



What are your human rights?

Are they being broken?

What does this mean for you?

What can you do about it?

Co-produced with

The British Institute
of **Human Rights** 





Article 3

The right not to be tortured or treated in an inhuman or degrading way

Article 3 protects against being treated in a way that causes serious mental or physical harm or humiliation, including deliberate (abuse) and unintentional (neglect) harm.

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Examples of inhuman or degrading treatment include treatment that:



makes you very frightened or worried



causes you a lot of pain



makes you feel worthless or hopeless



Exacerbates your trauma or re-traumatises you

This is about the level of harm and suffering the person experiences.

This could include treatment which fails to account for past trauma. Treatment which makes someone feel very frightened or worried, makes someone feel worthless or hopeless.

This means that treatment and care should be person centred, considering that individual's needs and past experiences. For example, if a woman who has experienced sexual assault is treated by a male doctor, this could cause serious distress and could affect their right to be free from inhuman or degrading treatment.

Remember! →

Just because something doesn't seem inhuman or degrading to someone else doesn't mean it isn't inhuman or degrading to you. People have different experiences so something that may not seriously impact one person could be deeply distressing to someone else. Public services must take into account your individual needs and experiences when considering this right.





inrealife →

Families in Trauma and Recovery example

“We also have another story from a family who has had their elderly mother being put into a temporary care home, until her needs are assessed adequately. But during this time, she has had to face being left in soiled clothes for hours, not being offered adequate food. The elderly lady has pressed her buzzer to get urgent help and it has taken over 50 minutes to get this for even a basic level of care.”

This story is relevant to the right to be free from inhuman or degrading treatment because...

- Your rights should always be respected even when you are in a temporary situation awaiting a further decision about your care.
- Being left for hours in your own waste is a very degrading and distressing situation to be in. Public officials should be taking steps to prevent this from happening.



- If it has already happened, public officials should step in immediately to make the situation better.
- Being left in your own waste for an extended period of time would likely be considered a breach of your right to inhuman and degrading treatment. This is unlawful.

in real life →

Families in Trauma and Recovery example

"Due to a large number of locum psychiatrists, my file (and several others, as far as I know) was misplaced and nobody noticed. I was so unwell that it took me over a year to speak up and be able to get appointments again. People struggle with their mental health, they reach out, there's no help available. People struggle with the cost of living, accessing medical care for themselves and their families, getting care packages for loved ones or carers too busy to come when they're needed, etc. Lots of "little" things (which aren't so little!) that we need and deserve from the systems around us. We can't survive on our own, we have a right not to have to survive on our own."

