

# Progressive Action, Global Exchange

**A resistance toolkit for US-Americans abroad and global citizens**

**Progressive Action, Global Exchange (PAGE)** educates, equips, and mobilizes **US-Americans abroad** and **global citizens** to fight the Trump agenda; act against the rise of hate, exclusion, and inequality in the United States; and build solidarity and community in their countries of residence.

If you **want to resist the Trump agenda** and the rise of hateful and exclusionary politics around the world – and you're located outside the USA – this is the guide for you.

This toolkit will help you join PAGE, a network with members in more than 50 countries. You can **join a chapter**, **start your own chapter**, or **work as an individual activist**. This toolkit also provides some basic tips and tools for political organizing, holding PAGE meetings, and maintaining your personal and group security.

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## **How does PAGE work?**

PAGE is a **global network of US-Americans abroad and global citizens**, with members in over 50 countries. Read our [mission statement](#) to learn more.

PAGE is facilitated by a **Global Coordinating Committee (GCC)**, which provides resources and connects members around the world. The GCC builds networks between chapters and countries, manages membership, and curates weekly actions to promote progressive causes relating to social, racial, economic, and environmental justice. Members of the GCC have experience as community organizers and are connected with other networks of activists. If you're interested in learning more about the GCC, or serving on it yourself, send us an email at [engage.with.page@gmail.com](mailto:engage.with.page@gmail.com).

**Chapter Leaders** organize an action group in their country of residence. Some countries might have multiple chapters, in the capital city or elsewhere. Chapter Leaders stay in regular communication with the GCC. **PAGE chapters** meet on a weekly basis, to complete actions, engage in dialogue, and build community. Depending on their context and capacity, chapters may also choose to organize actions more closely related to the communities in which they live.

Each Sunday, the GCC curates resources and sends a list of **Weekly Actions** to Chapter Leaders. These actions may include: calling representatives, writing emails or letters, sharing stories, making donations, network building and advocacy, showing support on social media, linking to local causes, or reading articles and having dialogue. Actions are selected to be appropriate and feasible for our international group, including actions designed for US-Americans and also folks of other nationalities. We tend to focus on the issues where we can have the most impact from abroad, such as climate and immigration.

### **Join a chapter**

PAGE members work together from over 50 countries around the world. The easiest way to get started is to find a local PAGE chapter near you. Find out by checking out our [website](#) or emailing us at [engage.with.page@gmail.com](mailto:engage.with.page@gmail.com). You can support your chapter by joining weekly sessions, hosting meetings, providing food and drinks, bringing stationary or other supplies for letter-writing, or coming up with ideas for weekly actions. **Whatever time you have to resist is valued!**

### **Start a chapter**

So you're interested in starting a PAGE chapter – **great!** We are delighted that you are joining the network, and inviting others in your community to do the same. We organize as a global network, but each chapter operates with autonomy and can focus on its own priorities. Nonetheless, we aim to keep a **sense of unity** because it's more fun that way - and it's more powerful when we all take action together!

The first step is to [sign up to our listserv](#). This will allow you to receive Weekly Actions (sent out on Sunday) and other important updates from the GCC. We will also ask you to create an email

address for your chapter that can be shared publicly (e.g. [page.chapter.paris@gmail.com](mailto:page.chapter.paris@gmail.com)).

### **Work on your own**

Are you based somewhere super remote, removed from fellow travelers in progressive action, or living in a place where you can't safely engage in activism as a group? Remember – **you are not alone!** You can subscribe to our listserv, get linked into our online community and do actions from wherever you are. We're be proud to have you.

### **PAGE Privacy Policy**

The following explains how PAGE global coordinating committee handles the information that we collect about members. If we change this policy, updates will be made here in our guide. If you have questions, you can contact the PAGE data protection officer at [engage.with.page@gmail.com](mailto:engage.with.page@gmail.com).

We collect and process a limited amount of information (such as your email address) in order to communicate with you and run PAGE. Members may also provide their location if they wish to be connected with other PAGE members near them; we always ask for members' consent before connecting them with others.

By signing up for PAGE, members give their consent to receive our weekly emails. Members can withdrawal or unsubscribe from PAGE at any time. Members have the right to access any information or data we have about you, or ask us to delete or change it. We will keep your personal information for as long as we need it, unless you request that we delete it. We use the listserv service Action Network to communicate about PAGE, and upload member's email addresses into that system. Besides emails, we do not share any other information about members with Action Network. Action Network's [privacy policy](#) can be found here; please read it carefully. Besides using this service, we do not share any other personal information about PAGE members with others.

The GCC may relate PAGE activities to the media, but will not reveal a particular individual's involvement unless they provide their express agreement.

It's possible that we will be subject to legal requirements to share information about PAGE members. If feasible, we will notify you if this ever happens. In the age of hacking, we unfortunately cannot guarantee complete and total data and communication security – so it's important to be aware of risks you might incur by participating. Check out our [security guidelines](#) for more info on how to reduce risk.

### **Commitment to Anti-Oppression**

PAGE was founded to organize for progressive values and against oppressive government and institutional agendas – but we can't achieve this goal without interrogating our own privileges and complicity. As [Audre Lorde](#) states, **"The master's tools will never dismantle the master's house."** Simply put, we must make sure that our own activism doesn't reproduce cycles of oppression.

PAGE organizes across a diverse set of countries, cultures, and individuals. We cannot ignore the power dynamics of our locations – sometimes in countries dependent on the US for aid or alliances - and our membership. Our meetings bring together people from powerful countries and backgrounds with people who may have less power. This reality means that oppression appears not only in our politics, but in our daily interactions.

We encourage chapters to strategize around how to use our varied privileges toward progressive, anti-racist, feminist, and anti-oppressive causes. Throughout our toolkit, partnerships, leadership structures, and weekly actions, we try to incorporate anti-oppressive activities and tools. And because this goes to the core of our mission, we've also created a full [Anti-Oppression Guide](#) for individuals or groups who want to learn more about this topic and discover tools they can use in meetings, activities, or everyday life.

## Organizing you PAGE Group

Maybe you've been organizing for years, maybe you started on Nov. 9, 2016, or maybe you're brand new. In this section, we provide a few basics you can use as a member of PAGE or any other community organizing group. Many tips are based on Indivisible's [group leader toolkit](#), as well as the [Huddle Guide](#) produced by organizers of the Women's March. Hat tip to both!

This guide is a living document, and it is by no means exhaustive to the many techniques and tactics which organizers and activists use around the world. PAGE will continue adding organizing skills to this guide; don't hesitate to contact us if there is something you would like to see included.

## **PAGE Philosophy**

Progressive organizing is all about relationships, people power, and making sure those directly affected are at the center of your organizing. This is obviously not our idea, but key strategies of community organizing that have been used by generations of activists fighting for social justice.

**Relationships:** Strong relationships with fellow organizers are what sustains campaigns and movements. If you care about your fellow organizers, you will show up, you will support them, and you will keep going in the fight! All successful campaigns have had strong social networks at their core – this is what feeds movements. Talking about hobbies, families, and pop culture might seem like a waste of time in meetings, but it's important to set time aside to form these sustaining ties. That's why we've included a whole section below about [Community Building](#), and ways to build and maintain links of love with your fellow organizers.

**People Power:** We are fighting powerful forces. The US government has immense influence over the safety and prosperity of most people in this world. Sometimes, as people struggling for alternatives to the actions of those in power, it can feel like we have little to work with. People Power is the belief that many people coming together and demanding change with our voices (emails, calls, videos), our pocketbooks (donations, boycotting), and our actions (protests, events, fundraisers) can tip the scales, and force the powerful to change or get out of the way.

You may consider the "rule of three" from Mikki at [ActionNow](#), which we've found it useful for thinking about how to get involved and stay sane when we're fighting on multiple fronts. Here's the rule:

*Think about all of the things swirling around you, all the opportunities you have to do things and act on your values and choose **three things**:*

- One thing to be a **leader** on.
- One thing to be a **follower** on.
- One thing to **make a habit** of.

## Planning Your First PAGE Meeting

So, you've decided to plan your first PAGE meeting. Great! Here's some information on how to prepare and an agenda you can follow. We estimate this meeting will last at least two hours.

### Before the meeting

Here are some tips to get started planning your first meeting:

- **Find a place to host the meeting**, ideally with electricity, Wifi, and a modicum of privacy. Many PAGE chapters meet at the chapter leader's home, but you could also choose a café, office space, or anywhere else you can meet safely and regularly. Check in with your group members and see if they would prefer to meet somewhere private. Make sure the space is accessible to people with different physical abilities, and folks of various economic statuses. As your chapter grows out of living rooms, you might build connections with local organizations to find a stable, free space.
- **Don't forget to consider security questions** – if you are living in a place with heavy surveillance, or restrictions on political organizing and free speech, that may impact where you meet, or your ability to meet at all. Read more in our [Security Guidelines](#).
- **Set a first meeting date**. Many PAGE groups meet on Monday nights, but feel free to choose the day and time that works best for you and your members. To coordinate easily, try using the free [Doodle](#) scheduler, or a Facebook poll, to maximize turnout and give your members some control in the decision. You may consider keeping information about your meeting private, and not sharing it over public channels.
- **Some activities involve the Internet**. Ask participants to bring their laptops or tablets. If you expect many people to join, consider asking them to bring portable wifi devices, SIM cards with data, and/or USB Internet sticks.
- **Get organized and write an agenda**. Prepare and print out a sign-up sheet and designate some ahead of time to take notes. Write an agenda for your first meeting – it could just be a few bullet points, however it will really help you, the organizer, lay out what you're seeking to accomplish, and keep your members on task. A sample agenda is included below. Print out a couple of copies of the agenda and PAGE weekly actions.
- **Plan to have some snacks / drinks** to share with attendees, or ask another person to bring them.
- **Ask tough questions about inclusivity**: Think about your target audience for this group, and then take a step back. How can you make your PAGE space welcoming to all types of folks working on progressive issues? Is your location accessible for people of different economic backgrounds, languages, and abilities? Is your group representative of the demographics of the place where you live? It may not be – but we encourage you to think about why. Read more about these issues in our [Anti-Oppression Guide](#).

Here's a **sample email** you can use to invite members to join the meeting:

*Dear friends of freedom and foes of hate,*

*I'm writing to invite you to join Progressive Action, Global Exchange ([PAGE](#)), founded after Trump's devastating election and now with members in 50+ countries. Members of PAGE are U.S. Americans and folks of diverse nationalities who gather each week to fight hate, inequality and the Trump agenda. We take action by writing & calling our representatives, building partnerships with progressive organizations in the communities where we live, engaging in social media campaigns, improving ourselves and building bonds of friendship and solidarity with our local communities. We are linked with activist groups in the USA to maximize effectiveness.*

*The first meeting of the PAGE [YOUR LOCATION] chapter will be on [INSERT DATE & TIME] at [INSERT PLACE]. We'll be having snacks – please bring a snack to share or a little money to contribute, if possible. And please RSVP to let us know whether you'd like to bring friends!*

*Don't forget to check out our [Facebook PAGE](#) and do some of the actions listed.*

*Hope you'll join us!!  
[YOUR NAME]*

## **Sample agenda for an intro PAGE meeting**

### **1. Welcome and introduction (15 mins.)**

- **Welcome your group and thank them for joining PAGE!** Explain that these group are small, but also powerful and important. We also want this to be fun and fulfilling.
- **Inclusivity & Facilitating a Safe Space:** When you start the meeting, include some ground rules that ensure everyone is welcome to speak, or ask members to help create them, to given them a sense of ownership. Here are some suggested rules to get you started:
  - Assume the good intent of all speakers
  - Everyone participates, no one dominates
  - Show respect toward others
- **Give some details about how PAGE functions** (Use details from intro, "[How Does PAGE work?](#)")
- **Ask if there are any questions.** If there are questions you can't answer, note them down for next week and find the answers by checking our website, Facebook group or writing to [engage.with.page@gmail.com](mailto:engage.with.page@gmail.com).

### **2. Get to know the members (~20 mins., depending on group size)**

- Go around in a circle and ask people to introduce themselves, and say how long they've

been living in your country/location.

- Ask folks why they joined the meeting today. What issues are they most passionate about? Have they gotten involved in politics before?
- Break up into pairs and spend 10-15 minutes getting to know one another. Starting by talking about PAGE and what motivated you to get involved, then you can branch out into any topic. This is known as a “one-on-one” and it’s important for building morale and solidarity! (More instructions on how to do this [here](#).)

### 3. Get connected, review social media & communications guidelines (25 mins.)

- **Agree to some basic standards** of how you want to communicate, store information and invite new members. Will your group be open or private? How can people invite new members? Is everyone comfortable sharing their name address with one another, or should the group leader use BCC to email everyone?
- **Pick a forum to stay in touch.** PAGE chapters might use email, a Google group, Facebook, or a Whatsapp group. Pick something that works for your chapter. If you have concerns about privacy, first read the [Security Guidelines](#) to make sure your choice will not create any undue risks.
- **Get connected on Facebook and/or Twitter** Share handles and follow each other – and us! You can find us on Facebook at Progressive Action, Global Exchange, and on Twitter [@PAGEofdemocracy](#).
  - Ask folks if they want to create a dedicated Facebook group and/or Twitter account for your group. Make sure to get consent with people before adding them to public groups, where others can see their participation.
  - When postng, tag us at [@PAGEofdemocracy](#) and use hashtags to participate in the conversation on current events.
- **Assign someone in the group** to read through the [Security Guidelines](#), and another person to read more about [Social Media](#), plan a longer discussion about managing security at the next meeting.
- For now, **remind members** that some US-Americans abroad have restrictions on the ways that they are allowed to engage in political activity, due to their profession. **PAGE is not equipped to provide legal advice or support and it’s up to each individual participant to know the rules of their context and profession and decide how to engage. We cannot be responsible for any consequences of your engagement.**

### 4. (For U.S. Citizens) Get registered and find your representatives (20 mins.)

- **Note: this step only applies to US-Americans.** If your group includes many non-U.S. citizens, you may want to skip this step and ask U.S. citizens to do this at home.
- **Check in to see if everyone registered to vote?** (No judgment if not!) Here’s a [handy](#)

[website](#) for U.S.-Americans living abroad to get registered. This is a public service provided by Democrats Abroad, however you can register for any party, as an Independent, etc.

- **Distribute printed copies of the guide** to finding your representatives and gathering intel found [here](#). Have everyone commit to going online and following the 5 steps, or doing it right then if your members have brought laptops.
  - Discuss what you want to know / learn about your representatives. For example, how do they usually vote? What committees do they serve on? What are their priorities? What could be some ways to pressure them?

## 5. This week's actions

- **Don't forget to save time for this week's actions!** If you've signed up for the listserv, you should have received PAGE's Weekly Actions, usually sent out on Sundays. Also check the [website](#) for them. Review the actions and see if there are any you can do together as a group (this often benefits from some preparation). Or, commit to going home and **taking direct action!**
- As your group gets more organized, you can also decide to plan and prioritize actions around a particular issue that's important to you. Check out our section on [Committing to Actions](#) for some ideas!

## 6. Close and THANK YOU!! (10 mins.)

- **Close the meeting.** Thank folks for participating and set a time to meet next. Ask if there are any questions and write down those you don't have the answers to. Communicate these back to the GCC at [engage.with.page@gmail.com](mailto:engage.with.page@gmail.com).

## After the meeting

Don't forget to send a message thanking everyone for attending and remind them of any upcoming actions! Also ask the group to recruit additional group members, if this is manageable for your capacity. If each member found one more person to join, you would double the size of your group! Congrats on having your first meeting.

## The Art of Facilitation

Your role as a chapter leader is to guide discussion between PAGE members of different backgrounds. This is an essential part of making your group inclusive, safe, productive, and fun. Below are some guidelines on the basics of facilitation. If you have questions, contact the GCC – we have other resources we'd be happy to share.

**What does a facilitator do?** A facilitator guides a group through a process or discussion on an issue that is important to them. They are in charge of the *structure* of the conversation (how it

happens) and may also guide the *content* (the topics discussed). However, they do not tell folks what to think or make decisions on behalf of the group. A facilitator may make suggestions and proposals, but should not be the only voice in the room.

### Tips for facilitating discussion

- **Start any discussion with introductions/community building:** Have everyone in the group introduce themselves with name/other info, to start building a community space by getting to know each other on a personal level.
- **Help the group set ground rules,** such as respectful discussion (i.e. not speaking over each other, respecting different opinions). Let the group suggest rules – they should participate in this process to have ownership over what is decided.
- **Active Listening:** A facilitator listens more than she speaks. Try to speak less than 20% of the time!
- **Safe Space:** As facilitator, you are responsible for the physical and emotional safety of the group. You can always ask for new voices to the discussion, but never force anyone to discuss an issue that they do not want to address. Remind the group that PAGE is a private space, and to not take photos/record anything without permission.
- **Embrace Discomfort:** Even as you balance emotional safety, encourage the group to ask tough, critical questions and be uncomfortable with the answers (or lack of answers!).
- **Keep an Open Mind:** You may not agree with everyone in the group – and that can be a great thing. Encourage diversity of opinion by asking, “Does anyone else have a different perspective?” Ask yourself, “What opinions are not being expressed?” and bring them in.
- **Use Open-Ended Questions:** If you are facilitating a critical thinking discussion (i.e. about the role of expats/immigrants in their communities, the impact of a specific policy), try to ask the group open-ended questions. These questions often start with “how” or “why” and do not have one correct answer. Open-ended questions lead to many perspectives, as opposed to yes/no questions.
- **Speak From Your Own Experience:** As you discuss or take action on important social and political issues, you will have some people in the group directly impacted by these issues, and some who are not. Ask people to speak from their own experience, instead of assuming they know the lived reality of another group. Invite people to speak from their own experience, or give clear examples of where they get their information.
- **Name the Thing:** It’s easy to dance around controversial or difficult topics. Don’t be afraid to name things directly! I.e. “it sounds like we’re talking about racial privilege and how that impacts our perspectives on gender ...” If we name our privileges, and name the things that scare us, we can better explore them, learn about them, and resist.
- **Be Thoughtful about Language:** Think about how to make the communication style of your group inclusive. Are folks more comfortable in a language other than English? Can you encourage or provide translation? Can you encourage the group to avoid acronyms

or define professional language or jargon?

- **Encourage participants to do work:** before joining a meeting so that they can come prepared, particularly for difficult conversations. The Anti-Oppression guide has a [list of tips](#) for participants that folks might want to look at in advance.

### Consecutive Interpretation Guidelines

Some groups may have people who speak different languages and are not able to communicate all in the same language. If this is the case, see if a volunteer can provide translation (written) and interpretation (oral). Below are some guidelines for consecutive interpretation – meaning the interpretation is happening after the speaker pauses while talking.

- **Practice active listening:** listen in a focus, engaged way, so that you understand the speaker's meaning – not simply the individual words or what you want to hear.
- **Take notes** to keep track of what the person is saying.
- **Speak in the voice of the person** you are interpreting for (for example, say “My name is Sara and my question is...” and not “her name is Sara and she has a question”).
- **Don't be afraid** to ask for clarification or for a pause to catch up.
- **Make sure everything that is said is translated.** If you've just translated something into the dominant language (e.g. on behalf of Sara) and someone makes a comment in the other language, make sure this gets translated back into Sara's language right away.

### Leadership & Delegating

The structure of your group will, in many ways, define how effective you can be. That's why it's important to be thoughtful and deliberate about setting up leadership structures, assigning responsibilities, and thinking at every stage about power and representation. Here are some ideas to get started about what your leadership structure might look like. It should be undertaken only after there has been [Community Building](#) in the group, and people have had time to get to know each other.

**First, get to know your group.** We recommend that you start individually – even outside of a group setting, for example by getting coffee with people you'd like to organize with. Use the One-to-One exercise in the [Community Building](#) section to get to know people.

**Identify members for leadership roles.** As you begin to assign leadership roles and delegate tasks, say that this group will only work if all perspectives are present in leadership. Tell folks that if they will be directly affected by policies you are organizing against, you encourage them to take on leadership. We recommend you look at our [Anti-Oppression Guide](#) when thinking about leadership positions within your group. If you're trying to change the world for the better, you don't want to reproduce the same un-representative power structures within your own group

**\*\*Leadership tip\*\*** Let people take the lead at different points so they can also enjoy the spotlight. Encourage various group members to act as leaders on specific issues, events, etc. Once you start making links with the broader activism community where you live, let other groups lead events with your support. Allowing others to step in and lead fosters trust and accountability.

**Ask for volunteers so you can delegate tasks.** This fight is too big for a small number of people to carry! Early in your chapter meetings, talk about distributing roles and responsibilities. (This will be easier if you've spent time getting to know members individually, so you already know what knowledge and abilities people bring to the group.) Here is a suggested division of labor, adapted with gratitude from the [Indivisible Guide](#) for the context of PAGE:

1. **Overall coordination** (1-2 people). Scheduling meetings, choosing the meeting place, making sure there are snacks, handling group membership, taking notes and communicating with the PAGE Global Coordinating Committee, as well as receiving and forwarding on Weekly Actions and sending information to [engage.with.page@gmail.com](mailto:engage.with.page@gmail.com).
2. **Social media** (1-2 people). Responsible for following conversations on Facebook & Twitter and posting on behalf of your chapter, and making sure everyone in your chapter is connected (if they'd like to be). If there are members of your group who need extra help to do so, this person can be responsible for making sure they're in the loop!
3. **Local partnerships** (1-2 people). Responsible for identifying local organizations you want to reach out to, and maintaining communications with these partners. May also work to organize guest speakers to come from these or other organizations.
4. **News monitoring** (1 person). Responsible for following news related to your chapter's location and any chapter priorities you've identified.
5. **Leaders for specific actions** (will vary depending on group size). These leaders are in charge of planning, executing and reporting on specific actions taken on by the chapter. The number will depend on the number of actions you're currently planning, and can (and probably should!) rotate.

## Community Building

Strong communities create the sense of trust, belonging, and accountability necessary for successful organizing. Trust is established when people know one another and assume good intent among each other. People have a sense of belonging when they feel their whole self is welcome. When there is trust and belonging, people feel a responsibility to the group.

Community building starts inward (within your group) and progresses outward (to the larger community). First, start building strong social bonds within your PAGE group. You can start by getting to know people by doing [One-to-Ones](#), making time to chat socially, and organizing social events so people can get to know one another in a fun and informal setting. As you learn about your fellow organizers, get to know why people joined the group. What are they

passionate about? By supporting their passions, you can strengthen their commitment to the group, and this will lead to an overall rewarding experience for each of them.

Once you establish a sense of community within your PAGE group, you can expand that social network by shifting your focus outward to the broader community. Understanding the communities we live in is an important aspect of community organizing.

### **Learning to 1:1**

We've already learned that strong personal relationships are the foundation of effective organizing and successful social and political movements. People may show up once because they are fired up about a particular cause, but they will probably burn out quickly if that's the only thing bringing them to the table. As part of [Community Building](#), PAGE Chapter Leaders should schedule time to spend with most members of their group, including new members – for example by inviting people out to coffee every now and then, to build trusting relationships. If you view each other as friends and colleagues vs. leader and follower, you'll have more active and engaged members.

A One-to-One (1:1) is an in-depth conversation with someone else with whom you hope to work in solidarity. You can do a 1:1 over coffee, or as group activities in pairs towards the beginning of a PAGE meeting. It's a chance to get to know another person, what motivates him or her, and where your interests overlap and intersect.

### **Intro to the One-to-One (15 minutes)**

- Split up into pairs, each person with someone they don't know well
- Introduce yourselves:
  - Where you are from? What's it like there?
  - What brought you to where you are, and what your favorite thing about where you are?
  - What do you like to do for fun?
- Share a bit about your involvement in PAGE:
  - What motivated you to attend the group? What issues are you most passionate about?
  - What do you hope to get out of PAGE?
  - Have you done anything life like this before?

At the end of a successful 1:1, you will have a better idea of how to work with your 1:1 partner, and perhaps you will have a new friend!

### **Getting to know your community**

- **Do your research:** Start by researching local progressive organizations, community

activists, and community leaders. Who is already working on the issues that you and your members are passionate about? You can follow their lead. Take steps to ensure that your outreach is inclusive and that you're fostering inclusivity and representation. Reach out to local grassroots organizations that are representative of the community, e.g., Black Lives Matter, Indigenous organizations, and immigrant-led organizations.

- **Don't re-invent the wheel:** Support existing organizations and individuals. Local activists and organizations have been working on social, racial, and environmental justice issues for years – support their work! If your group is interested in specific issues, link up with organizations or individuals already doing that work in your community. Invite representatives to speak at your meetings, or attend events they are hosting. In making these connections, ask what help they need – resources, time, volunteers, etc. – and match up members of your PAGE group to these requests.
- **Meet them where they are:** Attend community events – this is the best way to network and learn more. In large cities, there are hundreds of events planned almost every day – check your local newspaper, or online event guides (or ask a designated person in your group to regularly do so). Look up organizations you want to partner with to see what events they are hosting in your neighborhood. Don't see any events? Send them an email and ask what they have planned!
- **Build commitment via personal relationships:** Getting to know people in your community – your neighbors, local business owners, etc. – is the most effective way to grow a supportive network. Establishing personal relationships is the foundation to building commitment, since people are more likely to support your efforts through time, talents, and products if they know you and trust you.

### **Nurturing Relationships**

Once you have developed a strong social network, you will need to sustain, maintain, and nurture those bonds.

- **Follow through with your commitments:** If you commit yourself or your group to something – volunteering, showing up at an event, hosting an event, or just a one-on-one coffee date – always follow through. If for any reason you have to cancel or make changes, make sure you let people know as soon as possible.
- **Follow up:** After an event, make sure you send an email thanking your speakers or the organization for their help. Remind them to keep PAGE in their contacts and offer your support to continue the good fight.
- **Show appreciation:** As a leader, it's important to be good at showing appreciation and knowing how people like to be appreciated. This goes for both within your PAGE group and outward in the community. Always make a point to say “thank you” and let people know when they've done a great job.

## **Security Guidelines**

PAGE activities promote engagement in US democracy and peace and community building around the world, and are designed to be legal and low-risk. However, participating in political activity always carries some risks, depending on your context. It's important to take some time to discuss these risks with your group, and talk about what you can do to reduce your risks. If possible, identify a trusted and locally-based contact who has expertise on these issues, and who can help advise you or your group.

Though PAGE can connect with resources about security, we cannot provide legal advice. We trust our members to be aware of their particular contexts, and decide how to engage with PAGE without violating local law, or taking unnecessary or unsafe risks in their contexts. While this section provides some tips, you'll need to do the work of thinking through your own context and managing risk. **The global organizers of PAGE cannot be responsible for any negative consequences of your engagement.**

We created this guide drawing on resources from [Indivisible](#), the [DIY Guide to Feminist CyberSecurity](#), and the [Surveillance Self-Defense Guide](#). We're grateful to the authors of these guides, and encourage you to read these resources to learn more.

We outline **three basic steps** to preparing a security plan. The first step **1)** is about the basics: things to do right away, no matter what. The next steps take some more time, guiding you to **2)** take inventory of the risks you face **3)** identify steps to reduce risk.

### **Step One: Do these things right now!**

You know it, now do it! **Protect your devices.** For phones, use a strong passphrase (not just a 4-digit passcode), turn on encryption (iPhone instructions [here](#), on Androids check "Security" settings) and set your phone to lock after a short period of time. For computers, use a strong password, turn on full-disk encryption (FileVault for Apple and BitLocker for Windows) and set your screen to lock after a short period of time.

**Use strong passwords** on your devices and email and Facebook accounts, or anything you're using for PAGE communications. You should also switch to strong passwords for other personal online accounts like Paypal, your bank log-in, etc.

Some tips for making a **strong password**:

- The longer and more complex, the better. In general, you want it to be 12 characters at a minimum. A combination of letters, numbers, and special characters and NO common words, dates, or names.
- If you want to be a security superstar, create a randomly generated [six-word passphrase](#), which is more secure than a password, and easier to remember!
- Avoid using the same password for multiple sites
- Avoid using obvious passwords or having easily guessable answers to security questions

(people shouldn't be able to find the answer through Google).

- [Read this guide](#) for more details on creating even stronger passwords and using a password manager.

Definitely use [two-factor authentication](#) for logins for all your important accounts (e.g. when you have to enter a code sent to your phone every time you want to log into a new computer). Yes, it may occasionally take a few seconds longer to log in, but it's a really effective way to keep hackers out.

## Step Two: List the risks you may face

Making a security plan is all about understanding what risks you face. We present **some security risks you should consider**. Read these through with your group, discuss your level of risk for each item. Some might be a concern for you; others might not be relevant for your context. For some, you might need to assign a PAGE member to do more research.

To keep track of the risks you face and how you will minimize them, **we recommend using a simple table like this**. As you answer the questions below, write down possible risks in the column on the left. In step three, you'll take about steps to take to minimize risk.

<b>Possible threat (Discuss in Step 2)</b>	<b>Actions to reduce risk (Discuss in Step 3)</b>
<i>Government is tracking phone calls, emails and other communications</i>	-
<i>Right-wing trolls may seek to embarrass you or cause trouble.</i>	-
<i>PAGE related emails become public</i>	-
	-

While thinking about these questions, remember to consider your own security, and also the **security of your contacts and partners**. You might think you have "nothing to hide" on your email account, so there's no use worrying about it. But remember that if someone hacks into your stuff, they can also probably find out information about your friends and contacts, or reach out to them posing as you.

- **Do you face restrictions on your political activity as part of your job abroad?** Some employers (for example the U.S. government) have restrictions on how employees are allowed to engage. Find out what the exact rules are so you can tailor your participation accordingly.
- **Do you face restrictions based on your immigration status?** Your immigration status, either in the US or in your country of residence, may impact the way you are able to engage. Please consider the risks before engaging.

- **Are there restrictions on political activity in your country of residence?** Organizing and political speech is not a guaranteed freedom and right in every part of the world. In addition, organizing around particular issues, such as LGBTQ rights or abortion, may carry particular risks. Even if you think you're in the clear, it's a good idea to learn more about the laws in your country of residence. We also recommend that you **learn more by contacting local activists** in your country of residence. Remember, rules that apply to local activists might be different for guests in their country of residence.
- **What would happen if the government found out what you were doing?** In some countries (including the USA!) the government regularly monitors emails and calls, which may impact how you engage. For instance, when you're calling your senator or representative, you might need to assume that someone else could be listening.
- **Will you be engaging online?** If yes, consider how your posts might look from the perspective of someone who lives in your country of residence. You may want to recruit a local friend or activist who can vet your online social media presence with that in mind.
- **How do you communicate and store data relating to your PAGE activities?** Take stock of all the ways that you **communicate** (Whatsapp, Signal, Facebook, Snapchat, text messages, phone calls, emails, etc?) and how you store info (hard drives, in the cloud). Think about points where security breaches are possible. Consider how much you **travel**, both where you are and abroad.
- **How accessible are you to right-wing hackers and trolls?** Sometimes these hackers just want to distract or annoy you; but some might want to legitimately harass or threaten you. Consider how what is posted about you online could be used against you. Is your home address publicly available? How about embarrassing pics from a costume party?
- **Will your group do actions in public?** If yes, plan them carefully in consultation with local friends/contacts, and fully think through the risks. As guests in another country, we might not always understand the dynamics in protests and political events. Learning from local activists is key before attempting any kind of public political event.

### Step Three: Identify steps you can take to reduce risks

Now that you've taken stock of the ways your group communicates, it's time to identify **steps you can take at each point to keep data and communications safe**. We include some recommended steps below, but your particular group may decide to take additional steps, depending on your context. Most of these are basic starter tips from [Surveillance Self-Defense](#) which have been adapted for members of PAGE. If you have specific concerns about your context, we recommend looking deeper into the Surveillance Self-Defense guide, and doing your own research too.

#### General

- Establish communication guidelines within your group about how you communicate and share information. Do you want to keep your group small and private? Or can people invite friends? People they don't know well?

- If you're planning to attend protests or public events, make sure you've taken full stock of the risks before. Check out the Surveillance Self-Defense guide for more info on managing safety at [international protests](#).

### Basic Digital and Internet

- All basics listed in **Step 1: Do this now.**
- Remember that **texting, email and digital communications in general are not private** and could easily be exposed, and may be regularly monitored. Especially if you're using public wifi. Save very sensitive discussions for in person.
- Install [HTTPS Everywhere](#), an extension that encrypts your communications with major websites to make your browsing more secure. Also install [Privacy Badger](#), which blocks "spying ads and invisible trackers."
- Install a [VPN](#), ESPECIALLY if you're working over public wifi connections, which are very insecure. VPNs help ensure that information you are sending and receiving is protected; CyberGhost is a good option for many. Unfortunately, reliable and secure VPN services are generally not free. The VPN service you select will depend on where you are and the risks that you're concerned about. If you have particular concerns about risks in your location, do some research VPNs to select the one that's best in your context.
- Make sure you're installing and keeping up-to-date with software and security software updates as they come out. This is really important for security.
- As Indivisible advises: "Many internet services now allow you to use logins from major service providers like Google instead of creating a separate sign-in, a process which involves you linking their applications to your login. It's good to **periodically review any associated applications you have linked to your main accounts** and confirm that nothing there is out of place and they have not been granted improper access to account information—in the case of Google, this can be done by reviewing the '[Connected Apps and Sites](#)' section of your account's security page."
- Finally, be aware of [phishing](#) attacks. A phisher will send you a malicious link or file via email or chat, and encourage you to open it. Clicking on the link installs malicious software aimed at stealing your data and passwords, or even plant false evidence on your computer. A spear-phisher will do some research on their target, and pretend to be a friend or stranger in need. If you're not expecting to receive a link or file, ask your contact first if she really sent it!

### Mobile

- All basics listed in **Step 1: Do this now.**
- Download and use the **Signal** app (for [Apple](#) and [Android](#)) to communicate via calls and messaging. Signal is encrypted. Unlike other messaging services, messages are stored on your phone only.

## Social Media

- Be careful what you post or message on [Facebook](#), especially in PAGE-related groups or activities. Facebook is generally not a secure form of communication.
- Beware of trolls. Share inside your immediate network to reduce this risk.
- If posting photos from a protest/action, make sure you have people's consent before posting (including people in the background!) Facial recognition software is getting more and more sophisticated.
- Also consider how a post might look to a citizen or government official in your country of residence, or to a right-wing troll. Review each other's social media presences and flag what could be used against you.
- Also, remember to **get consent from new members** before adding them to any listservs or inviting them to Facebook groups, where others can see their participation.
- Keep track of who is added into closed Facebook groups and who follows you (and who you follow) on Twitter, Instagram, etc., to avoid trolls and bots. This is especially important for closed/secret groups.

## Storing Data/Notes

- **For member information and contact details:** We recommend storing member lists with the minimum amount of information necessary in a password-protected file that is NOT shared on the cloud. The device you use to store the list should be encrypted (see step 1) and if you want to take an extra step, you can also [encrypt](#) the folder you store it in.
- **For notes, meeting minutes, documents,** a shared Google drive or Dropbox - with appropriate privacy settings and a strong password - will be fine in many contexts, but perhaps pose a risk in others. If you have concerns about storing your data, read more info [here](#).

## Travel

- You may be at high risk for security breaches while traveling internationally, due to theft or inspection from immigration officers. You might be wondering: Can Customs and Border Protection (CBP) officers make you give up your password? Read more about your rights on this contested issue on the [ACLU blog](#). This is a complex issue and it's best to check directly with ACLU for the most up-to-date information.
- In general, it's best to travel without any data relating to activism. If you must, check out a few tips from articles in [Wired](#) and the [New York Times](#) about protecting your data when crossing borders, particularly entering the U.S. These actions take a bit of time and planning – but please consider the risks you may be undertaking on behalf of all those who have info stored in your devices.

- If you have any other questions or concerns, contact [engage.with.page@gmail.com](mailto:engage.with.page@gmail.com) and we will do our best to help you out – but **we count on our members to know their contexts and do the research** to protect themselves and their partners in activism.

## **Taking Action**

PAGE aims to help members engage in ways that makes sense for our diverse contexts. The GCC sends out **Weekly Actions** with easy actions that you can do individually or in groups. (Check out our past Weekly Actions [here](#).) PAGE chapters can meet up and do weekly actions together! Once you've done that, you might be ready to try some other activities, or deeper community engagement. Here are some ideas for things to do below.

## **Types of Activities and Events**

- **Target Legislation:** Keep an eye on legislation in the U.S. that impacts your country of residence and organize to engage with it. Try searching bills, including your country's name, in the 115th Congress [here](#). See a bill that impacts your country of residence? Let [engage.with.page@gmail.com](mailto:engage.with.page@gmail.com) know and we can organize a weekly action for the PAGE global network.
- **Meet & Greet** – This is a great event to start with because it's simple and you can organize it with a small team. A Meet & Greet is a great way to get your PAGE members talking to each other and will allow you to introduce your group to new members and engage in a little community building.
- **Skill-Building Workshops** – Based on the interests of the chapter, set up training workshops to help expand the capacity of members. This could be on specific skills – such as lobbying, advocacy, anti-oppressive practice, security, or coding for social good. Think about the expertise of group members and in your wider networks, to provide a mix of internal and external trainings. Contact [engage.with.page@gmail.com](mailto:engage.with.page@gmail.com) if you're looking for someone with particular expertise – we may be able to help.
- **Roundtable Discussions** – Roundtables are a great way to inform your group on issues they are working on, or interested in working on. Find one or two people in the community, who have knowledge around an issue you want to discuss, and invite them to join for a roundtable discussion. Make sure to prepare a few questions ahead of time.
- **Panels / Debates** – These are great ways to encourage dialogue on difficult subjects and ensure diverse perspectives are represented. It's a great way to learn from people in your community and get your PAGE members engaged in important conversations.
- **Demonstrations** – Demonstrations give people a sense of action, allowing people to solidify their commitment to an issue and showing solidarity with other people or groups in your community who may be affected by the very policies you are demonstrating for or against. If you're organizing outside of your own community, make sure to reach out to local groups invested in the relevant issue before engaging in public action. Also look at

additional security tips [here](#) and be sure to think through the risks before attending.

- **Embassy Action** – Plan a coordinated series of questions at an Embassy event, to engage your ambassador and those that represent the U.S. in your country.
- **Solidarity Event** – Hold an event on the same day as a major international event, like International Women’s Day. While planning, coordinate with local progressive activist groups (such as local women’s groups) to ensure that you’re not duplicating efforts. While planning these events, have discussions about issues that concern you both, and areas where you can work together. Ask what you can do to support their efforts. It’s best for PAGE to take a supporting role and let local activists take the lead.
- **Fundraisers** – Raise money for organizations, individuals, or initiatives doing good work related to your PAGE goals, either internally with PAGE or with a separate event. Research organizations in your community working on issues such as refugee rights or climate justice, and see if you can set up a meeting with a representative to discuss raising funds. See below for a great example of how one PAGE chapter, Resistance Bangkok, organized a fundraiser to support refugees!
- **Giving Circle** – A [giving circle](#), a form of participatory philanthropy, where a group of people pool their donations (of time or money) together and donate it to the same cause. In doing so, the group typically makes an effort to learn about the issue/ cause/ organization. Circles may meet regularly, each time contributing to and learning about a different issue.

## Event Planning

You’ve decided to organize an event or action – great! Organizing events is a great way to take action on issues you are passionate and invest in Community Building – interacting with community leaders, activists, organizations, business owners, etc., will help you organize more successfully. In this section, we provide overall tips that apply to planning any kind of event. Both large and small events take careful planning and a lot of time, so it’s good to give yourself several weeks (or months!) to plan. It’s also important to **know your boundaries and make sure the group is safe**. If organizing demonstrations is illegal or could result in violence, don’t do it.

Before you do anything, do some research, and make sure that you are centering those most impacted and following their lead. For example, want to organize a fundraiser for refugees? Get in touch with local organizations working in this space, see what they are already doing and how you can support. As you plan your event, make sure that you’re having regular check-ins with your collaborators.

**Before the event.** Start planning weeks or months before the event, to make sure you have time to organize the logistics. It’s a good idea to put together a proposal document, so everyone is on the same page about decisions and logistics.

- **Define goals.** What kind of event is it, and why is that the best choice to achieve goals? (See our [list of examples](#).)
- **Set the basics.** Date, time, location, costs, entertainment, invitees.
- **Think about guest speakers.** Who will they be and how will you reach out to them?
- **Research legal issues** around fundraising in your country. For example, are there any tax implications, or other restrictions on raising funds?
- **Identify space.** Consider reaching out to local businesses—this can be a win-win situation, if they can profit from the event. Will you need technical support, such as microphones or projectors?
- **Make a timetable** - showing time needed to plan for the event
- **Chose fundraising tactics.** Possibilities include: cover charge, raffle, auction.
- **Assign responsibilities** – how many volunteers needed, and how will responsibilities be assigned? Who will coordinate the overall volunteers?
- **Make a budget:** how much money will you realistically need to spend? How will you raise these funds? If this is a fundraising event, make sure that the event is not more expensive than the money you could raise.
- **Plan promotion:** Use social media, advertise, personal invites, flyers, and one-on-one meetups and outreach with emails and calls. Reach out to other organizations, business, community leaders.
- **Timeline.** Plan deadlines so you can stay on track.

#### **During the event, make sure you:**

- **Divide responsibilities** among your team to monitor the logistics, such as keeping time, collecting donations or contact info, preparing speakers, etc.
- **Assign a volunteer coordinator** who can delegate tasks to volunteers in a timely and effective manner. Make sure every volunteer receives the support s/he needs.
- **Problem-solving skills** are necessary during an event. Not every event will run smoothly – technology can break down, a guest speaker can cancel on short notice, etc. Have a backup plan and be ready to improvise! Consult with your team and ask for help.

#### **After the event, don't forget to:**

- **Thank everyone** who participated, volunteered, and attended the event.
- **Follow up with organizations** that contributed to the event to thank them and express interest in continuing the working relationship.
- **Evaluate how the event went.** What worked? What didn't work? What could have been

done differently? This is a great group activity – have your members contribute their thoughts about the event.

### **Case Study: Resistance Bangkok (a PAGE Chapter) Organizes “Rage Against the Ban.”**

In April 2017, Resistance Bangkok raised over \$4,000 dollars for urban refugees in Bangkok through the event “Rage Against the Ban.” The group started out by defining set goals. Resistance Bangkok members agreed that their role as Americans in Bangkok gave them a unique opportunity to show opposition to White House’s Muslim ban, and support those most impacted by it. Many wanted to translate anti-Trump sentiment into a chunk of cash to support refugee families, whereas others hoped the event would also attract members to Resistance Bangkok meetings and raise awareness about the precarious situation of refugees in Thailand. Articulating each of these goals helped the group to clarify what they were doing and how to do it. The group discussed several organizations to potentially partner with, and eventually reached a consensus to support the “emergency fund” managed by Asylum Access Thailand.



Resistance Bangkok approached the owner of a popular bar who generously offered to hold the event in their space, and donate a portion of drink sales, like those from a specialty cocktail, to the cause. (Not all drinks were eligible for the fundraiser, this helped ensure the bartender would turn a profit.) He felt that donating a portion of drink sales would be easier than imposing a cover charge on customers.

“Rage” was promoted almost exclusively through a dedicated [event page](#) (linked to the [Resistance, Bangkok Facebook page](#)), created three weeks in advance of the event. Through the page, Resistance members promoted the event by: 1) Inviting all Bangkok-based friends to the event, and encouraging them to invite others 2) Taking turns posting updates and relevant articles (about refugees) on the event page at least three times per week, to remind people about the event and build anticipation 3) Posting reminders about the event on their own personal feeds 4) Using “Boosts” to ensure more people saw the event 5) Drafted an email blast to advertise the event, and asking refugee organizations in the network to share as well.

On Facebook, a number of people shared that they would not be able to make the event, but wanted to support the cause with a donation using GoFundMe, where they raised an additional \$2000. The group approached a few local businesses, and raised another \$300 through a raffle. The group decided to go light on awareness raising, with the logic that the bar would be loud, and guests would prefer to socialize. In an after-action review, the group decided to increase the amount of awareness raising at future events, hoping to increase engagement with the cause and their group.

The event helped keep Resistance Bangkok strong and the members engaged. Whereas some Resistance Bangkok members prioritize action to influence our MOCs in the US through letters and emails, many others felt much more connected to the kind of direct, local action that the fundraiser represented. Working on this project together helped us to build a sense of group

identify and teamwork, which has translated into more committed membership. Questions? Please contact on [Resistance, Bangkok Facebook page](#).

*Thanks to Resistance Bangkok for sharing this case study!*

## Press & Open Letters

Working with the media is an essential tool for applying pressure, amplifying the impact of your actions, and getting the word out about your priorities. You may want to **assign a member of your group as Press Liaison**, since this can take some time. If you're new to working with the media, here's a [training guide](#) that covers some of the basics of working with the media. While you're getting started, here's a [helpful checklist](#) that covers **how to connect with the media**.

As a PAGE member working from outside the U.S., what are some of the best uses of the press as part of your organizing practice?

- **Writing letters to the editor** can be one of the most effective ways to make your voice heard. To write effectively, check out the tips in [this guide](#) on how to write letters to the editor for your hometown newspaper. Be sure to understand the newspaper's submission guidelines.
- Another effective tactic is to write **open letters to companies**, demanding that they take action. You will likely want to combine this with a social media campaign (check out our Social Media below tips for more information). Here are [two examples](#) of letters that PAGE allies have written.
- Consider writing a **press release** to promote awareness about your campaign (especially if you'll be organizing/ protesting in person). Here's a [guide](#) on how to do so.
- It can be sometimes hard to get journalists to cover campaigns working on long-term issues that may seem less dynamic or surprising, like climate change. Here's a [document](#) on **how to create actions that provoke the interest of the press**.

## Social Media

Having official PAGE social media accounts (for your country/group) is a great way to find other like-minded groups, participate in global and local campaigns, attract new members, and promote your actions. Here are some tips:

- **Schedule posts in advance on** Facebook and Twitter with [Hootsuite](#) (for free!).
- **Representing the group:** Set guidelines with your PAGE group about the tone and the content of posts, so individuals know how to properly post on behalf of the group, in a way that represents the collective. If you are posting from a group account, reflect the values and beliefs of your PAGE group, not your own. Avoid using "I" or "me" in posts from a group account.

- **Dealing with Trolls:** If you post about progressive issues, you're certain to get responses from people who challenge you, sometimes in a harassing or abusive way. Abusive and/or offensive behavior should be reported; it's not just yourself that you're protecting, but others who are victimized by the same troll. Beyond that, it's a personal decision of how to deal with them. If you have limitless patience, you might try engaging respectfully, [as Sarah Silverman did](#) to great effect. Such outcomes are pretty rare and engaging with trolls might lead to more abuse. Feel free to block, ignore, and/or report accounts that harass you.
- **Privacy:** As we mention in the [Security Guidelines](#), privacy and consent is important when using social media. Make sure you have someone's consent before you post a photo of them, especially if you attended a protest or political event.
- **If you're planning a social media campaign, reach out early to allies** to increase participation in a social media campaigns. Make participation easy for others by sharing a short Google doc with information about your campaign and several example Tweets, Facebook posts, and/or emails. Here's [an example](#).

#### **More tools:**

- [Here are some](#) general suggestions for **Twitter advocacy campaigns**— namely how to build an audience on Twitter and best tactics for getting representatives to listen to you online.
- [Here's a guide](#) compiled by UNITE that focuses on how to use social media (primarily Facebook) to **build your group and stay connected**. See their templates for FB events!
- Check out tips for **creating cool social media graphics** ([www.canva.com](http://www.canva.com)). You can create social media posts, brochures, newsletters, cards, and official headers for letters.

**Facebook.** It can be helpful to have both public and private Facebook pages. A public page can be used to post either major stories in the media that are important to our message or activities and meetings we are hosting or promoting for other groups. A private or “closed group” is good to communicate more frequently within your group as well as to post all those news stories that someone may think the group will find interesting or relevant, etc.

**Twitter.** We use Twitter to spread the word about our actions and to amplify stories and campaigns important to us. Coordinating a “Twitter Storm” with other groups is an effective way to inform many people of an upcoming action. To reach more people, you can use trending hashtags or hashtags that are associated with progressive causes (#tw, #atn, and #fbr are popular at the time of publishing this document).

**Instagram.** Instagram is a good static platform that will allow your group to reach an audience that may not otherwise be reached with Facebook or Twitter. Any time you have a rally, gathering or event, take pictures and video and post on Instagram. Do not forget your hashtags,

link to other Instagram accounts when appropriate, and follow others that become interested in your content.

## **Conclusion**

Thanks for your hard work with PAGE, and for reading through this guide! We wish you the best with your activism, and hope that it fulfills you, nourishes you, and brings you great new friendships.

This is merely an introduction. By getting involved in activism, you'll keep learning and growing. Check out the list of resources below to keep going, and be sure to reach out to us if you have questions or comments. We hope you will share stories and lessons learned from your work with us.

## **List of resources**

### **Finding your U.S. Congressional Representatives**

(Adapted with gratitude from the [Indivisible Action Guide](#)) Use these five steps to find your U.S. Congressional representative and arm yourself with information necessary for advocacy activities.

1. Find your three MoCs (members of congress) their official websites, and their office contact info at [www.callmycongress.com](http://www.callmycongress.com).
2. Sign up on your MoCs' website to receive regular email updates, invites to local events, and propaganda to understand what they're saying. Every MoC has an e-newsletter.
3. Find out where your MoCs stands on the issues of the day — appointment of white supremacists, tax cuts for the rich, etc. Review their voting history at [www.VoteSmart.org](http://www.VoteSmart.org). Research their biggest campaign contributors at [www.OpenSecrets.org](http://www.OpenSecrets.org).
4. Set up a Google News Alert (<http://www.google.com/alerts>) — for example for “Rep. Bob Smith” — to receive an email whenever your MoC is in the news.
5. Research on Google News (<https://news.google.com/news>) what local reporters have written about your MoCs. Find and follow them on Twitter, and build relationships.

*Technology tip!* To call your US representatives for free, use [Google Hangout](#). No need to pay for Skype or other tools.

## **Take direct action: pressure your elected representatives**

### [Indivisible Guide](#)

- [WEBSITE / PDF GUIDE](#). A popular, practical guide to acting on Congress created by staffers using the model of the Tea Party. We recommend reading it, to learn what motivates your representatives, and getting in touch with your local U.S. chapter to find out if there are ways for you to collaborate from afar!

### [Swing left](#)

- [WEBSITE](#). Check to see if you can change your voter registration to a swing district. While we await the post 2020 re-districting ...

### [5Calls](#)

- [APP FOR IPHONE OR GOOGLE](#). Makes it easy to target your representatives based on your home phone number. If you live outside the U.S., it's probably too expensive to make calls from inside the app - instead, use it to get the info and prepare for your call in one easy place. You can use Google hangouts or Whatsapp to actually make the calls for free / cheap.

### [Countable](#)

- [APP FOR IPHONE OR GOOGLE](#). Provides summaries of upcoming and active legislation, and helps you tell your lawmakers how to vote by clicking "Yea" or "Nay". You can also follow up on how your elected officials voted, so you can hold them accountable in the next elections.

## **Take Direct Action: understand and mobilize your privilege**

### [Teaching Tolerance](#)

- [ONLINE MAGAZINE AND TEACHING KIT](#). An initiative of the always-wonderful [SPLC](#). Learn what white anti-racism is and what "getting it" really means.

### [White Accomplices](#)

- [ONLINE RESOURCE KIT](#). A great first step for getting informed and taking initial actions to support racial justice from the standpoint of privilege.

### [Mutual Aid Toolbox](#)

- [ONLINE RESOURCE KIT](#). For people who want to get involved directly, but not via protests and marches. Some activities will more appropriate for U.S.-based activists, whereas others can be adapted to any environment.

### [Intervening when you witness Islamophobia](#)

- [CARTOON](#). A simple, practical guide to prepare you for what to do when you witness harassment in a public place. Could be applied to other -phobias. Also exists in [French](#).

### [Syllabus for White People to Educate Themselves](#)

- [GOOGLE DOC](#). Guided tour through the literature of learning about oppression and

racism from a white perspective.

### [How to Survive in Intersectional Feminist Spaces](#)

- [BLOG POST](#). Do you bristle at the idea of having to “check your privilege”? Do you wonder why activist spaces can sometimes make you feel uncomfortable? This post is for you.

### **Take direct action: give your money (or withhold it!)**

#### [#Appolition](#)

- [APP](#): Millions are incarcerated because they cannot afford bail money. Set aside spare change to fight this unjust system, which disproportionately impacts poor communities and communities of color.

#### [#GrabYourWallet](#)

- [WEBSITE](#). Boycott companies making money from Trump family businesses, and/or reach out to their customer service to tell them why they’ve lost your business!

#### [Staynasty](#)

- [WEBSITE](#). Extensive list of organizations working on social justice issues, by topic, with links to donate.

#### [Organizations to support](#)

- [GOOGLE DOC](#). Check out a non-comprehensive list of other social justice organizations you can support, either with donations or by volunteering your efforts!

**Note:** PAGE particularly recommends donating to organizations led by people of color and other minorities, such as the [Million Hoodies Movement](#), [Mijente](#), [FIERCE](#), [Color of Change](#), [Workers Center for Racial Justice](#), and [Black Youth 100 Project](#).

### **Get informed**

#### [Trumpcast](#)

- [PODCAST](#). Insightful commentary & reporting from Slate on the nightmarish reality that is our present.

#### [Intercepted](#)

- [PODCAST](#). The excellent podcast of [The Intercept](#), a news media organization devote to reporting on corruption and injustice.

#### [The Democratic Strategist](#)

- [BLOG](#). Unabashedly partisan blog with the stated goal of getting & keeping a democratic majority.

#### [Twitter](#)

- [AS IN, TWITTER](#). Great for getting the latest news and feeling part of the global

#resistance community. Follow us at [@PAGEofdemocracy](#).

### **Stay safe – and sane**

#### [Oh Crap! What Now? Survival Guide](#)

- WEBSITE. A crowdsourced collection of health, legal and safety plans and resources and social, digital and economic security for “people who aren’t straight white rich dudes.” Also includes some good links useful for all activists.

#### [Proactive Steps](#)

- WEBSITE. Resources for people to protect themselves in the era of Trump.

#### [Self-care lessons for the Resistance](#)

- ARTICLE. How to stay outraged without losing your mind.

*Know of great resources you don’t see listed here? Please fill us in!! You can reach us at [engage.with.page@gmail.com](mailto:engage.with.page@gmail.com) - and thanks!*