



# Humanism: Do and Don't



Items/Activities	Do	Don't
<b>Non-religious belief (i.e. it is not a faith)</b>	<p><b>Do</b> label Humanists as <b>Atheists or Agnostics</b> who want to do good in the world. They are also known as being freethinkers who accept responsibility for their own decisions and actions.</p> <p><b>Do</b> mention Secularism. Humanists believe that all public life should be secular.</p>	<p>Please do <b>not</b> teach that Humanists are anti-religion. They respect people who have a faith. They only object when something is done in the name of religion which is harmful in some way or when religions gain unfair privileges.</p> <p><b>Don't think</b> that all secularists are humanists. Many people of faith are Secularists, believing that public services, including government, should be non-religious</p>
<b>Happiness</b>	<p><b>Do</b> emphasise that Humanists believe in living a happy life and helping others to have a happy life too.</p>	<p><b>Don't teach</b> that Humanists are hedonists. They believe that this is the only life we have and therefore should be a good one.</p>
<b>Rules</b>	<p><b>Do</b> emphasise that the only rule is The Golden Rule which is also found in most world religions: Treat Others as you would like to be treated yourself. (Or don't treat others as you would not like to be treated.)</p>	<p><b>Don't think</b> that Humanists have no morals. They don't look to ancient texts for their rules. Instead, they try to use compassion, empathy, logic and reason to determine their actions and by applying the Golden Rule.</p>
<b>Truths</b>	<p>Humanists <b>do</b> ask lots of questions to determine the truth and apply the scientific method, rather than accepting what is written in ancient texts.</p>	<p><b>Don't think</b> that Humanists are all Scientists. They come from all walks of life and most enjoy the Arts. Many famous Humanists are comedians and writers!</p>
<b>'Sacred' Places</b>	<p>Humanist enjoy the beauty of nature and <b>do</b> have their own, individual, special places to go in order to quietly think and connect with the world.</p>	<p>Humanists <b>do not</b> own buildings which are places of worship. They meet for a variety of reasons. Some groups have regular speakers and convene anywhere: community centres, pubs, out in the countryside ...</p>
<b>Ceremonies</b>	<p><b>Do</b> explain that births, marriages and deaths are all celebrated and Humanist celebrants can be used.</p>	<p><b>Don't teach</b> that celebrations such as Easter and Christmas are the preserve of Christians. They both have pagan origins and Humanists frequently join in with secular celebrations.</p>