

Principles of Non-Violence by Martin Luther King, Jr.



Martin Luther King Jr. was a Baptist minister and scholar. He was a social activist and led the civil rights movement against racial segregation during the 1960s.

Dr. King fought for equality and human rights for the Black people. He is also well known for his speech, "I Have a Dream," which he delivered during the March in Washington. In it, he said:

"I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident, that all men are created equal."

He was highly influenced by Mahatma Gandhi's non-violent approach to protests. This led King to write his six principles on non-violence.

In his book, *Stride Towards Freedom*, King listed down his six principles of non-violence as:

- ◆ A way of life for courageous people.
- ◆ Seeks to win friendship and understanding.
- ◆ Seeks to defeat injustice, not people.
- ◆ Holds that suffering can educate and transform.
- ◆ Chooses love instead of hate.
- ◆ Believes that the universe is on the side of justice.

Sources:

<https://www.history.com/topics/black-history/martin-luther-king-jr>

<https://www.thoughtco.com/martin-luther-king-jr-1779880>

<https://www.youthinfront.org/nonviolence-and-protest.html>

https://kinginstitute.stanford.edu/sites/mlk/files/lesson-activities/six_principles_of_nonviolence.pdf

Questions:

After reading the passage in the previous page, answer the questions below

Martin Luther King, Jr. was a civil-rights activist. What were the causes he was fighting for?

What are the benefits of using non-violent means for protests and assemblies?

Have you ever been in a situation that was difficult? How were able to resolve it?
