



THE SIT-INS



Diane Nash at a Lunch Counter in Nashville, Tennessee, SNCC Digital Gateway

Resistance was redefined and the sit-ins carefully planned. Students were trained by the Nashville Christian Leadership Council in nonviolence and followed a strict peaceful conduct code.

- 01 CONTEXT** When and where the method emerged
- 02 STRATEGY** How the method works
- 03 RESULT** Immediate and political effects
- 04 STRENGTHS & LIMITATIONS** 3 strengths · 3 limitations



01 · CONTEXT

THE SEGREGATED UNITED STATES

In 1896, the Plessy v. Ferguson ruling legalised segregation in the U.S., ratified by Jim Crow laws. Exacerbated racism prompted Black students in Nashville to organise sit-ins at the city's whites-only lunch counters in 1960.

02 · STRATEGY

BOLD AND INNOVATIVE ACTIONS

Resistance was redefined and the sit-ins carefully planned. Students were trained by the Nashville Christian Leadership Council in nonviolence and followed a strict peaceful conduct code. The sit-ins urged businesses to question discriminatory practices, having a significant economic impact.

03 · RESULT

THE USE OF A SIT-IN

A sit-in is a peaceful occupation of a public or commercial space to disrupt its activity and highlight injustice. It targets ordinary living spaces. It draws attention and media coverage.



04 • LESSONS

CRITICAL ASSESSMENT

STRENGTHS

- *Peaceful and highly visible*
- *Disruptive: creates economic pressure on businesses*
- *Draws public and media attention to a cause.*

LIMITATIONS

- *High risk of arrest and violence*
- *Requires discipline and psychological resilience*