

Humanism is not a religion. It is a way of life. Humanists are people who care about human welfare and happiness. They believe that this is our only life, so it is important to live a worthwhile, happy life for ourselves and others.

Humanists trust science when it comes to understanding how the universe works. They are atheist or agnostic, which means they do not believe in any god or any supernatural being.



Humanists might campaign for different causes to make life better for all people in the future.

Humanism

Who are Humanists and what do they value?



Famous Humanists include:

- Physicist, Albert Einstein,
- Actor and writer, Stephen Fry,
- Naturalist and presenter, Chris Packham.

Key Vocabulary:



atheist: a person who disbelieves or lacks belief in the existence of God or gods.

agnostic: a person who believes that nothing is known or can be known of the existence or nature of God.

Humanist: a follower of the principles of Humanism.

philosophy: the study of knowledge; how we think, what we value and even just how we are.

naturalist: someone interested in natural history.

empathy: understanding the feelings of others.



Humanists often plant a tree when they get married to give back to nature.

The Golden Rule

'Treat other people as you want to be treated in their situation; don't do things you wouldn't want to have done to you.'

Golden Rule



British Humanist Association