



# HUMANISM

**Humanism** = a way of looking at the world that puts humans first. Humanists do not believe in any god, and instead focus on science, and treating others well.

Humanists make their ethical decisions based on reason, empathy and a concern for human beings and other sentient beings.



When they have a choice to make they always think about how it will make other people feel, and use the Golden Rule.

*Treat others as you would like to be treated: The Golden Rule*

**Humanist UK** are an organisation that try to put Humanist ideas and principles into practice. They campaign for equality for all people, provide non-religious ceremonies like weddings and funerals, and providing support for people in difficult situations.

They say *"we do this because we're humanists, people who shape our own lives in the here and now, because we believe it's the only life we get."*



## What do Humanists believe about life after death?

- There is no life after death, we only have this one life.
- We should try to make the most of the one life we know we have
- The limited and ending nature of life is what makes it even more valuable and important
- The absence of an afterlife makes this life all the more important and meaningful
- Belief in an afterlife can distract attention from this life



Humanists believe that we need to look after and preserve the world for future generations.

This means we need to consider how we treat animals and nature.

Humanists believe that



science and technology have contributed to the damage the environment has suffered, but they will also be necessary to find solutions to our environmental challenges.



This is the humanist symbol, it is called the **"Happy Human"**. All humanists want to make the world a better place, for us now, and for people in the future.



*"A humanist is someone who will never tell you what to believe. We will never tell you what is absolutely true. We will never make claims that cannot be proven and that you cannot find out for yourself. We believe life is an adventure and that nobody knows the answers or the destination." Stephen Fry*



## KEYWORDS

### WORD

### DEFINITION

**Empathy** The ability to be able to think about others, and consider their feelings

**Atheist** The belief that there is no god

**Ethics** the rules by which we base our moral decisions – how we decide what is right and wrong

**Philosophy** Thinking about and discussing important questions about purpose and meaning

**Happiness** Being content or fulfilled in your life, enjoyment

**Sentient** Being able to think and have feelings

For more information go to <https://understandinghumanism.org.uk/>