# HUMANISM

A non-religious approach to life



**What <u>don't</u> Humanists believe?**

> Humanists do not believe that anything supernatural is real.
"Supernatural" things include gods, spirits, souls, the afterlife, creation.

> Humanists believe that supernatural things are all imaginary.

> Humanists are ATHEISTS or AGNOSTICS

(Agnostics - people who believe that nothing can be known about god.)

**What <u>do</u> Humanists believe?**

> That the universe is a natural place and we gain knowledge about it by using science and searching for evidence.

> That we can discover right and wrong (morality) by using our human powers of EMPATHY and REASON.

> That we have this ONE LIFE and so should try to make it as good as possible by giving it our best shot!

> That everyone should make up their own minds on the basis of evidence and reason and never simply be told what to believe.

> That we are responsible for our own lives and for our own behaviour.

**Some other facts about Humanism.**

> Humanists do not pray. They do not have religious leaders, holy places, holy books or religious holidays.

> Humanists do celebrate births, weddings and hold funerals and midwinter festivals without prayers or religious rituals.

> Humanist ideas are 2,500 years old and comes from many cultures.

> Many people round the world share the Humanist worldview without calling themselves "Humanists".

**A good place to find out more about Humanism:**

***https://understandinghumanism.org.uk/perspectives/***