

Kamron Sena
1st Place
3rd-4th graders

Culpepper

Martin Luther King Jr. was a very peaceful man who stood up for many people in a nonviolent manner. I think we could use his wisdom to prevent bullying. One of the Six Principles of Nonviolence says that nonviolence seeks to win friendship and understanding. At Valencia, we can use this principle by making a bench for kids that don't have anybody to play with. To prevent bullying you could start a friendship with someone and maybe other people would follow your actions. Another of King's Six Principles of Nonviolence states that nonviolence chooses love instead of hate. One way we could use this principle in our school is by being nice instead of rude. You can spread love by keeping faces feeling happy by playing with unknown people. Martin Luther King Jr. turned the world upside down by stopping bullying and racism. We can keep his legacy alive by following his principles.

MyKenzie Sanchez
2nd place
3rd & 4th graders

Pacheco

Martin Luther King Jr.'s Six Principles of Nonviolence can be use to prevent bullying in Portales. One of the Six Principles of Nonviolence says that nonviolence chooses love over hate. At Valencia we can use this principle by having love towards each other rather than hatred. For instance we can say kind words. Another of King's Six Principles of Nonviolence states that nonviolence seeks to win friendship and understanding. One way we can use this principle in our school is by being kind to others when in a disagreement and talking things out. To stop bullying from occurring in our city, we can follow Dr. King's principles of nonviolence.

Aaliya Dement
3rd place
3rd & 4th graders
Gibson

Love Over Hate

Martin Luther King Jr. believed that he could change the way things were by making white and black girls and boys and even adults become friends. They can drink out of the same water fountains, ride the same buses, go to the same restrooms, and go to the same schools. King wanted everyone to be treated fairly and equally and that was Martin Luther King Jr's dream. Martin wanted people to choose love over hate so people can stop hurting others, and so black and white become friends. This would make the world a better place. Martin's fifth principle was to choose love over hate. I believe that choosing love over hate will prevent bullying in our schools. Choosing love over hate could make the schools and the world a better place. For example, if you see someone push over a little girl over you could help her up instead of laughing and tell an adult what happened. I think choosing love over hate would help a lot of kids that are being bullied over the years. For example, if a teacher is holding a lot of papers and someone flew a toy plane and he dropped all his papers you can help him pick up the papers. Maybe choosing love over hate could stop people from pushing and hurting others. If a bully came and dunked a little boy in the water fountain you could give him a towel to dry off. These are the reasons why I think choosing love over hate can prevent bullying in our schools or anywhere you go.

Makenna Roybal
Age 11
6th Grade
Lindsey-Steiner

2017 Martin Luther King, Jr. Essay

Have you ever wished for a nonviolent world? Many people have, but only one person made that wish come true. Martin Luther King, Jr. was that person, he fought for his rights and his dream of living a better life. So, that's when he made the Six Principles of Nonviolence. The Six Principles of Nonviolence changed this world into what it is now. Those principles will help bullying because, people will feel better about themselves. It could encourage them not to care what other people think about them, it could help them make friends, and help them be who they want to be.

Principle one is about, "a way of life for courageous people" for example, it is nonviolent resistance to evil, it is aggressive spirituality; mentally and emotionally, it is always persuading the opponent of the righteousness of your cause, it is only passive in its non aggression towards its enemy. This principle will help bullying by giving people an example to not show the bully that they are mad because it will just encourage the bully and if you see someone getting bullied then help them and tell the teacher.

Principle two is, "nonviolence seeks to win friendship and understanding" for example, the end result of nonviolence is redemption and reconciliation and the purpose of nonviolence is the creation of the beloved community. This principle will help bullying by helping people make friends with the bully and help the bully with the way they treat people. Principle three is, "nonviolence seeks to defeat injustice, not people" for example, nonviolence recognizes that

evildoers are also victims and are not evil people, and the make sure that you make more than nonviolent resister seeks to defeat evil, not people. This will help bullying by preventing the person getting bullied to get mad and be mean back, instead it will help that person realise that the bully isn't a bad person and that they just need time to work on being nicer.

Principle four is, nonviolence holds that suffering can educate and transform. For example, nonviolence accepts suffering without retaliation, nonviolence accepts violence if necessary but will never inflict it, nonviolence willingly accepts the consequences of its acts, unearned suffering is redemptive and has tremendous educational and transforming possibilities, suffering has the power to convert the enemy when reason fails. This will help bullying by helping people know that if they be mean to others, that they need accept the consequences.

Principle five is, nonviolence chooses love instead of hate. For example nonviolence resists violence of the spirit as well as the body, nonviolent love is spontaneous unmotivated, unselfish, and creative, nonviolent love gives willingly knowing that the return might be hostility, nonviolent love is active, not passive, nonviolent love is unending in its ability to forgive in order to restore community, nonviolent love does not sink to the level of the hater, love for the enemy is how we demonstrate love for ourselves, love restores community and resists injustice, nonviolence recognized the fact that all life is interrelated. This can help bullying because if you choose non violence over violence, you will be a loving person, you can have more friends, and a better life style.

Principle six is nonviolence believes that the universe in on the side of justice. For example the nonviolent resister has deep faith that justice will eventually win, and nonviolence believes that

god is a god of justice. This principle will help bullying because, it might help people realize that nonviolence is a better way of life because if you're a bully your whole life you wont have any friends or anyone that likes you and you won't be able to focus on your future. So, the six principle will help people realize, if they want a better future they need to be nonviolent to others.

I think the six principles of nonviolence will help with bullying and violence because these principles show examples on how people should treat others. So that you will have a better chance on making friends in your life, you you will have a better education, bullies might take your examples and work on being kinder, and nonviolence will lead to a brighter future.

2nd Place

Jenna Brown
Age: 11
Grade: 6th
Lindsey Steiner Elementary

MLK Jr. Six Principles of Nonviolence

Martin Luther King Junior has six principles of nonviolence that could help prevent bullying in my school. The first principle states that "Nonviolence is a way of life for courageous people". This means that it is "active nonviolent resistance to evil." "It is aggressive spiritually; mentally and emotionally." "It is always persuading the opponent of the righteousness of your cause." "It is only passive in its non-aggression towards its enemy." This could help prevent bullying at my school because when a bully changes the way that they act and think of others it can prevent the bullying.

The second principle states that "Nonviolence seeks to win friendship and understanding." "The end result of nonviolence is redemption and reconciliation." "The purpose of nonviolence is the creation of the Beloved Community." This could help prevent bullying in my school because when there is no bullying then people can gain friendships and people that understand them instead of people miss judging someone and all these clics that segregate people for what they like or their personalities.

The third principle states that "Nonviolence seeks to defeat injustice , not people." "Nonviolence recognizes that evildoers are also victims and are not evil people." "The nonviolent resister seeks to defeat evil, not people." This principle can help prevent bullying in my school because it talks about how sometimes if there is a bully we should seek to help them

not shut them out just because they made a mistake and bullied innocent people, and we tend to look at all the stuff they did wrong instead of their accomplishments.

The fourth principle states that “ Nonviolence holds that suffering can educate and transform.” “Nonviolence accepts suffering without retaliation. Nonviolence accepts violence if necessary, but will never inflict it. Nonviolence willingly accepts the consequences of its acts. Unearned suffering is redemptive and has tremendous educational and transforming possibilities. Suffering has the power to convert the enemy when reasons fails. This principle can help prevent bullying at my school because if a bully comes up to you to try and fight you and you say no you may show others or the bully that violence is not okay and it can educate and transform others and the bully as well.

The fifth principle states that “ Nonviolence chooses love instead of hate.” “ Nonviolence resists violence of the spirit, as the body. Nonviolent love is spontaneous, unmotivated, unselfish, and creative. Nonviolent love gives willingly, knowing that the return might be hostility. Nonviolent love is active, not passive. Nonviolent love is unending in its ability to forgive in order to restore community. Nonviolent love does not sink to the level of the hater. Love for the enemy is how we demonstrate love for ourselves. Love restores community and resists injustice.” Nonviolence recognized the fact that all life is interrelated.” This principle can help prevent bullying at my school because it says that showing nonviolence instead of violence can gain friendships and love instead of hate. So, the bully can show nonviolence and gain more friendships and love than they would have as a bully. Then the bully will notice that they were only gaining friends because people were scared of them.

The sixth principle states that “ Nonviolence believes that the universe is on the side of justice. The nonviolent resister has deep faith that the justice will eventually win. Nonviolence believes that God is a God of justice.” This principle can help prevent bullying at my school because it says that all the people that are against bullying believe in justice and that they will finally stop the bully through justice. When the good people gather together they can stop the bully and can finally make everyone happy and to where they don't have to come to school in fear anymore like they did when the bully was in power.

These principles can really help prevent bullying at my school.

3rd Place

Adrian Leal
12 years
6th grade
Lindsey-Steiner(Mrs.Smith)

Martin Luther King, Jr. Six Principles

Did you know that Martin Luther King, Jr. stopped segregation? One man stopped a law that all of society followed. He did that because he felt that everyone should be allowed to have the same rights. No matter what skin color they had, they should still get along. He believed that violence was not an exception. He later wrote the *Six Principles of Nonviolence*.

I think the Six Principles will help nonviolence in schools and in real life. They will help by encouraging people to stand up for what's right. It will also teach African American people to be themselves and not to do things just because of their skin color. The Six Principles will help all kids be friends with everybody. It should not only be those two races it should be all the races getting along.

The first principle is "Nonviolence is a way of life for courageous people." I think this principle will help nonviolence by getting people to understand that everyone is courageous even if they don't know it yet. What this will do is help people to understand that **NOBODY** has to resort to violence. If nobody resorts to violence then that means we are making Martin Luther King, Jr.'s dream come true. If we make that dream come true than we can make everyone's dream come true. Then the world will be full of peace and **NO ONE** will fight.

The second principle is "Nonviolence seeks to win friendship and understanding." I think this will help by making people stop to understand what's going on and to resolve the conflict. Once the conflict is resolved than the people who are in the conflict can become friends. It is good to understand because if there is someone who accuses someone of doing something but they didn't do it

then that means they are not understanding. If someone is not understanding then they will be in an infinite conflict and it will never be resolved.

The third principle is, "Nonviolence seeks to defeat injustice, not people." I think that this will help because injustice means to do the wrong thing. This means for nonviolence to stop people from doing the wrong thing by showing them what you're supposed to do. If you provide enough examples then they will follow up on the example and do the right thing. Once people do the right thing then that means that they will provide examples for other people to do the right thing.

The fourth principle is, "Nonviolence holds that suffering can educate and transform." This means that that when someone is bullied then after they recover then they will not make the mistake that they made to make them the target. Once they are not the target then they can share their story of being bullied and make other people (bullies) to understand how much they hurt people when they bully them. Once they realize this then maybe this will get them to stop bullying people. Once they stop bullying people then they can get their bully friends to stop bullying too.

The fifth principle is, "Nonviolence chooses love instead of hate." This will help by getting people to not only stop people from bullying but, it will also help people to start to understand why they should stop bullying and that they should apologize and become friends. This will also help people to love other people for their mistakes and not just because they do things for you. Once people understand and start to appreciate what they have. Once they appreciate then they **WILL NOT** treat you like a piece of trash.

The sixth and final principle is. "Nonviolence believes that the universe is on the side of justice." I think this will help because if the universe is on the side of justice then that means that the whole universe is against the bullies in the whole world. If the universe is against them then they will

start to notice that then they will stop. when they stop then they can get the people who haven't noticed to notice. Once the people have noticed then they will soon stop because bullying is a very serious matter. Once this is addressed to them then they will have no choice but to apologize to the victims. That is how I thought the Six Principles of Nonviolence will help all bullying in schools.

1st Place

Kinzie Davis
Portales Junior high
8th Grade, 14

The key to stop bullying : MLK's 6 Principles

With over 3.2 million students being bullied each year, and 1 in 10 students drop out of school because of repeated bullying. We need to start using new ways to put a stop to it. I think the key to stop bullying is Martin Luther King's nonviolent six principles. King's six principles are, non-violence 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. Here are simple ways we could use the six principles in common bullying situations.

Ways we can use nonviolence as a way of life for courageous people. If we were all courageous like King when we were bullied we would stop and go tell a teacher or the bully to stop and avoid problems from escalating. If we would make a courageous ways to stop bullying it could help avoid suicides. Bully victims are between 2 to 9 times more likely to consider suicide than non-victims, according to studies by Yale University. If we would talk to the bullies and really understand why they are bullying we could turn a negative situation to a positive situation.

A common reason that kids bully is because they are not accepted by others. If we use the second principle we can discover that they are bullying because they feel alone, and you and

the bully could have a lot in common. I think we should make more friends rather than being rude to other students and pushing each other apart. We can even use our differences to educate other people about bullying.

Principle three is turning suffering into a way to educate other people. If other talked about how they felt and how they coped with bullying it could help other victims. Often victims feel alone while being bullied because they think that they are the only one going through something like this. If we were to educate kids how to cope with these feelings we could avoid suicides and other conflicts. We also need to educate bystanders on what to do when someone is being bullied. If we cared and loved each other we would not have as many issues and conflicts.

If we all had a sense of love for each other we would stop bullying when we would see it and we would not want to cause harm or sadness to the other person. Think about if you love someone do you want to see them get hurt or to cause them pain. If we're all more aware of our own actions and the consequences we would not bully each other.

We all need to be accountable for our actions. If we all were nice we would be given justice. In principle six nonviolence believes that the universe is on the side of justice. Therefore if you are doing good deeds and being nice that you will be given justice one way or another. We all need to be nice and follow the golden rule, (do unto others as you would want others to do to you).

2nd Place

Principles of nonviolence to prevent bullying in your school and community

Nonviolence is a weak, passive philosophy. To step up for someone takes courage, and to be able to do without violence takes courage. To be able to stand up against violence and negligence takes a lot of braveness. If you are nonviolent then you are able to confront unfairness whenever you see it. Don't wait too long to where violence has already happened, be prepared, practice. If you are committed to nonviolence, then show it. Being aggressive spiritually; mentally and emotionally can help bullying. Instead of wanting to be aggressive toward others, it is better to be destructive in your head mentally. Say a kid is bullying someone, don't be contentious to where someone gets hurt. Don't be passive, make it to where it's non-aggressive towards its enemy. Over 3.2 million students are victims of bullying each year. Approximately 160,000 teens skip school every day because of bullying. 17% of American students report being bullied 2 to 3 times a month or more within a school semester. Kids who are bullied experience negative physical, school, and mental health issues. It is not something to make fun of or laugh about, it is a serious situation.

When you are nonviolent, it seeks to win friendship and understanding. The nonviolent resister does not seek to humiliate or defeat the opponent. For example, don't defeat the person, and neither to humiliate the person. To be able to win the person's friendship after you don't defeat the person, and humiliate the person, will bring the person to a understanding to win friendship. The end of violence reconciliation and the creation of a beloved community. It should awaken a sense of shame within the bully and realize the end is redemption, and reconciliation.

with you. But I want you to know tonight, that we, as people, will get promised land.” This is our belief that the universe is on the side of justice, which keeps us thinking and continuing his legacy. We need to invest in justice, If we can invest more time, and more resources, than we can see a change soon. That is why the resister has deep faith that justice will eventually win. God created this world and you. “When the practice of nonviolence is universal, God will reign on earth as God does in heaven”.-Mohandas Gandhi. Nonviolence believes that God is a justice. This prevents bullying because it tries to make people be better people than they are by following God.

3rd Place

Brian Hill

14 years old

8th grade

Portales Junior High School

**“BULLYING AND MARTIN LUTHER KING, JR.’S SIX PRINCIPLES OF
NONVIOLENCE.”**

Dr. Martin Luther King Jr’s six principles of nonviolence can be used to prevent bullying in my school and community by influencing children to do better, treat one another equally, and teach them that bullying is not the path to pick in life.

In our community and school programs to prevent bullying has worked and has showed huge results and i think Dr. Martin Luther King Jr’s principle number one (Non violence is a way of life for courageous people) could be put to use impacting our schools and community for the better. The programs we have done in the past can be used as a building point for programs demonstrating the six principles of nonviolence in the present such as our social contracts which taught us to treat one another better. Building these programs using the six principles of nonviolence will teach students and our community to treat one another better because treating one another better has been proven to lead to relationship goals and improves how you act around one another and that's why we will make more of these programs because they will make what i just explained work. Using these programs will not only show nonviolence and your relationship with people it will show your relationship with yourself and spiritually.

Showing and inflicting nonviolence in our community and schools can teach us to choose love instead of hate which is Dr. Martin Luther King Jr's principle number five . Teaching to choose love instead of hate can teach us kids and our community to resist violence of the spirit as well as the body so they can be better for themselves and those around them so that bullying will not be used. Showing love instead of showing hate can restore our community which will influence our children and our schools to take action and practice the same. Practicing these things will not only better us in love, ourselves, and our relationships with others, it will teach everyone to forgive instead choose violence. Though not all will follow im sure it will impact some so that they learn to forgive, and choose nonviolence instead of violence maybe convincing others to do the same.

Principle two (nonviolence seeks to win friendship and understanding) can be taught to influence kids as well. Practicing this can show that the purpose of nonviolence is the creation of the beloved community so people practicing this will notice being violent will only cause our community to fall but being nonviolent we can grow and work together creating a better environment for our children to grow up around lessening bullying in our schools. Learning from nonviolence and the six principles can also make us want to make more activities like capturing kids hearts for our school so that we can learn more about bullying and how to solve it and practice different ways. Making more things for our community like breast cancer awareness but with bullying and the six principles of nonviolence could help kids learn more about why bullying can affect you and your community.

Overall practicing some of the six principles of nonviolence listed above can help us in more ways, teaching our community and schools to be better and inflict these rules.

Samantha Bartl
15
10th Grade
Portales High School

Martin Luther King Jr.'s Six Principles of Nonviolence

"I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality... I believe that unarmed truth and unconditional love will have the final word." -Martin Luther King Jr. Both a Baptist minister and a civil-rights activist, Martin Luther King Jr. had a seismic impact on race relations in the US. He headed the SCLC and played a pivotal role in ending the legal segregation of African-American citizens in the South and other areas of the nation. King also contributed to the creation of Civil Rights Act of 1964 and the Voting Rights Act of 1965. Four years after being awarded the Nobel Peace Prize, among several other honors, King was assassinated. Most referenced for his "I Have A Dream" speech, Martin Luther King Jr. is remembered as one of the most lauded African-American leaders in history.

Dr. King presented his six principles of nonviolence in response to the Montgomery movement in *Stride Toward Freedom*. He lived and taught these the practice of active nonviolence until the day he died. The principles included: 1) Non Violence 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 believe that the universe is on the side of justice.

With bullying in any form becoming frequent in this day and age, nonviolence is incredibly important. Violence in response to being bullied will never end up well. Nonviolence represents a more humane and honorable method in the name of justice. Nonviolence stands for what is right and just, not for cowardice. People are not violent, they are only violent in the conditions they operati in. Focusing anger on people produces more violence and apathy. Suffering is not to be confused with self-victimization. Willingness to endure hardships can impact those around you into action. Our attitudes determine how our actions are communicated based on your attitude and commitment to nonviolence. Every person is opposed to wrong and unjust behavior in a particular situation. We must never lose hope in human beings in their ability to respond. Even our opponents.

Bullying can sometimes be life threatening, children struggling to get away from the abuse. And it can be very difficult to please everyone when finding a solution to this problem. Bullying can happen to anyone and the line between it and teasing can be

Nonviolence: The Key to Perfecting America

Bullying and nonviolence do not seem to go hand in hand. Those who are bullied should stand up for themselves, and bullies should stop immediately. However, in order to completely solve conflicts such as bullying, nonviolence can be the greatest tool. By using the six principles of nonviolence, people around the world can help put a stop to bullying by using nonviolent methods.

In order to stay nonviolent in the face of bullies, one must be courageous. This principle is outlined in the "Six Principles of Nonviolence". It takes courage to be able to take a hit and not hit back. After the bully realizes the kid he or she is unfairly persecuting will not fight back, they might gain respect. The kid must take this act of courage to the next level and be brave enough to talk about the bullying, with the adult and the bully.

With the help of nonviolence, bullies can become friends. When someone is being bullied, they can keep in mind that everybody is a victim. By using nonviolence to diffuse the tension, the person can defeat not the person, but the emotions. The evil emotions and feelings can be vanquished. By not reacting with violence, bullies and the bullied can unite to overcome feelings of hate and being unwanted.

Those who respond to bullying with nonviolent solutions must understand that the persecution may still continue for longer. Nonviolent solutions do not guarantee that the bully will immediately see eye to eye with their victim. Fixing the problem can take time, but the

results will be more effective and long-lasting than results from using violent solutions. When using nonviolent solutions, the victim of the violence should expect to be persecuted while understanding that they cannot retaliate with violence.

Reacting to situations such as bullying with violence shows hate deep in the spirit, and is selfish. However many people believe that nonviolence is a passive way of dealing with aggression, it is actually an active way to deal with bullies. Nonviolent solutions are full of love and caring. By keeping themselves above the hater, the victims can influence the bully to end their aggressive behavior. By showing love through nonviolence to bullies, victims show love to themselves, helping them to become stronger individuals.

Using principles of nonviolence takes a good deal of bravery and faith. Victims who deal with aggression from bullies with nonviolence use mental strength to stay above the hater. Victims must have faith in justice. By using excellent communication skills with adults or trusted advisors, or even with the bully, victims can overcome hateful actions by using nonviolence. While nonviolence can be returned with greater hate and hostility, the victim must believe that justice will be served, either by God or by the law.

Bullying can be dealt with in many different ways. However, some of the most effective ways are through nonviolent solutions. Victims of bullying can overcome actions of hate with pure love and unselfishness. Those who use nonviolent solutions should not be considered weak or cowards. Victims of bullying must call upon inner strength to use nonviolent solutions such as communicating with other people. Nonviolent solutions are key to overcoming bullying for once and for all.

Kalob Nichols

Age 14

Grade 9

Portales High School

Principles of Nonviolence

Almost one out of every four students (22%) report being bullied during the school year. That does not include the 64 percent of children who were bullied and did not report it (Bullying Statistics). Students who experience bullying are at increased risk for poor school adjustment, sleep difficulties, anxiety, and depression. Fundamental tenets of Dr. Martin Luther King's philosophy of nonviolence, if initiated, can resolve the issue of bullying.

Martin Luther King's second principle is "Nonviolence seeks to win friendship and understanding." The end result of nonviolence is redemption and reconciliation. Nonviolence does not seek to defeat the bully. Nonviolence is directed against evil systems, forces, oppressive policies, and unjust acts, but not against people. Through negotiated compromise, both sides resolve the injustice with a plan of resolution. Each act of reconciliation is one step closer to resolving bullying completely.

Martin Luther King's third principle is "Nonviolence seeks to defeat injustice not people." Nonviolence recognizes that evildoers are also victims and are not evil people. Bullying is a behavior, not an identity. Labeling someone a "bully" can have a damaging effect on their future and often limits change to their behavior. Helping a "Bully" pursue redemption

and also help them adjust positively to not being a bully. The nonviolent resister seeks to defeat evil and not people.

Principle four is "Nonviolence holds that suffering can educate and transform." Being bullied can gain possibilities that can be used to inform others about the effects of bullying. It is essential to inform others, including the bully, about the issue. This reduces misunderstandings and gains you support and sympathy. Nonviolence accepts suffering without retaliation. It can also contribute to the journey of abolishing bullying in your local area, your town, your county, and much larger areas.

Martin Luther King's principles emphasizes what nonviolence can achieve. Nonviolence seeks to defeat injustice not people. Nonviolence holds that suffering can educate and transform. Nonviolence seeks to win friendship and understanding. These tenets are the instructions to resolve and abolish the term "bullying".

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