

Humanist goals

Explain that humanists believe it is up to human beings to make the world a better place. They don't believe that help will come from anywhere outside of humanity. We need to work together and help each other. Humanists don't believe in a god or in the power of prayer. If we want things to get better, humanists believe we need to **act ourselves** in the **here and now**.

Explain that human beings share many needs, desires, and feelings. Many humanists believe that these can help us to think about what kind of values we would like to see in the world.

Explain that humanists value...

- **Freedom:** we should all be free to believe what we want and choose how we live as long as we cause no harm to others
- **Fairness:** everyone should be treated equally (no one should be discriminated against on the basis of sex, race, religion or belief, sexuality, or disability)
- **Kindness:** we should treat other people with warmth and respect and try to live together peacefully (kindness should also be extended to other animals and we should try to minimise their suffering)

... and discuss with the students what these words mean.

Can they give any examples of such values in action?

Show some of the quotes from humanists:

'Humanists want a world where people are free and people live good, happy, and fulfilling lives as far as possible.'

Naomi Phillips

'I believe the world that humanists would want is a world where everybody is treated equally and with fairness and with respect.'

Michelle Beckett

'A humanist's ideal world would be one in which everybody feels that they can be their genuine selves.'

Alex Williams

Many humanists believe that if we promote these goals, then life will be better for everyone, because everybody wants to be free to choose how they live and everybody wants to be treated fairly and kindly.