HUMANISM

A non-religious approach to life!



A Humanist Moral Toolkit

How Humanists think we should behave

1) Humanists recognise that people are **moral beings.** That means that we can and we do think and decide about right and wrong behaviours.

2) Humans are also **social beings**. We live and flourish best in communities. Communities all need rules of behaviour to make them work for all members. We call these rules of behaviour "morals".

3) To find the right act we use **empathy** and **reason**.
Empathy - the ability to feel and understand what another person is experiencing. Also explained as "putting yourself in another person's shoes" so that you understand what they are want or need. This is the basis of the Golden Rule.
Reason - the ability to think clearly and methodically using certain rules in order to justify or explain a decision. We have a rich resource of moral reasoning - 2,500 years of moral philosophy from several traditions.

4) Humanists believe that **every human has value** and should enjoy the freedom to live they way they wish to, as long as this does not harm others.

5) Humanists believe that everyone should be **treated with consideration** for their feelings and wellbeing.

6) Humanists believe that all people have **rights.** This means that society should provide everyone with some protection (eg from being harmed) and certain guarantees (eg the basics for a good life).

Humanists have a simple approach to life:
JUST BE KIND
To yourself, others and the planet.