



UTAH
MARTIN LUTHER KING JR.
HUMAN RIGHTS COMMISSION

Utah Division of
Multicultural Affairs

A DAY ON, NOT A DAY OFF
**DR. MARTIN LUTHER KING JR.
DAY OBSERVANCE TOOLKIT**





THE 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

ARTICLES AND RESEARCH:

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:

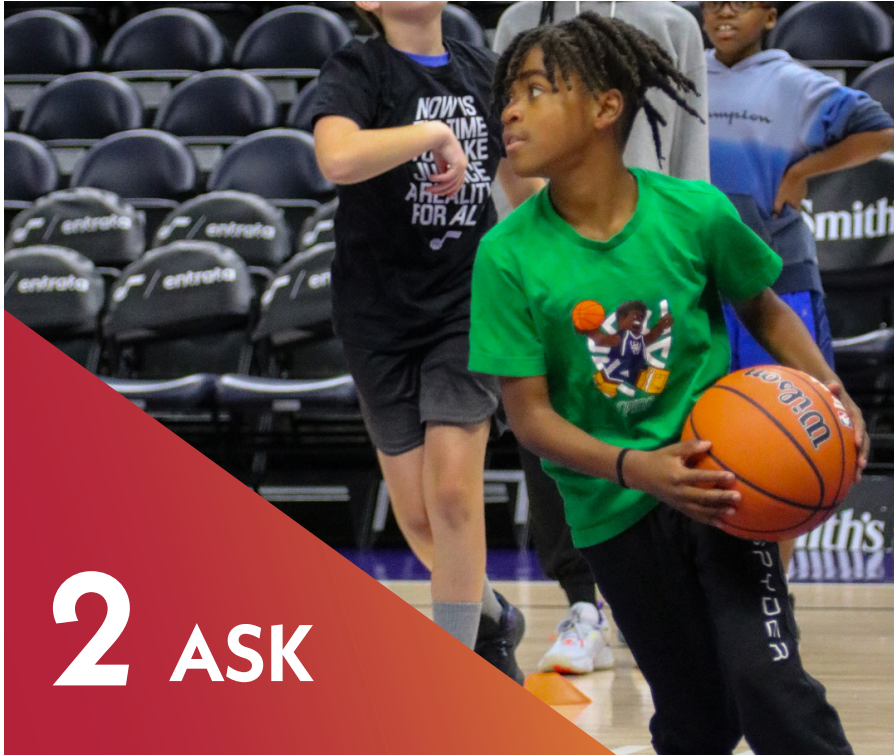
MLK Day Message Gov. and First Lady Cox

Dr. Bernice King’s visit to Utah

Commencement Speech featuring Rev. France Davis

Virtual Tour of MLK Memorial

MLK’s Speech in Selma, Alabama



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?

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

Discover a book about MLK that you want to add to your reading list

Find who represents you at utah.gov

Find local events near you at [Now Playing Utah](http://NowPlayingUtah), encourage a friend to come with you!

Share your experience using this toolkit with mlkcommission@utah.gov



3 EXPLORE

Participate in a volunteer activity:

→ Visit 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

Mentor a youth by tutoring, coaching, or teaching

Support your local businesses

→ Visit directories such as the [Small Business Directory](#)



4 DO

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:

Nonviolence is a way of life for courageous people.

Nonviolence seeks to win friendship and understanding.

Nonviolence seeks to defeat injustice, not people.

Nonviolence holds that suffering can educate and transform.

Nonviolence chooses love instead of hate.

Nonviolence believes that the universe is on the side of justice.

MESSAGE FROM OUR COMMISSION CHAIR

Dr. Tamara Stevenson

From the signing of the bill by President Ronald Reagan in 1983 to make Dr. Martin Luther King Jr.'s birthday a federal holiday, first observed in January 1986, MLK Day has carried the theme, "a day on, not a day off," honoring Dr. King's dedication to human and civil rights and public service.

To support the annual MLK Day observance each third Monday in January, Utah's Martin Luther King Jr. Human Rights Commission has created a multimedia toolkit filled with carefully selected resources. This toolkit serves as a guide for Utahns to plan MLK Day events and activities throughout the year.

Dr. King's legacy lives on through his family, including his wife, Coretta Scott King, a champion for social change and founder of The King Center for Nonviolent Social Change, and his daughter, Dr. Bernice A. King, a global advocate for peace and CEO of The King Center. As chair of the Utah MLK Jr. Human Rights Commission, I am honored to share Dr. King's journey and impact with Utahns, encouraging all to embrace and practice his principles of nonviolence in building a beloved community.

I invite you to explore this toolkit to deepen your understanding of Dr. King, share its resources widely, and apply his principles of service to uplift our communities and honor the variety of lived experiences that make up our state.

Stay connected by visiting our website > multicultural.utah.gov/mlk/

Email us at mlkcommission@utah.gov