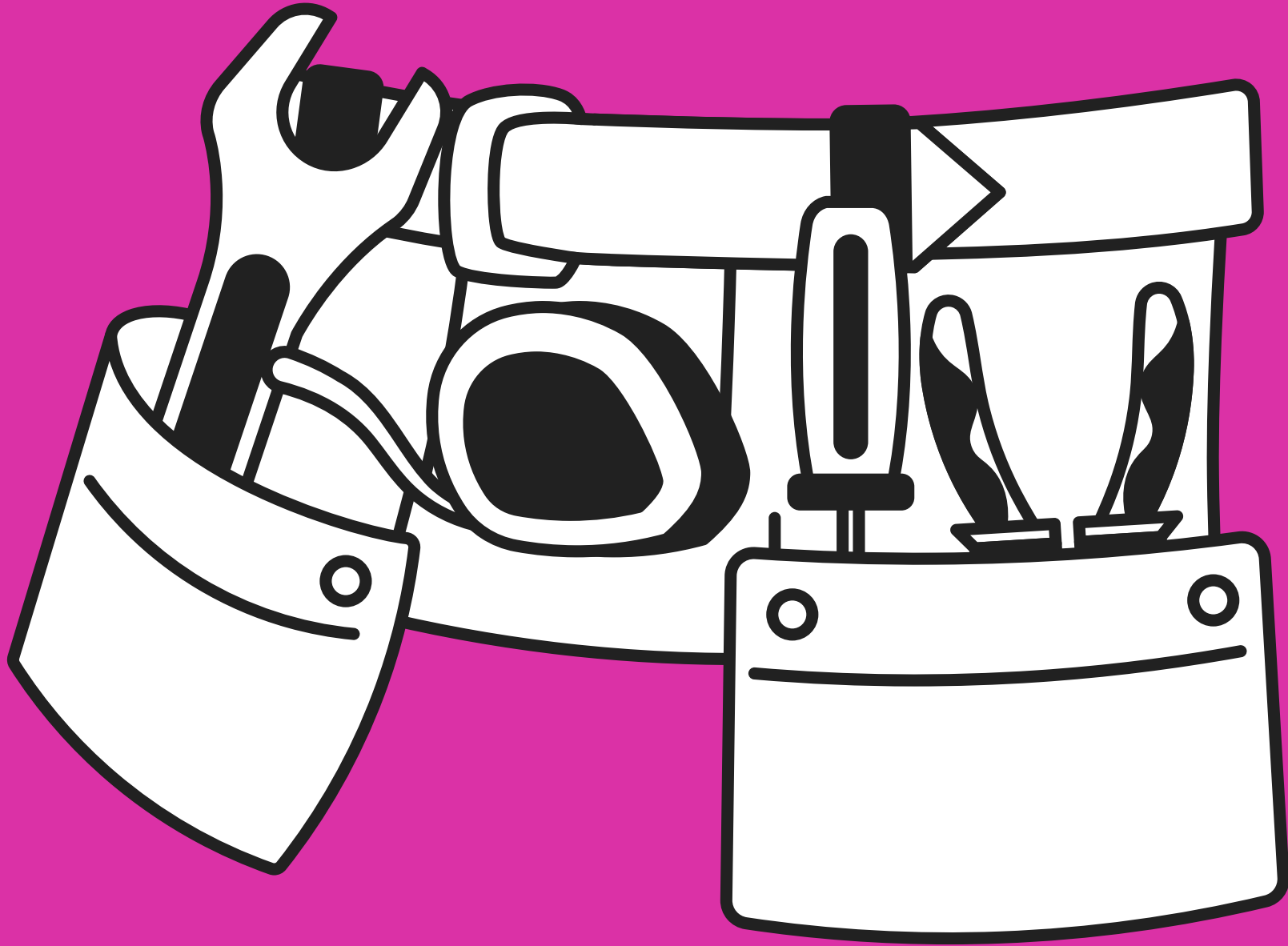


Resistance Tool Belt



**Prepare your tools and
be ready to use them!**

Protest

- **Protests gain attention & motivate others**
- **Join national, state, or local protests**
- **Start your own, but contact local groups for help**
- **Protest at your Rep's office**



Boycott / Strikes

- **Corporations, Actions, Goods**
- **Send a message with your dollars**
- **Strikes from work and activities can send a message with your absence**



Call Your Reps

- **Local: County Commission, City Council, Township**
- **State: House & Senate in Lansing, Governor**
- **National: House & Senate in DC, President**
- **Email or call regularly**



Make Your Voice Heard

- **Speak out! Don't leave an info vacuum or someone else will fill it**
- **Post on social media**
- **Write letters to your local paper**
- **Talk to people IRL & Online to spread the message & activate others**



Stay Informed

- **Check the news as often as is healthy for you**
- **Social media, Local News, Newspapers, Broadcast News, Podcasts, YouTube**
- **Check sources & don't believe everything you see/hear**



Civil Disobedience

- **Protests, refusal to comply, sit-ins, etc.**
- **Peaceful demonstrations**
- **“Speak up, speak out, get in the way!” – John Lewis**
- **Sometimes you have to make good trouble by making yourself hard to ignore**



Volunteer/Get Involved

- **Join a local or national organization**
- **Start your own org or chapter if necessary**
- **A group could be issue, political, protest, or service-oriented**
- **Helping people is a form of resistance**



Display Your Resistance

- **Wear shirts, pins, hats that show your opinion**
- **Stickers on your car and laptop**
- **Signs in your yard**
- **Flags at your house**
- **Communicates your values**



Make Art & Breathe

- **Self-care is resistance**
 - **Breathe, read, rest, spend time with family**
- **Art is resistance**
 - **Paint, write, sing, dance**
- **Joy is resistance**
- **Love is resistance**

