



Guide to Effective Activism

Make it Sustainable

Make sure the actions you choose are accessible and sustainable for your lifestyle. Pick one issue and “apply genuine effort and attention to it.” [Roxane Gay, NYT](#)

- **Social Butterfly:** Host phone banking or letter writing nights with friends, attend [Race Talks](#), host a [SURJ](#) training
- **Introverted:** Write letters on your free time, volunteer doing admin/back office or offer other skills sets for an org, “follow the money” and boycott companies who are profiting using [Sleeping Giants](#)
- **Busy Bee:** Donate money to organizers, commit to writing one letter a week during your bus commute or coffee break
- **Power Networker:** Volunteer for the campaigns of diverse local office candidates: [One Oregon](#), [Sister Districts](#), [Emerge Oregon](#)
- **Easily bored:** Follow groups who address a variety of topics and participate in a variety of activities like [Wall of Us](#), [Sister Districts](#), [Indivisible Oregon](#), [Americans of Conscience](#)
- **Mama or Papa:** Find orgs that focus on family issues, they tend to be more cognizant of child care/kid-friendly activities: [Center for Community Change](#), [Family Values @ Work](#), [Forward Together](#)
- **Angry & Vocal:** Attend rallies/large public events, get [Action Alerts](#) to make a phone call a day.
- **Social Philanthropist:** Organize your network to fundraise for a fund or issue you are passionate about. Get creative! Create a “thon” to turn a negative into positive, host a bake sale at your neighborhood farmers market, host a wine tasting and charge everyone \$20 to attend, create a neighborhood 5k run and charge an entry fee, ask friends and family to donate in lieu of gifts on your birthday/holiday.
 - *We recently asked our Instagram followers to pledge \$1 for every message of hate a local racial justice organization received in the month of May. We raised over \$700 and no individual gave more than \$30: [Anython](#)*

Reel It In

- Stop watching cable news, choose a couple narrowed down sources: [Democracy Now](#), [WaPo](#), [NYT subscription](#)
- Pick a couple digestible newsletters on topics you care about and unsubscribe from everything else: [WTF Happened Today](#), [The Marshall Project](#), [Americans of Conscience](#)
- Consume and share the positive news because it’s a marathon, not a sprint: [Small Victories](#) (*This newsletter is proven to improve your life 27%*)

Activity Resources

- Letter Writing: [Handwritten Revolution](#)
- Phone Banking: Find an org you love from [One Oregon](#)
- Kid-friendly: [MomsRising](#)
- Want more? Check out the EPIC: [Resistance Manual](#)
- Follow the Money: [Sleeping Giants](#)

This Guide was created by Handwritten Revolution. Want more? www.HandwrittenRevolution.com

R-E-S-P-E-C-T

Recognize that there are people who've been leading activist and social justice work for a long, long time - and they are often people who experience marginalization in society. We suggest supporting the work of these seasoned activists and following, rather than trying to lead, as someone who may be new to social justice work.

Follow people who have lived experience with the issues you care about to point you in the right direction, recognizing that you don't have all the answers. Identify 2-3 social justice activists who have identities that are different from yours: people of color, people with disabilities, people who are transgender or queer, or are undocumented >> follow them, learn from them (their newsletter, twitter, facebook, instagram, etc).

Issues:

Anti-Racism: [Showing up for Racial Justice](#)
Criminal Justice Reform: [Real Justice PAC](#), [enlace](#)
Diverse candidates for office: [Emerge Oregon](#)
Families: [Center for Community Change](#), [Family Values @ Work](#), [Forward Together](#)
Reproductive Rights: [Planned Parenthood Advocates](#)
Transgender and Gay Rights: [Basic Rights Oregon](#), [Q Center](#)

Domestic Violence: [National Coalition Against Domestic Violence](#)
Education: [Network for Public Education](#)
Gun Violence: [Futures without Violence](#), [Don't Shoot PDX](#)
Health Care Acces: [Adapt](#)
Disability Rights: [Adapt](#)
Immigration: [CAUSA](#)
Voter Rights: [Bus Project](#)
General: [Sister Districts](#), [Indivisible Oregon](#)

People to Follow:

Angel Powell
Annie Segarra
Auro Bogado
Jennicet Gutierrez

Johanna Toruno
Kate Bornstein
Linda Sarsour
Lucas Benitez

Sandy Ho
Sarita Gupta
Shaun King, [Real Justice PAC](#)
Shishi Rose
Walidah Imarisha

A Note About Racism

- Learn about the racist history of Oregon to gain some context about what is happening today: Why Aren't There More Black People in Oregon? [\[video\]](#)
- Engage in the hard, personal work of unlearning whiteness and the habits of white supremacy: read, listen to, learn from women of color online/social media/literature etc. When we feel uncomfortable or defensive, that's actually a gift of learning and a cue to listen, stay quiet until we understand the root of our defensiveness, and examine how our privilege shapes our worldviews.
 - In person: [Showing up for Racial Justice](#), [Resolutions Northwest](#), [Race Talks](#)
 - Online: [What is white fragility?](#) By Robin DiAngelo, [What are the habits of white supremacy?](#) By [www.cwsworkshop.org](#), [White identity](#) By [www.cwsworkshop.org](#)
- Normalize conversations about race, whiteness, racism and other forms of oppression in as many areas of your life as possible, including with your kids. This takes practice and is a never ending learning experience! [WOC & Allies on Medium](#), [Raising Race Conscious Children](#)