

# What is humanism?

**Humanism is a non-religious approach to life**, centred on living a meaningful, ethical life based on reason and compassion.

1



**Humanists see the universe as a natural phenomenon** with no supernatural side, and look to science to answer questions about the natural world.

2



**Humanists believe this life is the one life we have**, so they focus on living well in the here and now, guided by empathy and our shared humanity.

3

