

# Stand Up for **DEMOCRACY** & Protect Your Rights



## **>>> ACTION CHECKLIST**

**Commit to doing **ONE action each day!** Check off what you're doing and see where you can do more.** Together, we can make a difference.

### **Stay Informed**

- ☐ Read credible news sources daily
- ☐ Fact-check information before sharing it
- ☐ Stay updated on current events and important issues

### **Vote & Help Others Vote**

- ☐ Register to vote and encourage others to do the same
- ☐ Volunteer with organizations that help with voter registration
- ☐ Remind friends and family about voting deadlines

### **Contact Your Representatives**

- ☐ Call, email, or write your elected officials to demand action
- ☐ Attend town halls and ask questions
- ☐ Hold representatives accountable for their actions (or inactions)

### **Protest & Demonstrate**

- ☐ Join peaceful protests or marches in your community
- ☐ Organize a local demonstration or event
- ☐ Support others' efforts in peaceful civil disobedience

### **Support Independent Journalism**

- ☐ Subscribe to and support investigative media outlets
- ☐ Share credible news stories to combat misinformation
- ☐ Spread awareness about media organizations that prioritize truth

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### **Protect Civil Rights & Marginalized Communities**

- ☐ Volunteer with or donate to organizations defending civil rights
- ☐ Speak up when you see discrimination or injustice
- ☐ Support initiatives for racial justice, LGBTQ+ rights, and more

### **Economic Resistance**

- ☐ Boycott companies that fund harmful political agendas
- ☐ Support businesses and organizations with values that align with justice
- ☐ Promote ethical consumerism within your community

### **Build Local Power & Community**

- ☐ Organize or participate in local mutual aid groups
- ☐ Volunteer for community-based organizations
- ☐ Start or join neighborhood networks focused on social justice

### **Elect Better Leaders**

- ☐ Volunteer/donate to campaigns of candidates who fight for democracy
- ☐ Educate yourself about the platforms of potential candidates
- ☐ Encourage others to vote for candidates who represent democratic values

### **Never Normalize Fascism**

- ☐ Speak out against authoritarian behavior and harmful rhetoric
- ☐ Challenge apathy and engage others in conversation about democracy
- ☐ Share resources to educate others on the importance of democracy

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### **Support Legal Defenders & Judges Fighting Back**

- ☐ Donate to legal defense funds or civil rights organizations
- ☐ Share the work of attorneys and judges who are defending democracy
- ☐ Write letters of encouragement to legal defenders and judges

### **Support Elected Officials Who Are Fighting Back**

- ☐ Volunteer for campaigns of elected officials standing up for justice
- ☐ Write letters to support their work and achievements
- ☐ Share their efforts on social media to raise awareness

### **Express Discontent with Non-Fighting Elected Officials**

- ☐ Organize or attend protests to demand accountability
- ☐ Write letters or make phone calls to express your discontent
- ☐ Challenge or support efforts to recall unresponsive officials

### **Create & Join Virtual Movements**

- ☐ Join or create online petitions advocating for change
- ☐ Share your activism on social media and encourage others to join
- ☐ Participate in or host virtual events to mobilize and educate others

### **Use Technology to Hold Power to Account**

- ☐ Track the actions of your representatives through apps like GovTrack
- ☐ Use platforms like "5 Calls" to quickly contact elected officials
- ☐ Share important updates through online forums or group chats

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### **Engage in Digital Art & Memes for Social Change**

- ☐ Create and share memes or artwork that promotes democracy
- ☐ Use social media to highlight important issues to amplify activist messages
- ☐ Participate in digital campaigns to educate others or demand action

### **Crowdfund & Use Digital Activism for Financial Support**

- ☐ Contribute to crowdfunding campaigns supporting civil rights legal efforts
- ☐ Host or participate in digital fundraisers for justice-driven causes
- ☐ Organize online events or auctions to raise funds for important initiatives

### **Engage in One-on-One Conversations**

- ☐ Talk with your circle about the importance of democracy
- ☐ Share facts and resources to help combat misinformation
- ☐ Encourage open discussions, even with those who may disagree

### **Host Private Gatherings to Mobilize**

- ☐ Organize small gatherings to discuss important issues and action steps
- ☐ Create a safe space for people to learn and share their concerns
- ☐ Encourage participation in activism, such as letter-writing campaigns

### **When You See Something, Say Something**

- ☐ Speak up against injustice, misinformation, and authoritarian actions
- ☐ Report voter suppression, discrimination, and political misconduct
- ☐ Encourage others to take action when they witness wrongdoing

# **SILENCE**

& lack of pushback  
**is not an option**

Nobody is coming to save us,  
so we have to save ourselves.

