

A DAY ON, NOT A DAY OFF

DR. MARTIN LUTHER KING JR. DAY OBSERVANCE TOOLKIT

VISION

Provide Utahns with resources to learn about Dr. King, his work, and his legacy; actualize thoughts and feelings around human rights, and build a “beloved community.”

This toolkit was created by the Utah Martin Luther King Jr. Human Rights Commission and is a resource that will be built upon in the future to continue bringing awareness and action around Dr. King’s legacy of service and community involvement. We would love to learn more about your experience using this toolkit: mlkcommission@utah.gov.

1. LEARN

- The Martin Luther King Jr. Center for Nonviolent Social Change
- The Martin Luther King Jr. Research and Education Institute at Stanford University
- The Martin Luther King Jr. Collection (Morehouse College)
- National Park Service: Dr. Martin Luther King Jr. Memorial
- Smithsonian Institution: Martin Luther King Jr.
- National Museum of African American History & Culture: Martin Luther King Jr.

MULTIMEDIA RESOURCES



[MLK Day Message
Gov. and First Lady Cox](#)



[Virtual Tour
of MLK Memorial](#)



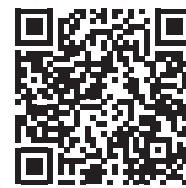
[MLK's Speech in
Selma, Alabama](#)



[Dr. Bernice King's
visit to Utah](#)



[Commencement Speech
featuring Rev. France Davis](#)



[QR Code to Resources](#)

2. ASK

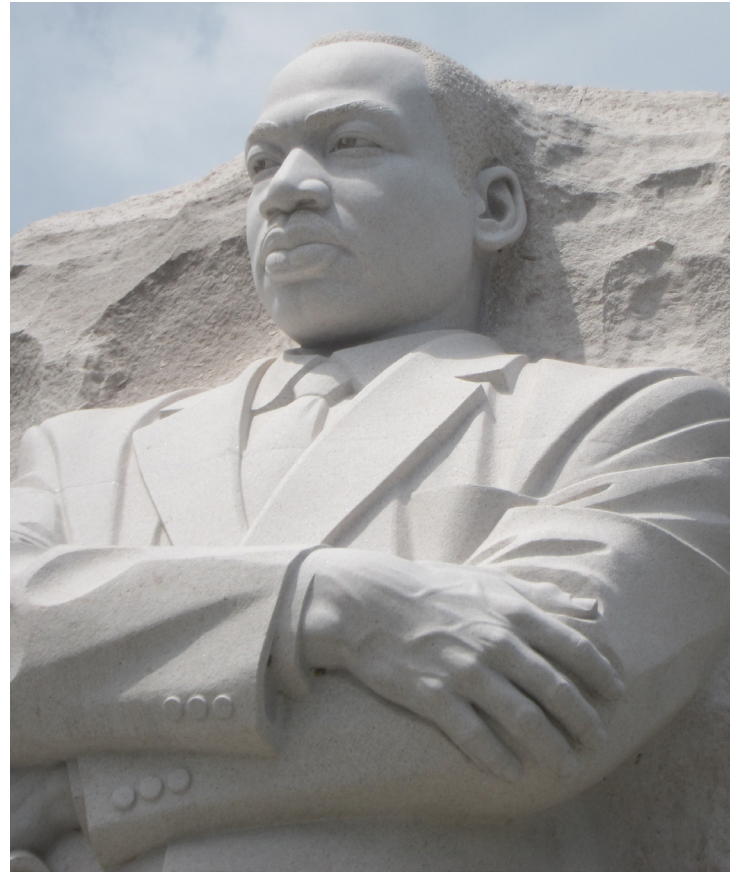
- What are important things to consider in building a relationship with someone you disagree with?
- What could you do in the coming week to practice one of the principles of nonviolence?
- What changes would you like to see in your community? What are you doing to advance them?
- What compels you to engage in experiences (persons, places, things, ideas) that may present as discomforting, frightening, or disruptive to your worldview?
- When is a time you have applied one of the principles of nonviolence in your life?
- What significance does Dr. King's work have in your life today?

3. EXPLORE

- [Utah MLK Events Calendar](#)
- [List five traits you admire about a person or group with whom you disagree](#)
- Record yourself talking about a time you have shown courage in the face of adversity and share on social media
- Invite someone (friend, co-worker, etc.) to attend an MLK event with you
- Share your experience using this toolkit with mlkcommission@utah.gov

4. DO

- Participate in a volunteer activity: userve.utah.gov/mlkday and justserve.org
- [Register to vote and vote regularly](#)
- [Write to your representative about an issue that's important to you](#)
- Attend your school board or city council meeting
- [Find your civic engagement pathway](#)
- [Get \(and use!\) a library card](#)



5. PRACTICE

Dr. King's six principles of nonviolence:

One piece of Dr. King's enduring legacy are his six principles of nonviolence. While these principles initially guided the non-violent protests of the civil rights movement, they can be good guides on how to engage in civil discourse as well. They are:

1. Nonviolence is a way of life for courageous people.
2. Nonviolence seeks to win friendship and understanding.
3. Nonviolence seeks to defeat injustice, not people.
4. Nonviolence holds that suffering can educate and transform.
5. Nonviolence chooses love instead of hate.
6. Nonviolence believes that the universe is on the side of justice.