



North East
Humanists

WHAT IS HUMANISM?

There is no one definition of Humanism. North East Humanists use the following summary

Humanist Values and Beliefs

- **We only live once so we want to make the best of our lives for both ourselves and others.**
- **Our behaviour is guided by reason and empathy with concern for the welfare of all people and the entire planet.**
- **Our knowledge of the world comes from experience and is aided by the sciences and humanities.**
- **We support democratic participation, secularism and human rights.**
- **Conflicts of interest require negotiated resolution and cooperation.**
- **Creativity and physical expression are key parts of our humanity.**

How Humanist are YOU? Try the short questionnaire
<https://humanism.org.uk/humanism/how-humanist-are-you/>

