

**Evaluating Nonviolence as a Method of Social Change
Student Worksheet 3-3**

**SIX STEPS OF NONVIOLENT SOCIAL CHANGE
A sequential process of nonviolent conflict-resolution and social change
based on Dr. King's teachings**

The Six Steps of Nonviolence developed by The King Center include:

- (1.) Information gathering and research to get the facts straight;
- (2.) Education of adversaries and the public about the facts of the dispute;
- (3.) Personal Commitment to nonviolent attitudes and action;
- (4.) Negotiation with adversary in a spirit of goodwill to correct injustice;
- (5.) Nonviolent direct action, such as marches, boycotts, mass demonstrations, picketing, sit-ins etc., to help persuade or compel adversary to work toward dispute-resolution;
- (6.) Reconciliation of adversaries in a win-win outcome in establishing a sense of community.