



Six Values of Nonviolence

Dr. Martin Luther King, Jr. believed that the best way to conquer racism and injustice is through nonviolent actions and thoughts.

Dr. King taught that nonviolence:

- 1 Is a brave choice and an active way to fight back against unfairness and hate
- 2 Leads to friendship and understanding
- 3 Aims to defeat unfair actions, not make enemies of people
- 4 Sometimes involves getting hurt, which can help people become stronger inside
- 5 Is a choice to act with love—to not let violence into your heart by hating others
- 6 Recognizes that change may take time, but justice will eventually win



"Nonviolence is a powerful and just weapon, which cuts without wounding... It is a sword that heals."

DR. MARTIN LUTHER KING, JR.

Text adapted from The Martin Luther King, Jr. Center for Nonviolent Social Change, "Six Principles of Non-Violence," <https://stanford.io/3vNwmlu>.

PHOTO SOURCE: Albertin, Walter. *Martin Luther King, Jr., three-quarter-length portrait, standing, facing front, at a press conference*. World Telegram & Sun, June 8, 1964. United States Library of Congress Prints and Photographs Division, Washington, D.C. Accessed June 1, 2021. <https://www.loc.gov/pictures/item/99404325>.