ACAB stands for all cops are bastardized. This does not negate that individual cops are not capable of good, rather it highlights that the system is corrupt and beyond reform. There are no "good" cops as they stand beside the unjust actions of the institution and continue to harm black people. Your positive experiences with cops, who may be relatives or friends, does not negate the fact that the institution is violent and unjust. It is built on systematic racism and must be remade for the safety of our communities.