Later today, with the release of the video, we will all be able to witness the unjust and unconscionable beating at the hands of five Memphis police officers, which caused the death of Tyre Nichols. There will be emotional reactions and demonstrations around the country and most especially in Memphis, and these are warranted, appropriate, and needed.

Cure Violence Global calls on everyone involved in demonstrating in reaction to the brutal physical trauma and death of Tyre Nichols to do so in a manner that promotes peace and community healing. Violence and destruction breed more violence. It is through nonviolent, determined action that we can move forward and progress as a culture, country, and community toward a more peaceful and healthy world.

Measures that everyone can take to maintain peaceful and effective demonstrations:

1. Prioritize your safety
2. Keep your emotions cool
3. Help to cool down the emotions of your friends
4. Remove yourself from places if violence is occurring

"Violence as a way of achieving racial justice is both impractical and immoral. I am not unmindful of the fact that violence often brings about momentary results. Nations have frequently won their independence in battle. But in spite of temporary victories, violence never brings permanent peace. It solves no social problem: it merely creates new and more complicated ones. Violence is impractical because it is a descending spiral ending in destruction for all. It is immoral because it seeks to humiliate the opponent rather than win his understanding: it seeks to annihilate rather than convert. Violence is immoral because it thrives on hatred rather than love. It destroys community and makes brotherhood impossible. It leaves society in monologue rather than dialogue. Violence ends up defeating itself."

- Dr. Martin Luther King, Jr.

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