

# BLACK LIVES MATTER

## QUOTES FROM HISTORY



**Martin Luther King Jr.**

"Human progress is neither automatic nor inevitable... Every step toward the goal of justice requires sacrifice, suffering, and struggle; the tireless exertions and passionate concern of dedicated individuals."



**Mary Seacole**

"Death is always terrible—no one need be ashamed to fear it. How we bear it depends much upon our constitutions. I have seen some brave men, who have smiled at the cruellest amputation, die trembling like children; while others, whose lives have been spent in avoidance of the least danger or trouble, have drawn to their last painful breath like heroes, striking at their foe to the last, robbing him of his victory, and making their death a triumph."



**Steve Biko**

"So as a prelude whites must be made to realise that they are only human, not superior. Same with blacks. They must be made to realise that they are also human, not inferior."



**Maya Angelou**

"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humour, and some style."



**Marcus Garvey**

"Always try to associate with people from whom you can learn something. All the knowledge that you want is in the world, and all you have to do is go and seek it."



**Rosa Parks**

"I learned to put my trust in God and to see Him as my strength. Long ago I set my mind to be a free person and not to give in to fear. I always felt that it was my right to defend myself if I could."



**Katherine Johnson**

"Take all the courses in your curriculum. Do the research. Ask questions. Find someone doing what you are interested in! Be curious!"



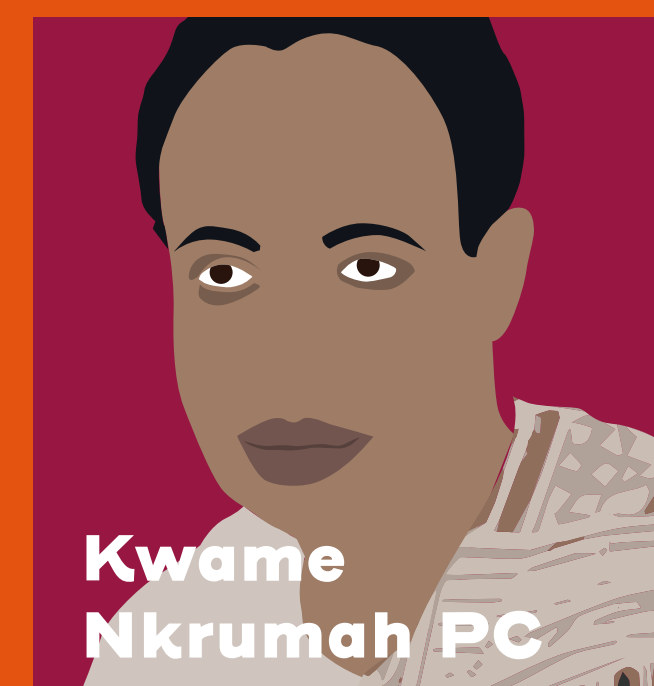
**Bayard Rustin**

"Martin Luther King, with whom I worked very closely, became very distressed when a number of the ministers working for him wanted him to dismiss me from his staff because of my homosexuality."



**Olaudah Equiano**

"Is it not enough that we are torn from our country and friends, to toil for your luxury and lust of gain? Must every tender feeling be likewise sacrificed to your avarice?"



**Kwame Nkrumah**

"A State in the grip of neo-colonialism is not master of its own destiny. It is this factor which makes neo-colonialism such a serious threat to world peace."



**Usain Bolt**

"Worrying gets you nowhere. If you turn up worrying about how you're going to perform, you've already lost. Train hard, turn up, run your best and the rest will take care of itself."



**Bob Marley**

"Me only have one ambition, y'know. I only have one thing I really like to see happen. I like to see mankind live together - black, white, Chinese, everyone - that's all!"



**Haile Selassie**

"If you are open-minded and ready to learn, there are many things which you can learn not only from books and instructors, but from the very life experience itself."



**Barack Obama**

"Change will not come if we wait for some other person, or if we wait for some other time. We are the ones we've been waiting for. We are the change that we seek."



**Nelson Mandela**

"No one is born hating another person because of the colour of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite."



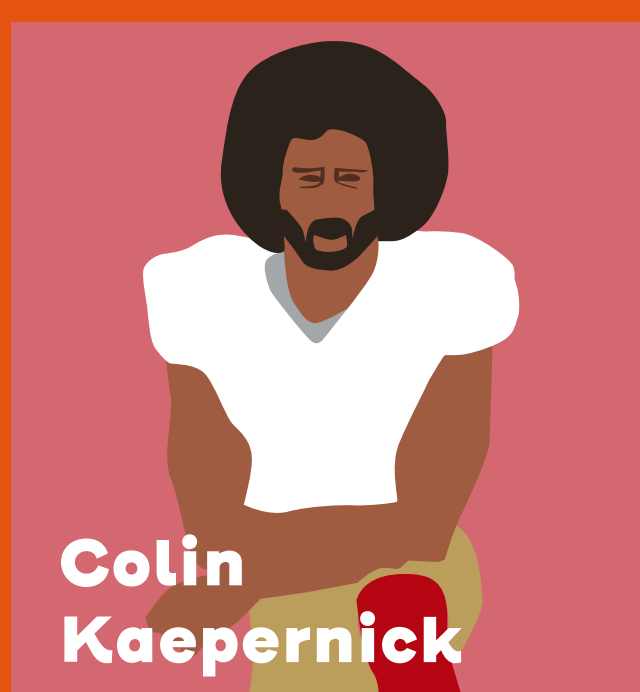
**Malcolm X**

"The media's the most powerful entity on earth. They have the power to make the innocent guilty and to make the guilty innocent, and that's power. Because they control the minds of the masses."



**Toussaint Louverture**

"I took up arms for the freedom of my colour. It is our own - we will defend it or perish."



**Colin Kaepernick**

"I am not going to stand up to show pride in a flag for a country that oppresses black people and people of colour."



**Desmond Tutu**

"When the missionaries came to Africa they had the Bible and we had the land. They said 'Let us pray.' We closed our eyes. When we opened them we had the Bible and they had the land."