

***In the tradition of Rev. Dr. Martin Luther King, Jr.:**
Guidelines for a Peaceful March*

As participants at this nonviolent event, we will reflect upon and abide by these commitments:

1. Our attitude, as conveyed through words, symbols and actions, will be one of openness, friendliness and respect toward all people we encounter.
2. While not denying our feelings, we will harbor no anger, but suffer the anger of others.
 3. We will refuse to return the assaults, verbal or physical.
 4. We will refrain from insults, swearing, running and threatening motions.
 5. We will protect marchers and opponents from insults or attacks.
 6. In the event of serious disagreement, we will remove ourselves temporarily from the action until the conflict is resolved.
 8. We will not damage any property.
 9. We will carry no weapons.
10. We expect to have a festive day while bearing a clear and forceful witness of hope for peace and justice for everyone, everywhere.

And Just In Case...What To Do If Trouble Starts

1. Stay calm- be aware of your power to affect others. Assess what is needed in the situation and feel free to ask others for help.
2. Techniques to maintain nonviolence: Talking, singing or chanting in a calm voice, eye contact, listening, refusing to get into heated arguments, link hands, sit down, non-threatening body language, humor and common sense.

If you're with friends, stay together. Discuss possible responses ahead of time so you can respond quickly.
4. If one or two individuals are being loud or confrontational, talk with them, in a normal tone of voice.
5. If a small group becomes involved in a violent confrontation, move back, create a clear separation. Ask others to join you. Show that you don't support the violence.
6. Remember, it's okay to speak about what's happening: e.g. "Stop that." "We want to be nonviolent here."

This list was shared with us by Louise Lawarre of the Martin Luther King Jr Coalition in Cincinnati Ohio

Thanks and Peace.