**Humanitarian assistance[[1]](#footnote-0)**

Humanitarian assistance is generally accepted to mean the aid and action designed to save lives, alleviate suffering and maintain and protect human dignity during and in the aftermath of man-made crises and natural disasters, as well as to prevent and strengthen preparedness for the occurrence of such situations.

**Humanitarian citizen[[2]](#footnote-1)**

A humanitarian citizen is someone who takes action to help prevent or ease suffering. This can mean doing whatever they can personally, but might also require them to find someone else who can help – for example, by calling the emergency services.

**Humanitarian principle[[3]](#footnote-2)**

To prevent and alleviate human suffering wherever it may be found. Its purpose is to protect life and health and to ensure respect for the human being. It promotes mutual understanding, friendship, co-operation and lasting peace amongst all peoples.

**Humanitarian action[[4]](#footnote-3)**

Action taken with the objective of saving lives, alleviating suffering and maintaining human dignity during and after human-induced crises and natural disasters, as well as action to prevent and prepare for them.

1. <http://www.globalhumanitarianassistance.org/data-guides/defining-humanitarian-aid> [↑](#footnote-ref-0)
2. BRC Power of Humanity and Humanitarian Citizen Report [↑](#footnote-ref-1)
3. <https://www.icrc.org/eng/resources/documents/misc/fundamental-principles-commentary-010179.htm> [↑](#footnote-ref-2)
4. http://www.corehumanitarianstandard.org/files/files/Core%20Humanitarian%20Standard%20-%20English.pdf [↑](#footnote-ref-3)