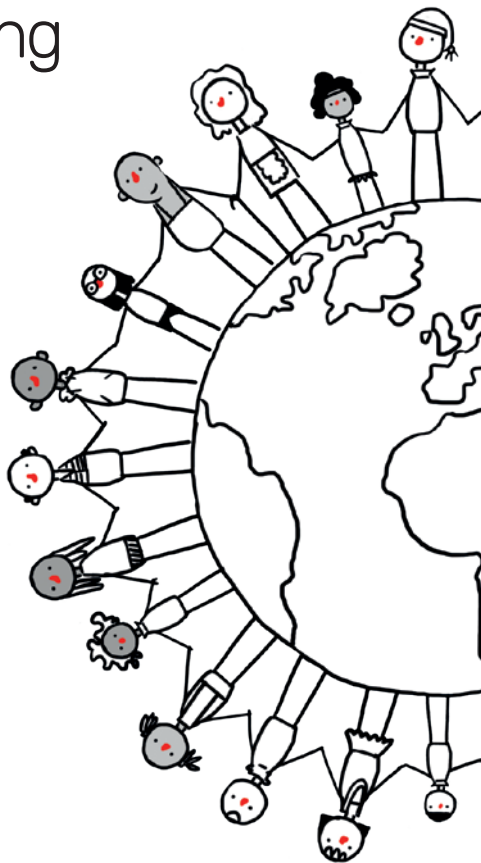




# Understanding Humanism

## WHAT IS HUMANISM?

Humanism is a **non-religious worldview** shared by millions of people in the UK and around the world. Humanists are non-religious people who believe it is possible to lead a good, happy, and meaningful life.



**THINK FOR YOURSELF,  
ACT FOR EVERYONE**



The **Happy Human** is a symbol used by humanist organisations all over the world. It represents a celebration of being human – celebrating what human beings can do and celebrating that we can be happy.

## WHAT IS A HUMAN BEING?

Humanists believe that human beings have **natural** origins. We **evolved** like all other living things. We have many talents and abilities and, if we put them to good use, we have the **potential** to lead good and happy lives.



**HOW CAN I  
KNOW WHAT  
IS TRUE?**

Humanists believe that the world is a **natural** place with no supernatural side. They are **curious** about the world around them. They believe that **science** and looking for **evidence** gives us the best way of answering questions about the world.

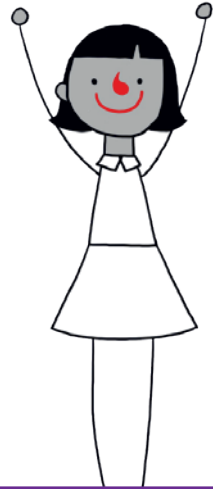
Humanists are non-religious. They don't believe in a god. They do not have a holy book or places of worship like churches or mosques.

*The time to be happy is now. The place to be happy is here.  
The way to be happy is to make others so.*

Robert Ingersoll, American humanist (1833-1899)

# HOW SHOULD I LIVE?

Humanists believe this is the **one life** we have and so we need to make the most of it. They believe we should be free to decide how we live (as long as we do not cause harm to others). We should seek what makes us **happy** and support others to do the same.



## HOW DO I KNOW WHAT IS GOOD?

Humanists believe we should use **empathy** (imagining how other people might feel) and try to treat other people kindly and fairly. We should consider the consequences of our actions and the likely impact on other people, animals, and the planet.

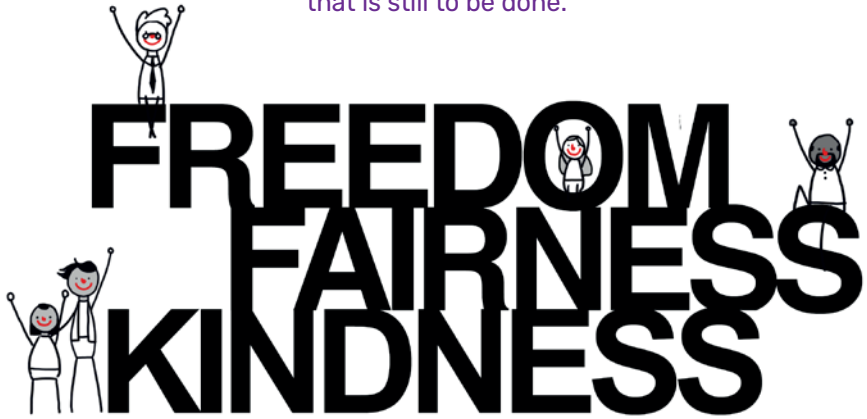


### MANY HUMANISTS ADMIRE AND TRY TO LIVE BY THE GOLDEN RULE:

Treat other people the way you would want to be treated in their situation.  
Do not treat others in a way you would not like to be treated yourself.

# WHAT KIND OF WORLD DO I WANT?

Humanists believe that human beings alone are **responsible** for making the world a better place. Many campaign for equality, human rights, and protecting the environment. They celebrate the progress we have made, but recognise the work that is still to be done.



## HUMANIST CEREMONIES

Many non-religious people today choose to have a **humanist ceremony** to recognise and celebrate landmarks in their lives. These include naming ceremonies, weddings, and funerals.



**DISCOVER MORE**  @HumanismEdu | [education@humanism.org.uk](mailto:education@humanism.org.uk)

**[understandinghumanism.org.uk](http://understandinghumanism.org.uk)**

Humanists UK, 39 Moreland Street, London, EC1V 8BB.  
Registered charity no. 285987. Limited company no. 228781 in England and Wales