom and equality and justice and prosperity for all people."  
-- Rosa Parks**

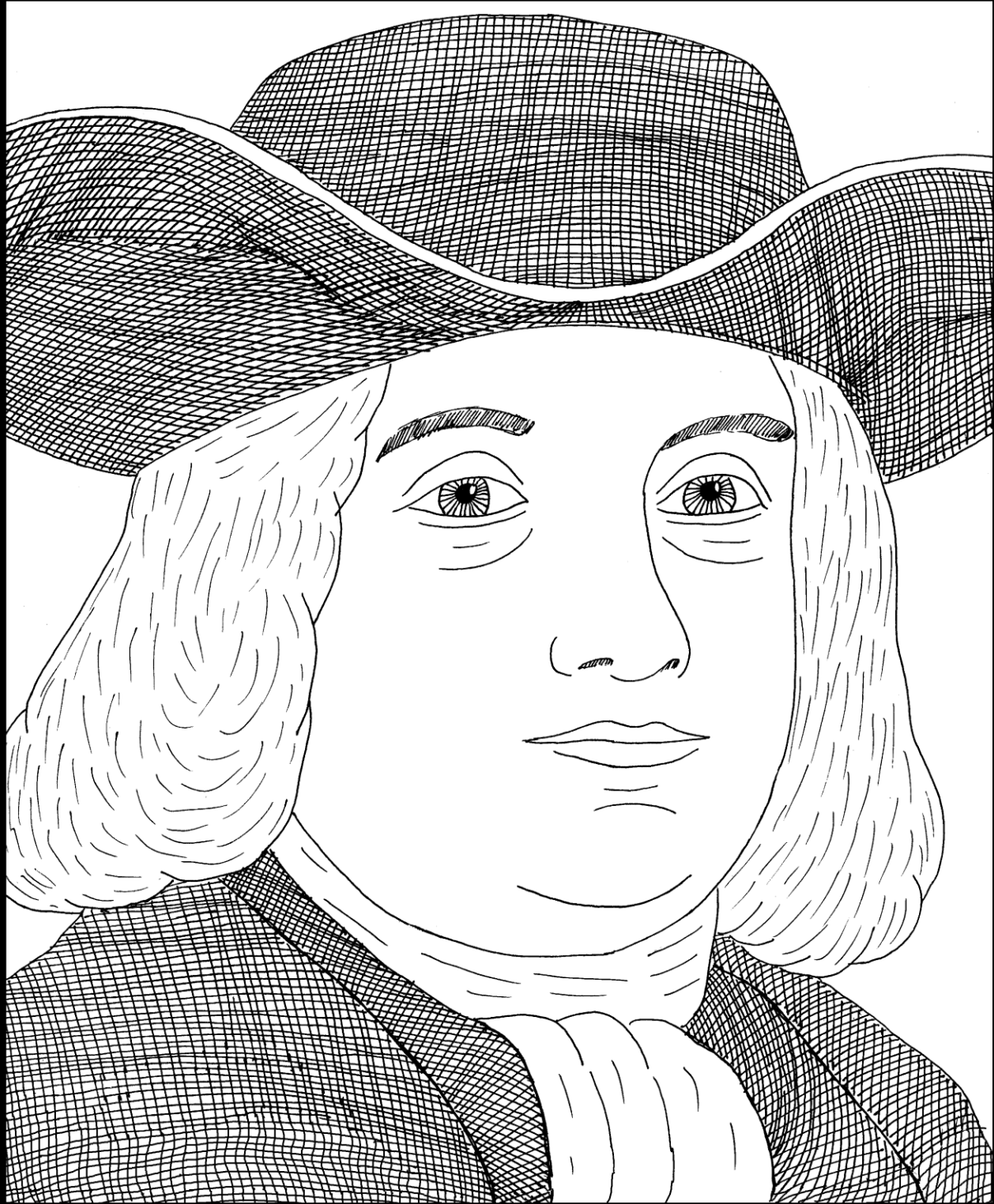
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**"There can be no Friendship where there is no Freedom."  
-- William Penn**

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"Caged birds sing of freedom, free birds fly."  
-- Thorolf Rafto

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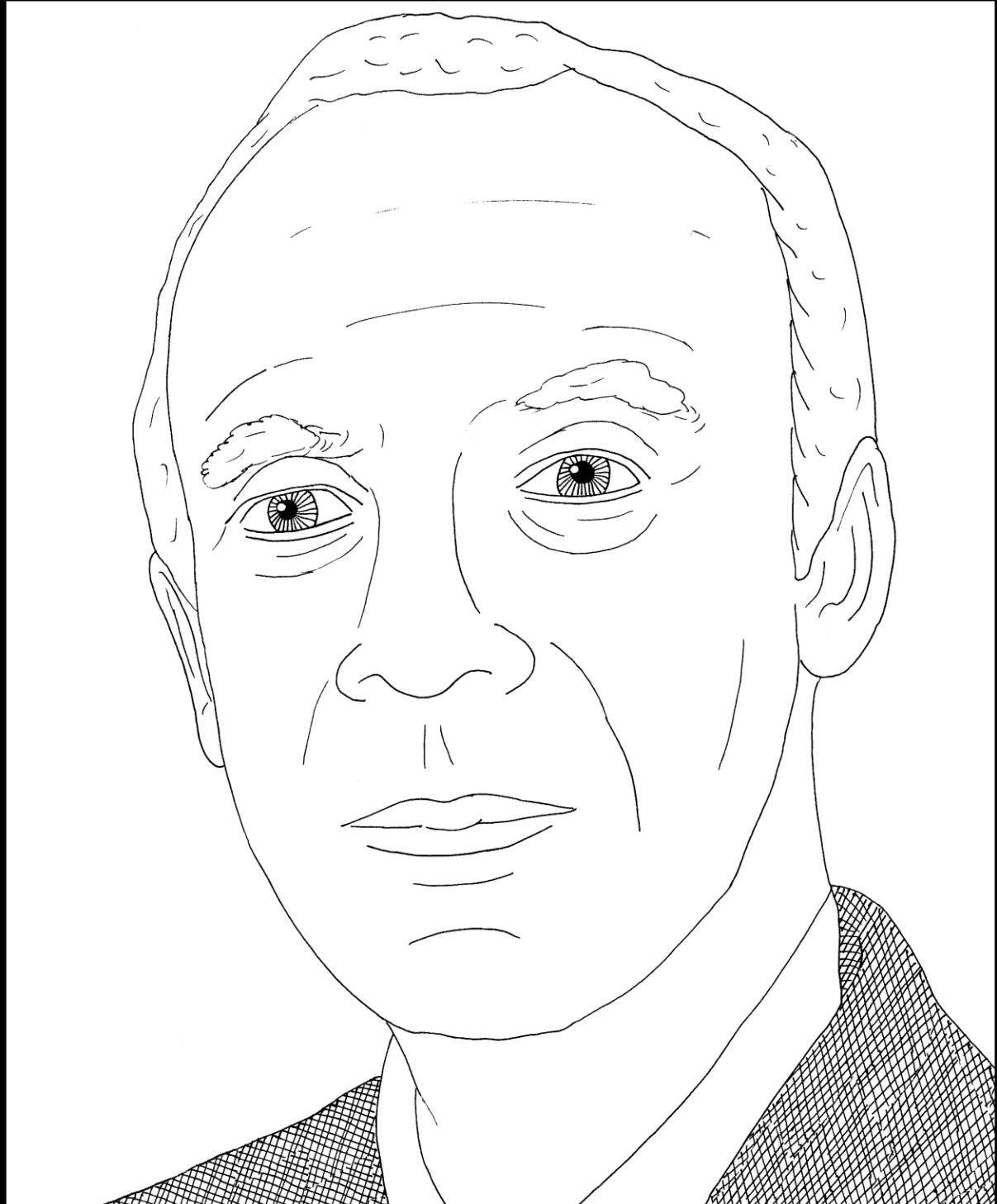
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"Freedom is never granted; it is won. Justice is never given; it is exacted."  
-- A. Philip Randolph

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**"The artist must elect to fight for Freedom or for Slavery."  
-- Paul Robeson**

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**"At all times, day by day, we have to continue fighting for freedom of religion, freedom of speech, and freedom from want... for these are things that must be gained in peace as well as in war."  
-- Eleanor Roosevelt**

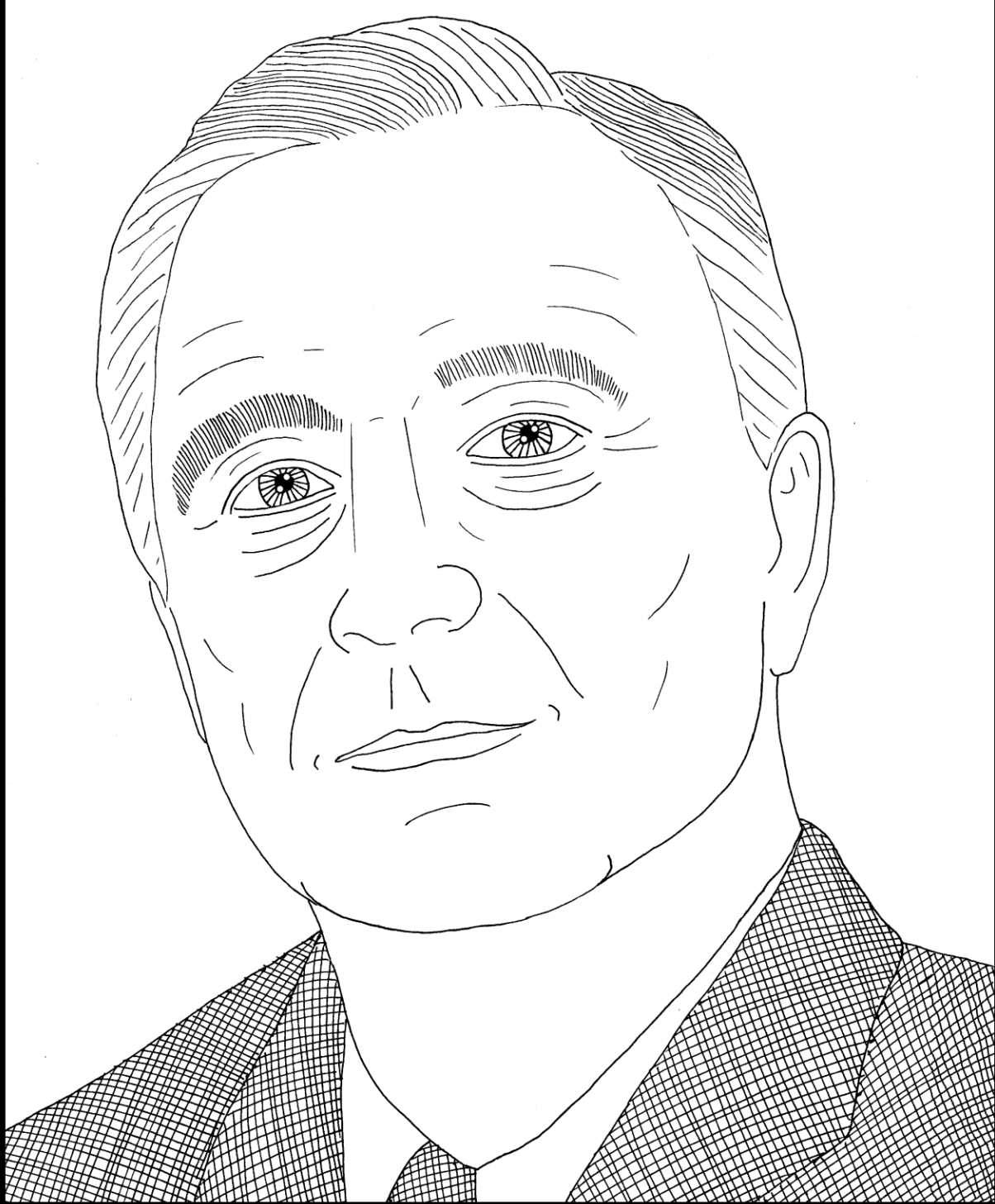
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**"Freedom means the supremacy of human rights everywhere.  
Our support goes to those who struggle to gain those rights or keep them."  
-- Franklin D. Roosevelt**

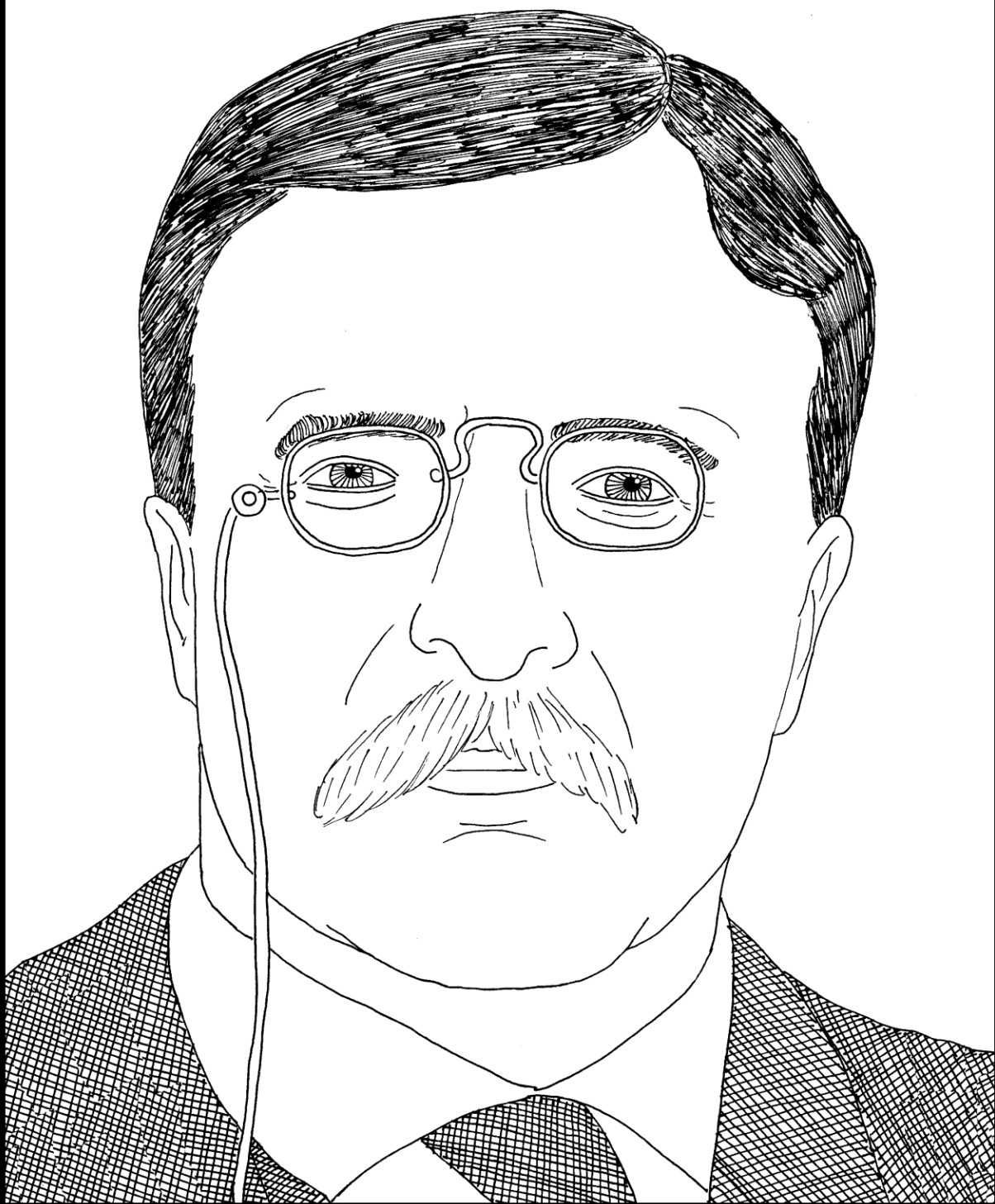
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"Order without liberty and liberty without order are equally destructive."  
-- Theodore Roosevelt

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**"Sometimes the lack of substantive freedoms  
relates directly to economic poverty."  
-- Amartya Sen**

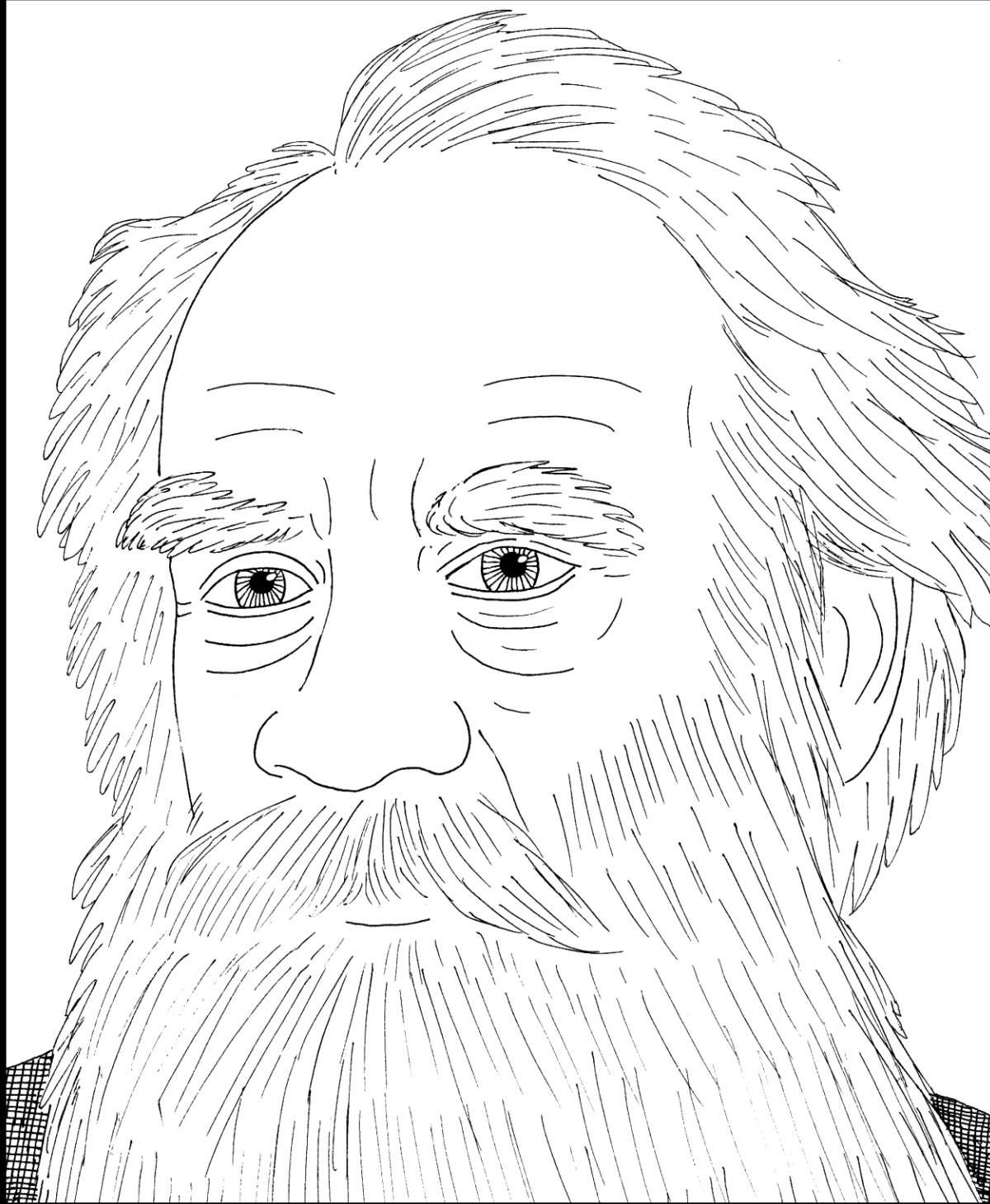
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"The essence of all slavery consists in taking the product of another's labor by force. It is immaterial whether this force be founded upon ownership of the slave or ownership of the money that he must get to live."

-- Leo Tolstoy

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MAKE A DIFFERENCE



MAKE A DIFFERENCE

"If you are tired, keep going; if you are scared, keep going; if you are hungry; keep going; if you want to taste freedom, keep going."  
-- Harriet Tubman

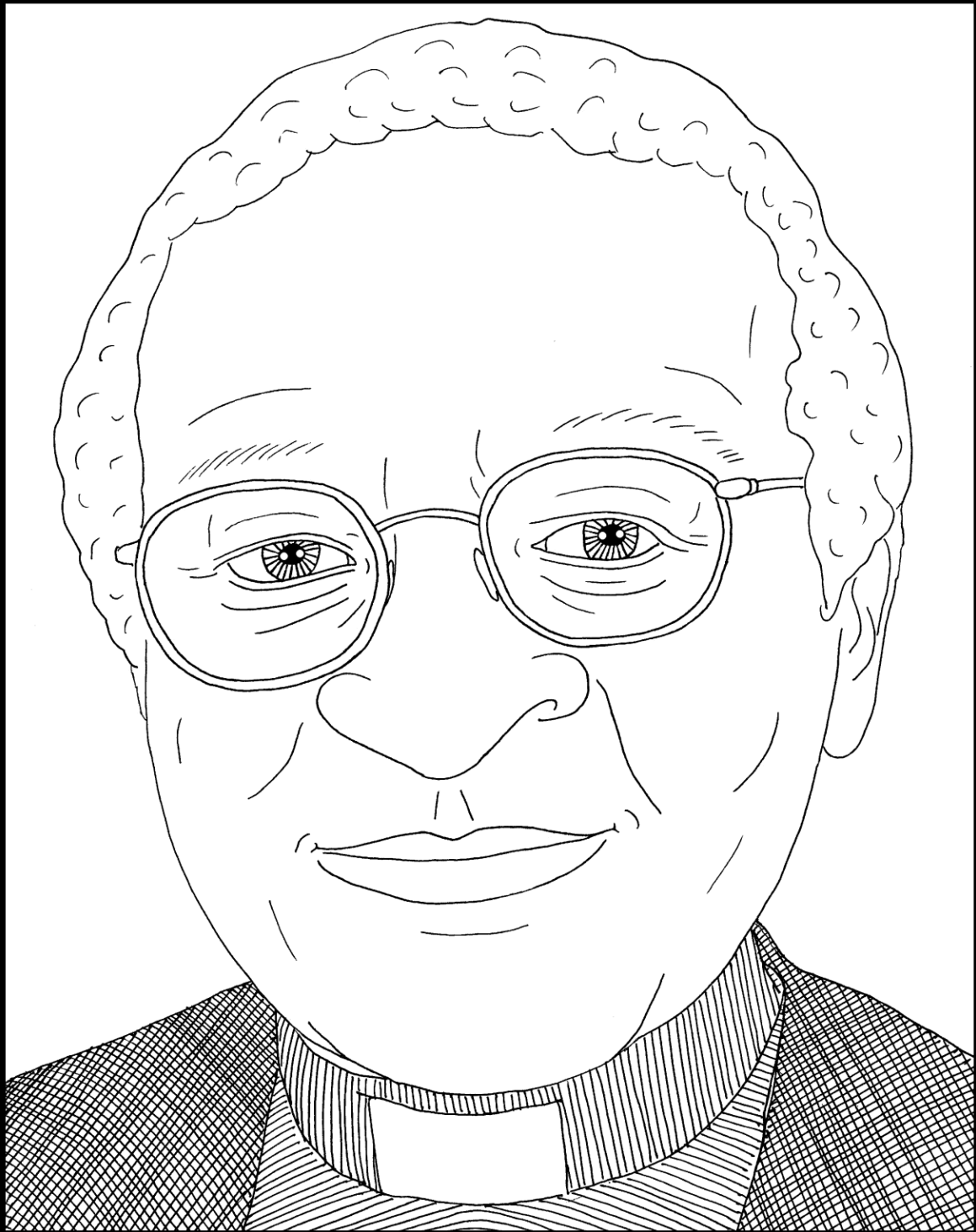
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"We must not allow ourselves to become like the system we oppose. We cannot afford to use methods of which we will be ashamed when we look back, when we say, '...we shouldn't have done that.' We must remember, my friends, that we have been given a wonderful cause. The cause of freedom! And you and I must be those who will walk with heads held high. We will say, 'We used methods that can stand the harsh scrutiny of history.'"  
-- Desmond Tutu

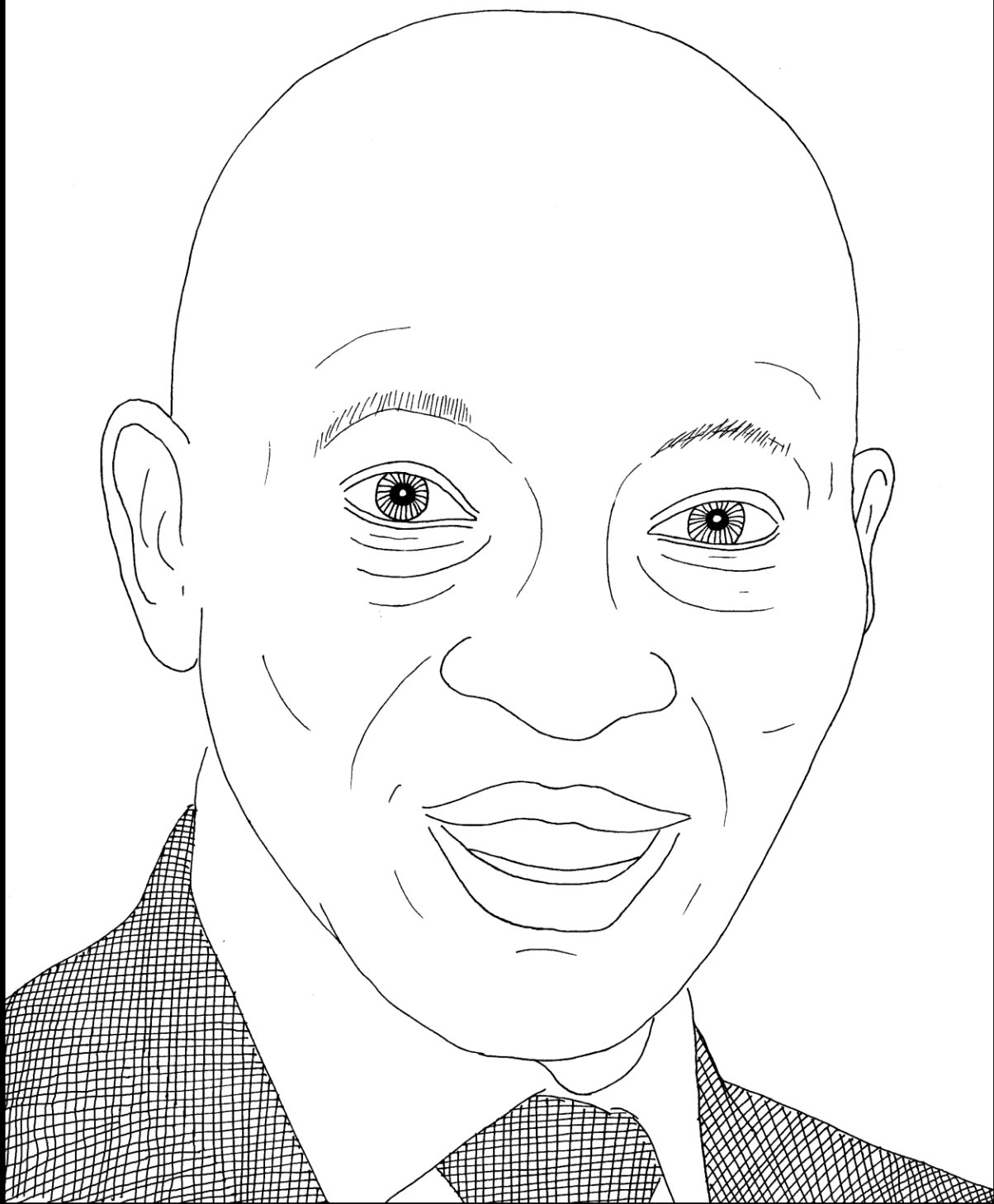
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MAKE A DIFFERENCE



MAKE A DIFFERENCE

"Democracy is constructed like an edifice,  
freedom by freedom, right by right..."  
-- Abdoulaye Wade

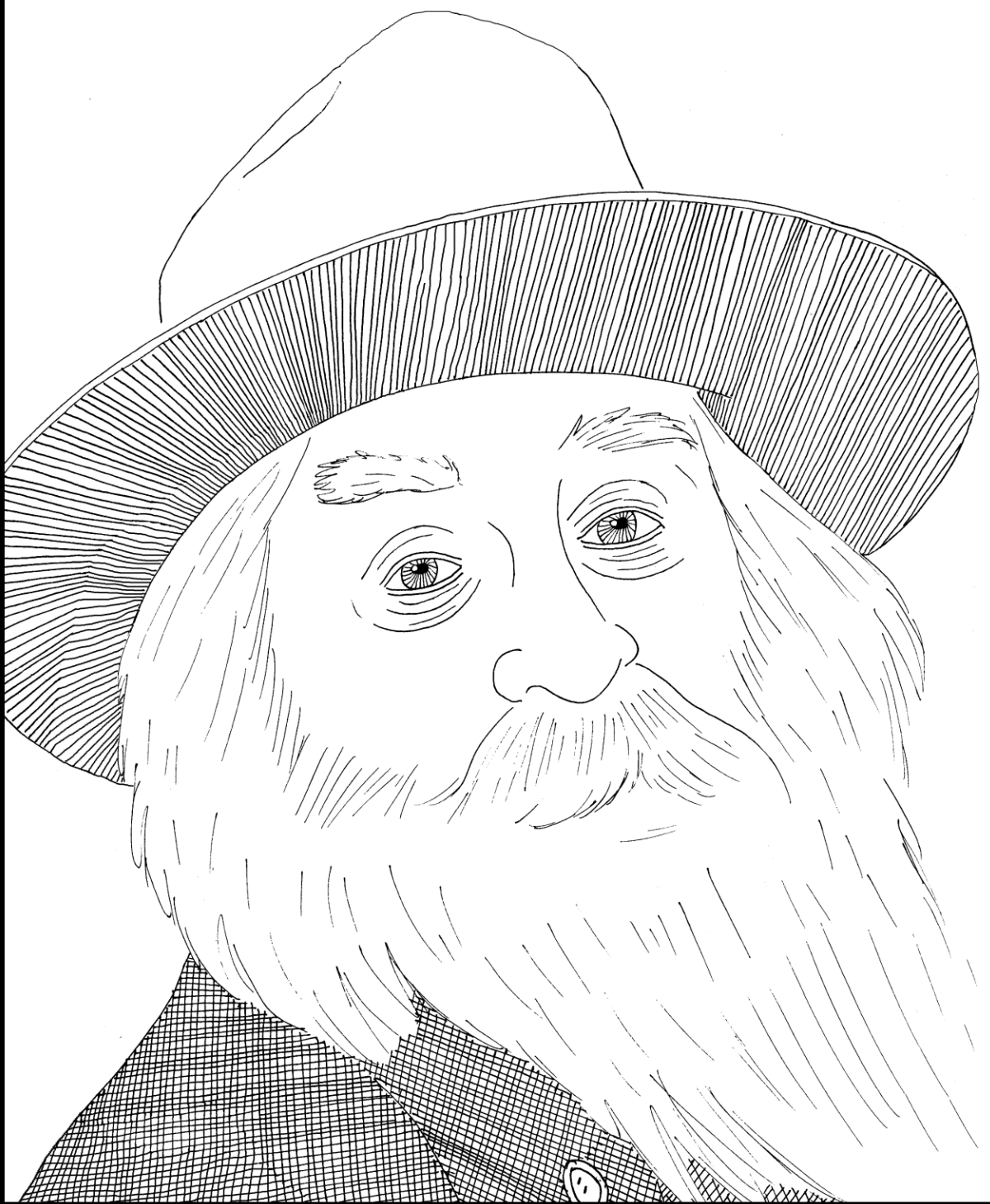
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"The shallow consider liberty a release from all law, from every constraint.  
The wise see in it, on the contrary, the potent Law of Laws."  
-- Walt Whitman

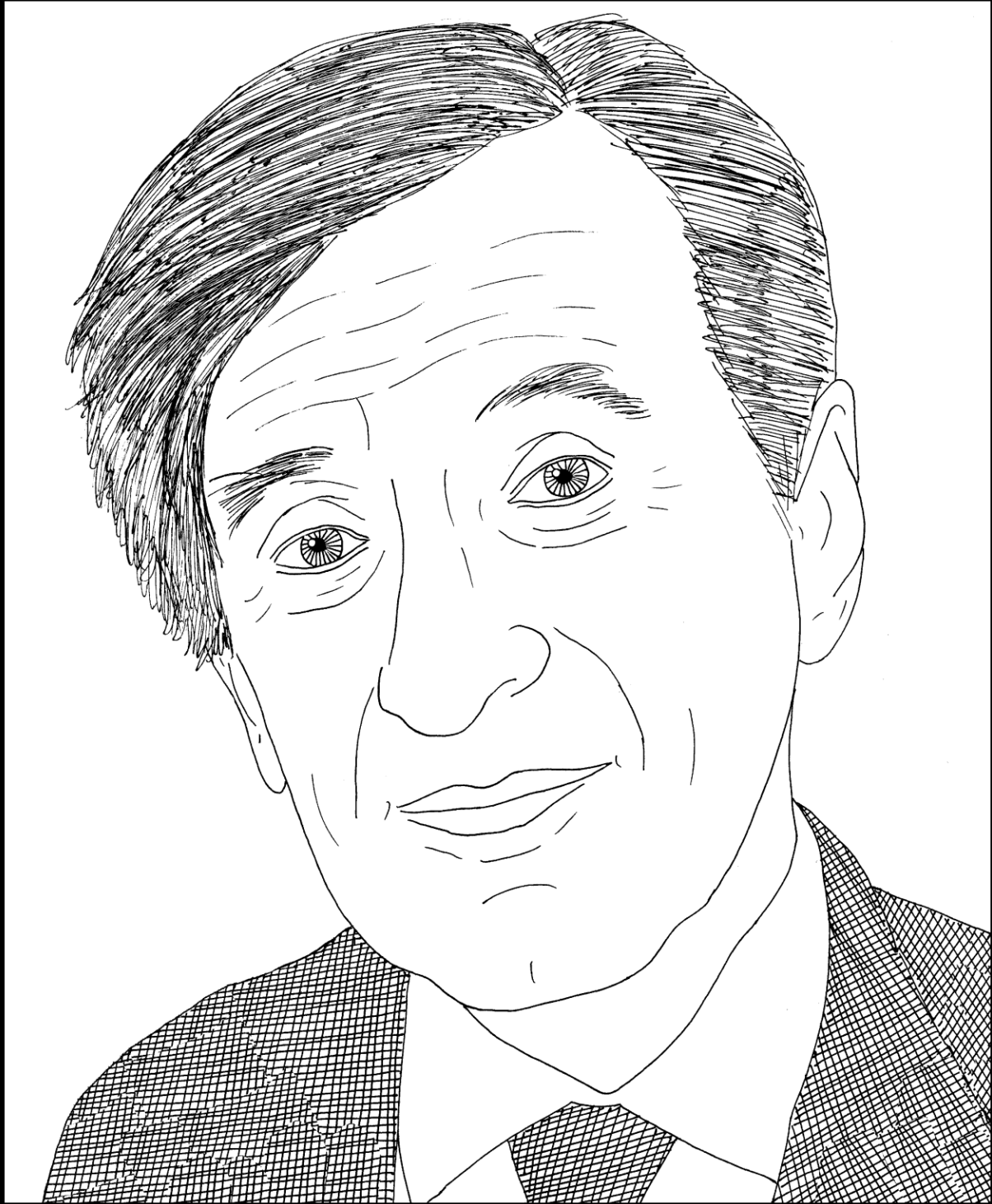
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"There is much to be done, there is much that can be done... one person of integrity can make a difference, a difference of life and death. As long as one dissident is in prison, our freedom will not be true...What all these victims need above all is to know that they are not alone; that we are not forgetting them, that when their voices are stifled we shall lend them ours, that while their freedom depends on ours, the quality of our freedom depends on theirs."

-- Elie Wiesel

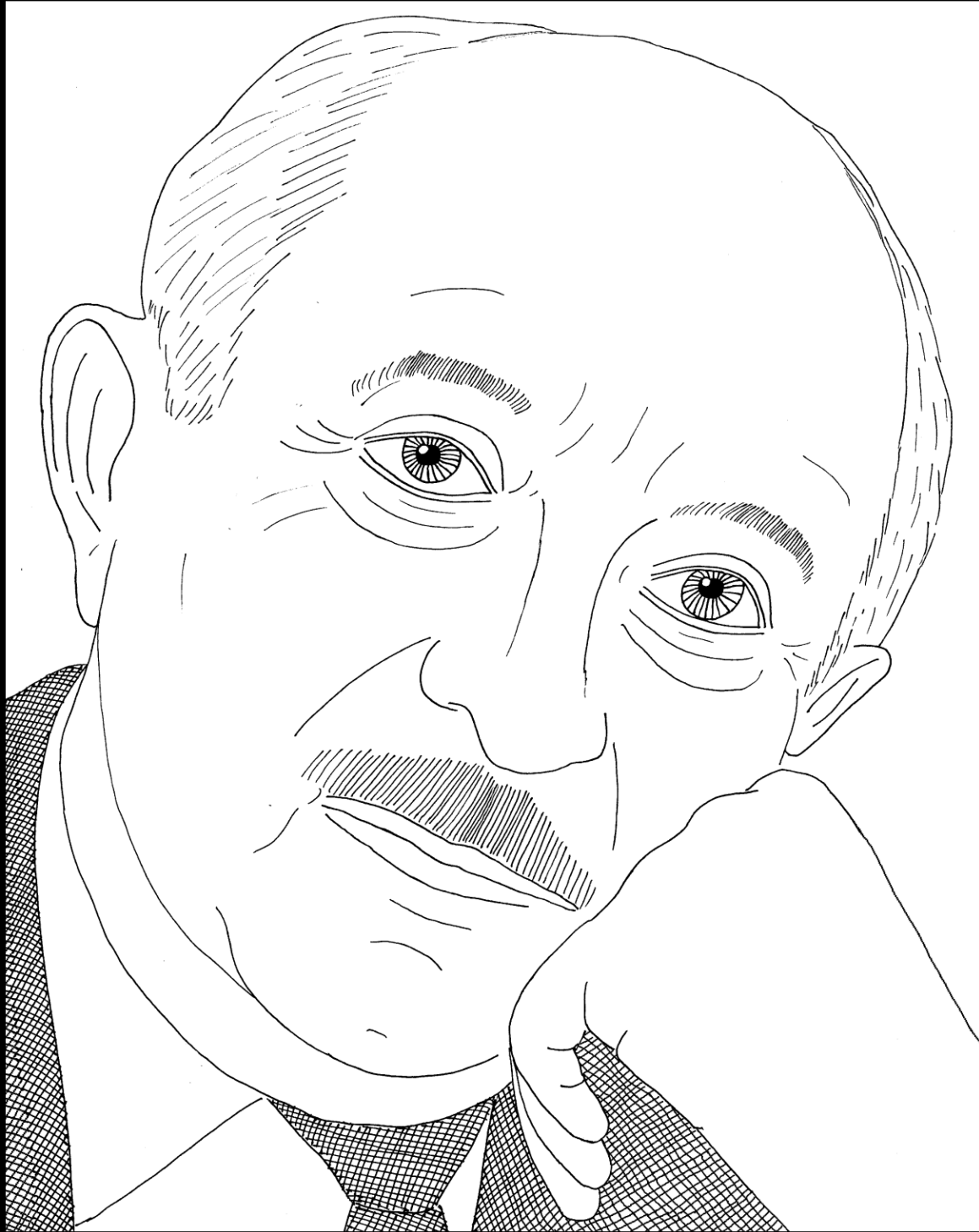
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**"There is no freedom without justice."  
-- Simon Wiesenthal**

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**"Freedom is an indivisible word. If we want to enjoy it, and fight for it, we must be prepared to extend it to everyone, whether they are rich or poor, whether they agree with us or not, no matter what their race or the color of their skin."**

**-- Wendell Wilkie**

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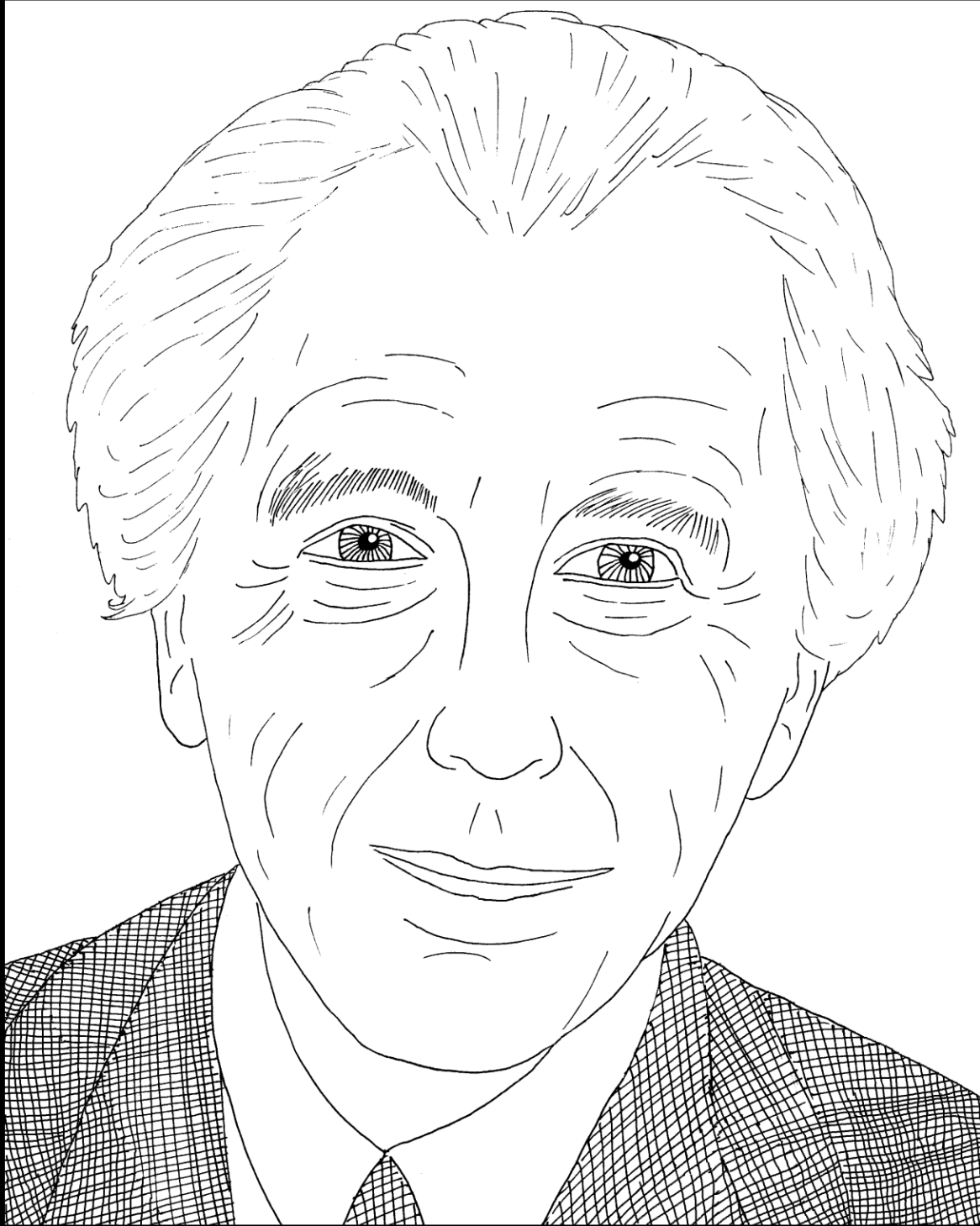
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"A free America... means just this: individual freedom for all, rich or poor, or else this system of government we call democracy is only an expedient to enslave man to the machine and make him like it."  
-- Frank Lloyd Wright

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