

## Ways to be active and advocate for what you believe without physically protesting!

*Activism comes in all shapes and sizes.*

**Do not feel guilty. Self-care is another radical form of resistance and supports you, your family, and the immediate community's health and wellbeing.** We all have similar goals, however, the way we work towards them does not have to be the same. We can use our individual skills and passions to create our own type of activism. You can create your own experience of activism, if you will—through events, civic engagement, donations, dialogue, art, and digital platforms.

**Here are 8 different ideas/types of activism you can engage in besides attending a physical demonstration:**

1. **Call/Email Your Senator:** This is a great way to have your voice heard if you aren't physically able to attend any event. If intense dread comes over you when you even THINK about talking on the phone or emailing, we as a family can draft and prepare scripts for you and your loved ones to start pushing the pen!
2. **Sign Petitions:** During COVID 19, there are plenty of ways to get involved online. One of the most popular websites is [Change.org](https://www.change.org), where you can start your own petition or browse currently running petitions you can sign. If you have more than one email you can sign more than once.
  - **Do not donate** to Change.org. The donations they ask for do not go to the causes, but to [change.org](https://www.change.org) themselves! Your money could go to much better places like the [Beacon Hill Black Alliance for Human Rights](https://www.beaconhillblackalliance.org).
  - White House Petitions Don't Do Much: They were only effective under Obama's administration and mean nothing in Trump's term. They sadly aren't obligated to give us a statement after 100k signatures.

*The petitions still make a difference so continue to sign!*

3. **Vote:** I mean, you better be voting. I hope that despite the long lines and potentially confusing absentee ballots, that everyone is able to have their voice heard. Often, a lot of my friends say, “my vote doesn’t matter.” I always follow up with, “you’re right! It won’t matter if you write yourself out!” Our ancestors fought years and waited in longer lines, you can do this!

4. **Support Those on The Ground:** Do you have loved ones headed out to rallies and protests? If you want to help those who are out working on-the-ground, you can collect supplies and items that are necessary for on-the-ground work, like mobile chargers, water, pre-packaged non-perishable snacks, and bandages. You can even tell your friends to utilize you as an emergency contact. Remind those that protest to carry some form of identification with them at all times!

5. **Educate Yourself and Read:**

- [LongLivethePpl.com](http://LongLivethePpl.com) offers a 15 digital book bundle called “**Pro-Black & Conscious**” for only \$10! I have purchased this bundle myself and I am currently reading *The Miseducation of The Negro* by Carter G. Woodson and *ain’t I a woman* by bell hooks. We can potentially start a Trinity book club?
- Arming yourself with facts is never a bad idea. [USA.gov](http://USA.gov) will help you learn facts and laws that will help you better navigate the world we’re living in. In terms of reading political news, of course, everyone has their own preference, but you could start with: [NPR](http://NPR), [Politico](http://Politico), or the *Washington Post*.

6. **Be Joyful and Hopeful:** It may seem like inaction, however, being hopeful and joyful IS an act of resistance!

7. **Donate:** If you have extra funds, you can find a charity or not-for-profit that supports a cause you are passionate about and make a donation!

- There are also other ways to donate! Your time is a donation. Time is Money! Send links on Facebook and share resources with friends and family.

8. **Support Black businesses:** As Chris mentioned in service two weeks ago, now is time to economically, emotionally, and physically support our black and brown community! We need to invest in ourselves. Here are a few to get you started!

- [Atlanta black-owned businesses you might not know about](#)
- [Forbes' 75 Black-Owned Businesses to Support](#)
- [Atlanta Black Chambers](#)

Resources from Trinity Presbyterian Church (Decatur)