



Universal Declaration of Human Rights

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Rhagair

Gan mai cydnabod urddas cynhenid a hawliau cydradd a phriod holl aelodau'r teulu dynol yw sylfaen rhyddid, cyfiawnder a heddwch yn y byd,

Gan i anwybyddu a dirmygu hawliau dynol arwain at weithredoedd barbaraid a dreisiodd gydwybod dynolryw, a bod dyf odiad byd lle y gall pob unigolyn fwynhau rhyddid i siarad a chredu a rhyddid rhag ofn ac angau wedi ei gyhoeddi yn ddyhead uchaf y bobl gyffredin,

Gan fod yn rhaid amddiffyn hawliau dynol a rheolaeth cyfraith, os nad yw pob unigolyn dan orfod yn y pendraw i wrthryfela yn erbyn gormes a thrais,

Gan fod yn rhaid hyrwyddo cysylltiadau cyfeillgar rhwng Cenhedloedd,

Gan fod pobloedd y Cenhedloedd Unedig yn y Siarter wedi ail ddatgan ffydd mewn hawliau sylfaenol yr unigolyn, mewn urddas a gwerth y person dynol ac mewn hawliau cydradd gwr a gwragedd, ac wedi penderfynu hyrw yddo cynnydd cymdeithasol a safonau byw gwell mewn rhyddid helaethach,

Gan fod y Gwladwriaethau sy'n Aelodau wedi ymrwymo, mewn cydweithrediad â'r Cenhedloedd Unedig, i sicrhau hyrwyddo parch cyffredinol i hawliau dynol a'r rhyddfrentiau sylfaenol, a'u cadw,

Gan fod deall yr hawliau a'r rhyddfrentiau hyn gan bawb o'r pwys mwyaf i lwyr sylweddoli'r ymrwymiad hwn,

Felly, y mae'r Cynulliad Cyffredinol yn awr yn cyhoeddi'r Datganiad

Preamble

Whereas recognition of the inherent dignity and of the equal and inalienable rights of all members of the human family is the foundation of freedom, justice and peace in the world,

Whereas disregard and contempt for human rights have resulted in barbarous acts which have outraged the conscience of mankind, and the advent of a world in which human beings shall enjoy freedom of speech and belief and freedom from fear and want has been proclaimed as the highest aspiration of the common people,

Whereas it is essential, if man is not to be compelled to have recourse, as a last resort, to rebellion against tyranny and oppression, that human rights should be protected by the rule of law,

Whereas it is essential to promote the development of friendly relations between nations,

Whereas the peoples of the United Nations have in the Charter reaffirmed their faith in fundamental human rights, in the dignity and worth of the human person and in the equal rights of men and women and have determined to promote the social progress and better standards of life in larger freedom,

Whereas Member States have pledged themselves to achieve, in cooperation with the United Nations, the promotion of universal respect for and observance of human rights and fundamental freedoms,

Whereas a common understanding of these rights and freedoms is of the greatest importance for the full realisation of this pledge,

Now, therefore, The General Assembly proclaims this Universal

Cyffredinol hwn o Hawliau Dynol yn ddelfryd cyffredin i'r holl bobloedd a'r holl genhedloedd ymgyraedd ato, fel y bo i bob person ac i bob offeryn cymdeithasol, gan ddal y Datganiad hwn mewn cof yn wastad, ymdrechu trwy ddysgu a hyfforddi i sicrhau parch i'r hawliau a'r rhyddfrentiau hyn, a thrwy ffyrdd blaengar, cenedlaethol a chydgenedlaethol, i sicrhau eu cydnabod a'u cadw yn gyffredinol ac yn effeithiol, ymysg pobloedd y Gwladwriaethau sy'n Aelodau eu hunain yn ogystal ag ymysg pobloedd y tiriogaethau sydd dan eu rheolaeth.

Declaration of Human Rights as a common standard of achievement for all peoples and all nations, to the end that every individual and every organ of society, keeping this Declaration constantly in mind, shall strive by teaching and education to promote respect for these rights and freedoms and by progressive measures, national and international, to secure their universal and effective recognition and observance, both among the peoples of Member States themselves and among the peoples of territories under their jurisdiction.

Erthygl 1

Genir pawb yn rhydd ac yn gydradd â 'i gilydd mewn urddas a hawliau. Fe'u cynysgaeddir â rheswm a chydwybod, a dylai pawb ymddwyn y naill at y llall mewn ysbryd cymodlon.

Article 1

All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.

Erthygl 2

Y mae gan bawb hawl i'r holl hawliau a'r rhyddfrentiau a nodir yn y Datganiad hwn, heb unrhyw wahaniaeth o gwbl, yn arbennig unrhyw wahaniaeth hil, lliw, rhyw, iaith, crefydd, barn boliticaidd neu unrhyw farn arall, tarddiad cenedlaethol neu gymdeithasol, eiddo, geni neu safle arall. Ymhellach, ni ddylid gwahaniaethu ar sail safle politicaidd, gyfreithiol na chydwladol unrhyw wlad neu diriogaeth y mae pawb yn perthyn iddi, p'un ai yw honno'n annibynnol, dan nawdd, heb hunanlywodraeth, neu dan unrhyw gyfyngiad arall ar ei sofraniaeth.

Article 2

Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind, such as race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status. Furthermore, no distinction shall be made on the basis of the political, jurisdictional or international status of the country or territory to which a person belongs, whether it be independent, trust, non-self-governing or under any other limitation of sovereignty.

Erthygl 3

Y mae gan bawb hawl i fywyd, rhyddid a diogelwch.

Article 3

Everyone has the right to life, liberty and security of person.

Erthygl 4

Ni ddylid dal neb yn gaethwas nac mewn caethiwed; dylid gwahardd caethwasiaeth a'r fasnach gaethweision ym mhob un o'u hagweddau.

Article 4

No one shall be held in slavery or servitude; slavery and the slave trade shall be prohibited in all their forms.

Erthygl 5

Ni ddylid poenydio neb, na thrin na chosbi neb yn greulon, annynol na'n ddiraddiol.

Article 5

No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment.

Erthygl 6

Y mae gan bawb hawl i gael cydnabyddiaeth ym mhobman fel person yng ngydd y gyfraith.

Article 6

Everyone has the right to recognition everywhere as a person before the law.

Erthygl 7

Y mae pawb yn gydradd yng ngolwg y gyfraith gyda'r hawl yn ddiwah â n i'r un amddiffyniad gan y gyfraith. Y mae gan bawb hawl i'r un amddiffyniad yn erbyn unrhyw wahaniaethu sy'n groes i'r datganiad hwn neu unrhyw anogaeth i wahaniaethu.

Article 7

All are equal before the law and are entitled without any discrimination to equal protection of the law. All are entitled to equal protection against any discrimination in violation of this Declaration and against any incitement to such discrimination.

Erthygl 8

Y mae gan bawb hawl i ymwared effeithiol gan y llysoedd cenedlaethol cymwys rhag gweithredoedd sy'n troseddau'r hawliau sylfaenol a roddwyd iddynt gan y cyfansoddiad neu gan y gyfraith.

Article 8

Everyone has the right to an effective remedy by the competent national tribunals for acts violating the fundamental rights granted him by the constitution or by law.

Erthygl 9

Ni ddylai neb gael eu dwyn i ddalfa, na'u caethiwo na'u halltudio yn fympwyol.

Article 9

No one shall be subjected to arbitrary arrest, detention or exile.

Erthygl 10

Y mae gan bawb hawl, mewn cydraddoldeb llawn, i gael gwrandawriad teg a chyhoeddus gan lys annibynnol a diduedd, wrth benderfynu eu hawliau a'u rhwymedigaethau ac unrhyw gyhuddiad troseddol yn eu herbyn.

Article 10

Everyone is entitled in full equality to a fair and public hearing by an independent and impartial tribunal, in the determination of his rights and obligations and of any criminal charge against him.

Erthygl 11

(1) Y mae gan bawb a gyhuddir o drosedd gosbadwy hawl i gael eu

Article 11

(1) Everyone charged with a penal offence has the right to be

hystyried yn ddieuog tan y profir hwynt yn euog yn ôl y gyfraith mewn prawf cyhoeddus lle y byddant wedi cael pob gwarant angenrheidiol at eu hamddiffyniad.

(2) Ni ddylid dyfarnu neb yn euog o drosedd gosbadwy oherwydd unrhyw weithred neu wall nad oedd yn drosedd, yn ôl cyfraith genedlaethol neu ryngwladol, pan gyflawnwyd hi. Ni ddylid ychwaith osod cosb drymach na'r un a oedd yn gymwys ar yr adeg y cyflawnwyd y drosedd gosbadwy.

Erthygl 12

Ni ddylid ymyrryd yn fympwyol â bywyd preifat neb, na'u teulu, na'u cartref, na'u gohebiaeth, nac ymosod ar eu hanrhydedd na'u henw da. Y mae gan bawb hawl i amddiffyniad gan y gyfraith rhag y fath ymyrraeth ac ymosod.

Erthygl 13

1. Y mae gan bawb hawl i symud fel y mynnant ac i breswyllo lle y mynnant o fewn terfynau'r Wladwriaeth.
2. Y mae gan bawb hawl i adael unrhyw wlad, gan gynnwys eu gwlad eu hunain, a hawl i ddychwelyd iddi.

Erthygl 14

(1) Y mae gan bawb hawl i geisio ac i gael mewn gwledydd eraill noddfa rhag erledigaeth.
(2) Ni ellir hawlio hyn mewn achosion o erledigaeth sy'n gwir ddilyn troseddau anwleidyddol neu weithredoedd croes i amcanion ac egwyddorion y Cenhedloedd Unedig.

Erthygl 15

(1) Y mae gan bawb hawl i genedligrwydd.
(2) Ni ddylid amddifadu neb yn fympwyol o'u cenedligrwydd na gwrthod iddynt yr hawl i newid eu cenedligrwydd.

Erthygl 16

(1) Y mae gan bawb mewn oed, yn wryw a benyw, heb unrhyw gyfyngiadau o ran hil, cenedligrwydd na chrefydd, hawl i briodi a sefydlu teulu. Y mae ganddynt hefyd hawliau cyfartal ynglŷn â phriodas, yn ystod priodas ac wrth ei diddymu.
(2) Ni ddylid priodi ond o lwyr fodd y ddau sy'n golygu gwneud hynny.
(3) Y teulu yw uned naturiol a sylfaenol cymdeithas a chanddo'r hawl i amddiffyniad gan gymdeithas a'r Wladwriaeth.

Erthygl 17

(1) Y mae gan bawb hawl i feddu eiddo unigol yn ogystal â chydag eraill.
(2) Ni ddylid amddifadu neb o'u heiddo yn fympwyol.

Erthygl 18

Y mae gan bawb hawl i ryddid meddwl, cydwybod a chrefydd; fe gynnwys hyn ryddid iddynt newid eu crefydd neu eu cred, a rhyddid hefyd, naill ai ar eu pen eu hunain neu gydag eraill, yn gyhoeddus neu'n breifat, i amlygu eu crefydd neu ei gred trwy addysgu, arddel a chadw defodau.

Erthygl 19

Y mae gan bawb ryddid barn a mynegiant; fe gynnwys hyn yr hawl i ryddid barn, heb ymyrraeth gan neb, a rhyddid i geisio, derbyn a chyfrannu gwybodaeth a syniadau trwy unrhyw gyfryngau, heb ystyried ffiniau gwlad.

Erthygl 20

presumed innocent until proved guilty according to law in a public trial at which he has had all the guarantees necessary for his defence.

(2) No one shall be held guilty of any penal offence on account of any act or omission which did not constitute a penal offence, under national or international law, at the time when it was committed. Nor shall a heavier penalty be imposed than the one that was applicable at the time the penal offence was committed.

Article 12

No one shall be subjected to arbitrary interference with his privacy, family, home or correspondence, nor to attacks upon his honour and reputation. Everyone has the right to the protection of the law against such interference or attacks.

Article 13

(1) Everyone has the right to freedom of movement and residence within the borders of each State.
(2) Everyone has the right to leave any country, including his own, and to return to his country.

Article 14

(1) Everyone has the right to seek and to enjoy in other countries asylum from persecution.
(2) This right may not be invoked in the case of prosecutions genuinely arising from non-political crimes or from acts contrary to the purposes and principles of the United Nations.

Article 15

(1) Everyone has the right to a nationality.
(2) No one shall be arbitrarily deprived of his nationality nor denied the right to change his nationality.

Article 16

(1) Men and women of full age, without any limitation due to race, nationality or religion, have the right to marry and to found a family. They are entitled to equal rights as to marriage, during marriage and at its dissolution.
(2) Marriage shall be entered into only with the free and full consent of the intending spouses.
(3) The family is the natural and fundamental group unit of society and is entitled to protection by society and the State.

Article 17

(1) Everyone has the right to own property alone as well as in association with others.
(2) No one shall be arbitrarily deprived of his property.

Article 18

Everyone has the right to freedom of thought, conscience and religion; this right includes freedom to change his religion or belief, and freedom, either alone or in community with others and in public or private, to manifest his religion or belief in teaching, practice, worship and observance.

Article 19

Everyone has the right to freedom of opinion and expression; this right includes freedom to hold opinions without interference and to seek, receive and impart information and ideas through any media and regardless of frontiers.

Article 20

(1) Y mae gan bawb hawl i ryddid ym gynnull a chymdeithasu heddychlon.

(2) Ni ellir gorfodi neb i berthyn i unrhyw gymdeithas.

Erthygl 21

(1) Y mae gan bawb hawl i gymryd rhan yn llywodraeth eu gwlad, yn uniongyrchol neu drwy gynrychiolwyr wedi eu dewis yn agored.

(2) Y mae gan bawb hawl gyfartal i wasanaeth cyhoeddus yn eu gwlad.

(3) Ewyllys y bobl fydd sail awdurdod llywodraeth; mynegir yr ewyllys hon drwy etholiadau dilys o bryd i'w gilydd, drwy bleidleisio cyffredinol a chyfartal, a thrwy bleidlais ddirgel neu ddull pleidleisio rhydd tebyg.

Erthygl 22

Y mae gan bawb, fel aelod o gymdeithas, hawl i ddiogelwch cymdeithasol, i allu mwynhau hawliau economaidd, cymdeithasol a diwylliannol sy'n anhepgorol i'w hurddas ac i ddatblygiad rhydd eu personoliaeth, trwy ymdrech genedlaethol a chydweithrediad rhyngwladol ac yn unol â threfniadaeth ac adnoddau pob Gwladwriaeth.

Erthygl 23

(1) Y mae gan bawb hawl i waith, i ddewis eu gyrfa yn rhydd, i amodau gwaith cyfiawn a boddhaol, ac i amddiffyniad rhag diweithdra.

(2) Y mae gan bawb, yn ddiwahân, hawl i dâl cyfartal am waith cyfartal.

(3) Y mae gan bawb sy'n gweithio hawl i dâl teg a boddhaol gan sicrhau iddo'u hunain ac i'w teulu fodolaeth deilwng o urddas dynol, ac ychwanegu at hynny, os bydd rhaid, drwy ffyrdd eraill o nawdd cymdeithasol.

(4) Y mae gan bawb hawl i ffurfio undebau llafur ac i ymuno â hwy i amddiffyn eu buddiannau.

Erthygl 24

Y mae gan bawb hawl i orffwys a hamdden gan gynnwys cyfyngiad rhesymol ar oriau gwaith, ac i wyliau cyfnodol gyda thâl.

Erthygl 25

(1) Y mae gan bawb hawl i safon byw digonol i'w hiechyd a'u ffyniant eu hunain a'u teulu, gan gynnwys bwyd, dillad, annedd a gofal meddygol ac i wasanaethau cymdeithasol angenrheidiol; a hawl i sicrwydd cynhaliaeth os digwydd diweithdra, afiechyd, anabledd, gweddwdod, henaint neu unrhyw fethiant bywoliaeth arall pan fo'r amgylchiadau tu hwnt i'w rheolaeth.

(2) Y mae gan famolaeth a phlentyndod hawl i ofal a chymorth arbennig. Dylai pob plentyn, p'un ai wedi eu geni o fewn neu du allan i briodas, fwynhau'r un diogelwch cymdeithasol.

Erthygl 26

(1) Y mae gan bawb hawl i addysg. Dylai addysg fod yn rhydd, o leiaf addysg elfennol a sylfaenol. Dylai addysg elfennol fod yn orfodol. Dylid gwneud addysg dechnegol a phroffesiynol yn agored i bawb, a dylai fod mynediad llawn a chydradd i bawb i addysg uwchradd ar sail teilyngdod.

(2) Dylai addysg amcanu datblygu personoliaeth llawn yr unigolyn a chryfhau parch i hawliau dynol a'r rhyddfrentiau sylfaenol. Dylai hyrwyddo dealltwriaeth, goddefgarwch a chyfeillgarwch ymysg yr holl genhedloedd ac ymysg grwpiau hiliol neu grefyddol, a dylai hefyd hyrwyddo gwaith y Cenhedloedd Unedig dros heddwch.

(3) Gan rieni y mae'r hawl cyntaf i ddewis y math o addysg a roddir i'w

(1) Everyone has the right to freedom of peaceful assembly and association.

(2) No one may be compelled to belong to an association.

Article 21

(1) Everyone has the right to take part in the government of his country, directly or through freely chosen representatives.

(2) Everyone has the right to equal access to public service in his country.

(3) The will of the people shall be the basis of the authority of government; this will shall be expressed in periodic and genuine elections which shall be by universal and equal suffrage and shall be held by secret vote or by equivalent free voting procedures.

Article 22

Everyone, as a member of society, has the right to social security and is entitled to realisation, through national effort and international cooperation and in accordance with the organisation and resources of each State, of the economic, social and cultural rights indispensable for his dignity and the free development of his personality.

Article 23

(1) Everyone has the right to work, to free choice of employment, to just and favourable conditions of work and to protection against unemployment.

(2) Everyone, without any discrimination, has the right to equal pay for equal work.

(3) Everyone who works has the right to just and favourable remuneration ensuring for himself and his family an existence worthy of human dignity, and supplemented, if necessary, by other means of social protection.

(4) Everyone has the right to form and to join trade unions for the protection of his interests.

Article 24

Everyone has the right to rest and leisure, including reasonable limitation of working hours and periodic holidays with pay.

Article 25

(1) Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control.

(2) Motherhood and childhood are entitled to special care and assistance. All children, whether born in or out of wedlock, shall enjoy the same social protection.

Article 26

(1) Everyone has the right to education. Education shall be free, at least in the elementary and fundamental stages. Elementary education shall be compulsory. Technical and professional education shall be made generally available and higher education shall be equally accessible to all on the basis of merit.

(2) Education shall be directed to the full development of the human personality and to the strengthening of respect for human rights and fundamental freedoms. It shall promote understanding, tolerance and friendship among all nations, racial or religious groups, and shall further the activities of the United Nations for the maintenance of peace.

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(3) Parents have a prior right to choose the kind of education that shall be given to their children.

Erthygl 27

(1) Y mae gan bawb yr hawl i gymryd rhan ym mywyd diwylliannol eu cymdeithas, i fwynhau'r celfyddydau ac i gyfranogi o gynnydd gwyddonol a'i fuddiannau.

(2) Y mae gan bawb yr hawl i fynnu diogelwch i'r buddiannau moesol a materol sy'n deillio o unrhyw gynnyrch gwyddonol, llenyddol neu artistig y maent yn awdur iddo

Article 27

(1) Everyone has the right freely to participate in the cultural life of the community, to enjoy the arts and to share in scientific advancement and its benefits.

(2) Everyone has the right to the protection of the moral and material interests resulting from any scientific, literary or artistic production of which he is the author.

Erthygl 28

Y mae gan bawb hawl i drefn gymdeithasol a rhyngwladol lle y gellir llawn sylweddoli'r hawliau a'r rhyddfrentiau a nodir yn y Datganiad hwn.

Article 28

Everyone is entitled to a social and international order in which the rights and freedoms set forth in this Declaration can be fully realised.

Erthygl 29

(1) Y mae gan bawb eu dyletswyddau i gymdeithas, lle yn unig y mae datblygiad rhydd a llawn eu personoliaeth yn bosibl.

(2) Ni ddylid cyfyngu ar neb, wrth iddynt arfer eu hawliau a'u rhyddfrentiau, ond pan bennir hynny gan gyfraith gyda'r unig amcan o sicrhau cydnabod a pharchu hawliau a rhyddfrentiau pobl eraill, ac i gyfarfod â gofynion cyfiawn moesoldeb, trefn gyhoeddus a ffyniant cyffredinol mewn cymdeithas ddemocrataidd.

(3) Ni ellir arfer yr hawliau a'r rhyddfrentiau hyn mewn unrhyw achos yn groes i amcanion ac egwyddorion y Cenhedloedd Unedig.

Article 29

(1) Everyone has duties to the community in which alone the free and full development of his personality is possible.

(2) In the exercise of his rights and freedoms, everyone shall be subject only to such limitations as are determined by law solely for the purpose of securing due recognition and respect for the rights and freedoms of others and of meeting the just requirements of morality, public order and the general welfare in a democratic society.

(3) These rights and freedoms may in no case be exercised contrary to the purposes and principles of the United Nations.

Erthygl 30

Ni ellir dehongli dim yn y Datganiad hwn i olygu bod gan Wladwriaeth, grŵp neu berson unrhyw hawl i ymroddi i unrhyw weithgarwch neu i gyflawni unrhyw weithred gyda'r bwriad o ddistrywio unrhyw un o'r hawliau a'r rhyddfrentiau a nodir yma.

Article 30

Nothing in this Declaration may be interpreted as implying for any State, group or person any right to engage in any activity or to perform any act aimed at the destruction of any of the rights and freedoms set forth herein.