

Name \_\_\_\_\_



## Dr. King's Six Principles

**Directions:** Read the six principles of nonviolence taught by Dr. Martin Luther King Jr. Then choose one that stands out to you and write a short reflection explaining what it means and how it can be applied in today's world. Use real-life examples or personal ideas to show your understanding.

### Dr. King's Six Principles of Nonviolence

1. **Nonviolence is a way of life for courageous people.**  
It is active resistance to evil, not passive acceptance of it.
2. **Nonviolence seeks to win friendship and understanding.**  
The goal is not to defeat others but to create reconciliation.
3. **Nonviolence seeks to defeat injustice, not people.**  
The focus is on correcting wrongs, not punishing individuals.
4. **Nonviolence holds that suffering can educate and transform.**  
Enduring hardship for a just cause can awaken the conscience of others.
5. **Nonviolence chooses love instead of hate.**  
Love has the power to change hearts and overcome anger.
6. **Nonviolence believes that the universe is on the side of justice.**  
Truth, goodness, and justice will ultimately triumph.

**Reflection Prompt:** Pick one of Dr. King's principles above. In 6-8 thoughtful sentences, explain:

- What the principle means to you in your own words.
- How this principle could be used to make your school, community, or the world a more peaceful and fair place.