



Protest & Rally Code of Conduct Commitments

Based on the guidelines of Dr. King. Adapted and redistributed by Imirj PDX

Dr. King on Direct Action: These are actions taken when the opponent is unwilling to enter into, or remain in, discussion/negotiation. These actions impose a "creative tension" into the conflict, supplying moral pressure on your opponent to work with you in resolving the injustice.

I will treat each person (including workers, police, and media) with respect I will connect with people and attempt to win hearts & minds

I will not use violence, threats or insulting language I will protect opponents from insults or attack

I will not damage equipment, apparatus, or property of others I will accept responsibility for my actions

If I am arrested, I will behave in an exemplary manner I will assert my right to protest and my right to silence before the law

I will know the limits of my anger or despair, and will develop strategies to manage and channel these emotions effectively

I will not act alone. I'm a part of a collective and will defer to the leadership of the core team

For Further Reading:

Six Principles of Non-Violence

Principle 1: Non-violence is a way of life for courageous people. It is active non-violent resistance. It is aggressive spiritually, mentally, emotionally.

Principle 2: Non-violence seeks to win friendship and understanding. The end result of non-violence is redemption and reconciliation. The purpose of non-violence is the creation of the Beloved Community.

Principle 3: Non-violence seeks to defeat justice not people. Non-violence recognizes that evil doers are also victims and not evil people. The non-violent resister seeks to defeat evil not people.

Principle 4: Non-violence holds that suffering can educate and transform. Non-violence accepts suffering without retaliation. Unearned suffering is redemptive and has tremendous educational and transforming possibilities.

Principle 5: Non-violence chooses love instead of hate. Non-violence resists violence of the spirit as well as the body. Non-violent love is spontaneous, unmotivated, unselfish, and creative.

Principle 6: Non-violence believes the universe is on the side of justice. The nonviolent resister has deep faith that justice will eventually win. Non-violence believes that God is a God of justice.