ladies lemonade May 31: Notes!

CIVICS & SELF-DEFENSE MAY 31, 2025 at THE GOOD SHEPHERD

Prepared by Nik

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CIVICS LESSON: RANKED CHOICE VOTING (RCV) WITH SPECIAL GUEST: INWOOD INDIVISIBLE

Hand out from Inwood Indivisible:

GET READY TO VOTE! Election Day: June 24. Early Voting: June 14-22.

New York City uses RANKED CHOICE VOTING (RCV) in primaries for mayor and other citywide offices.

Why? Because it gives **us** more say in who gets elected.

With RCV, you pick five candidates, so:

- Even if your top choice doesn't win, you can still help choose who does.
- You can put your favorite candidate at the top without worrying about whether they're likely to win.



What's the best strategy?

Rank up to 5 candidates you LIKE, in order of preference!

Don't rank any candidates you DON'T like!

How does it work? If no candidate wins more than 50% of the votes in the first round, the candidate with the fewest votes is eliminated and their votes are redistributed to each ballot's #2 candidate.

Counting then continues in rounds until only two candidates are left. The one with the most votes wins.





Visit us at InwoodIndivisible.com



Tips from our presenters & the ladies:

1. DO NOT RANK ANYONE YOU DO NOT WANT ELECTED

Simply, DO NOT include them as one of your choices. DO NOT put them last - write yourself in if needed. If you do not want someone to win an election, DO NOT rank them at all.

2. FILL IN EVERY COLUMN

Each column represents a choice. Eric Adams wouldn't be our Mayor now if all New Yorkers filled out <u>ALL COLUMNS</u> in our last Mayoral election.

Ballots become "exhausted" when all columns are not filled in, while the ballots that are complete will help choose the next Mayor, etc.

If you do not choose AT LEAST 3 candidates when there are 5 choices/options, the mathematical chances of your ballot being "exhausted" are high. It's best to fill every column available.

3. PICK YOUR 1st CHOICE, THEN CHOOSE ACCEPTABLE OPTIONS.

You don't need to love every candidate you rank — but by filling in all the columns, you increase the chances of electing someone we can all agree to <u>LIVE WITH</u>.

Do not vote for the same person 5 times, your ballot will become invalid. Take your time, follow the columns & rows carefully, do not vote for the same candidate in multiple columns.



Example of Ballot with Ranked-Choice Voting:

Fill in EVERY column! Make sure your ballot is counted & helps elect the next Mayor!

In this example the voter's Number One choice for Mayor is Tina Turner, they chose Cyndi Lauper for 2nd choice, Annie Lennox was ranked third, followed by Poly Styrene as their 4th choice. This voter did not think Janis Joplin would make the best Mayor of New York City, but they could live with it & ranked her fifth.

Mayor Rank up to 5 choices Mark only one oval in each column Alcalde Clasifique hasta 5 opciones	1	↓ _c	ного	J DE	1	Comptroller Rank up to 5 choices Mark only one oval in each column Contralor Clasifique hasta 5 opciones	J	J	НОГО	J E	Ţ
Marque sólo un óvalo en cada columna	1	2	3	4	5	Marque sólo un óvalo en cada columna	1	2	3	4	5
Tina Turner (1)		0	0	0	0	Pat Benatar	0		0		
Janis Joplin (5)	0	0	0	0	•	Joan Jett	0	0	•	0	0
Stevie Nicks	0	0	0	0	0	Bonnie Ratt		0	0	0	0
Poly Styrene (4)	0	0	0	•	0	Florence Welch	0	•	0	0	0
Annie Lennox (3)	0	0	•	0	0	Write-in candidato por escrito	0	0	0	•	0
Cyndi Lauper (2)	0	•	0	0	0	Debbie Harry					
Write-in candidato por escrito	0	0	0	0	0	Borough President Rank up to 4 choices Mark only one oval in each column Presidente del Distrito Municipal Clasifique hasta 4 opciones Marque sólo un óvalo en cada columna	J	СН C	JOICE 3	J	
Public Advocate Rank up to 4 choices Mark only one oval in each column	1,	1	1	1,		Nina Simone	0	0	0	•	
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Gloria Gaynor	•	0	0	0		Write-in candidato por escrito	0	0	•	0	
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Write-in candidato por escrito Pattí Smíth	0	0	0	•		Council Member Rank up to 3 choices Mark only one oval in each column Miembro del Concejo Clasifique hasta 3 opciones Marque sólo un óvalo en cada columna	1	↓ H 0 1 0) E 3		
	1	1	-	1	1	Gloria Estefan	0	•	0		
						Lita Ford		0	0		
						Write-in candidato por escrito Rocío Dúrcal	0	0	•		



Example of the Mayoral Candidate section of our ballot:

Mayor Rank up to 5 choices Mark only one oval in each column Alcalde Clasifique hasta 5 opciones Marque sólo un óvalo en cada columna	CHOICE OPCIÓN					
	1	2	3	4	5	
Zohran Kwame Mamdani	0	0	0	0	0	
Scott M. Stringer	0	0	0	0	0	
Selma K. Bartholomew	0	0	0	0	0	
Zellnor Myrie	0	0	0	0	0	
Adrienne E. Adams	0	0	0	0	0	
Andrew M. Cuomo	0	0	0	0	0	
Jessica Ramos	0	0	0	0	0	
Whitney R. Tilson	0	0	0	0	0	
Michael Blake	0	0	0	0	0	
Brad Lander	0	0	0	0	0	
Paperboy Love Prince	0	0	0	0	0	
Write-in candidato por escrito	0	0	0	0	0	



Why "Ranked Choice Voting" also known as "Instant Run-Off" voting is trending:

1. MONEY

When a vote is too close to call, we have to pay for a run-off election. Ranked Choice Voting provides a clear winner and achieves the effect of a runoff in a single round of voting.

2. CIVIL CAMPAIGNS

Candidates try to earn the second or third-choice votes from their opponents' supporters, which encourages more positive, coalition-building campaigns.

Ballots become "exhausted" when all columns are not filled in, while the ballots that are complete will help choose the next Mayor, etc.

If you do not choose AT LEAST 3 candidates when there are 5 choices/options, the mathematical chances of your ballot being "exhausted" are high. It's best to fill every column available.

3. REDUCES SPOILER-EFFECT VOTING

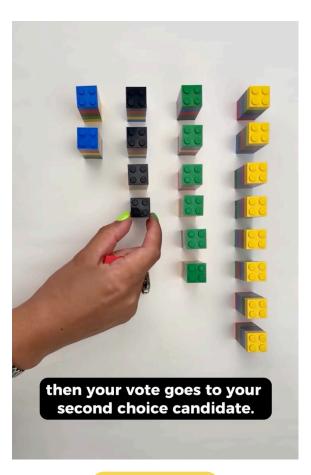
Voting "against" someone you dislike by choosing the only other candidate is no longer an option. You can choose your favorite and leave off the candidate you do not want elected. You can vote honestly rather than trying to "game the system".

4. MORE CHOICES!!!

More candidates can run without "splitting" a vote!!!



This LEGO video was recommended to explain Ranked Choice Voting:



bit.ly/legovote

You can also visit Inwood Indivisible's web page on Ranked Choice Voting:



Ranked Choice Voting

How does it work?

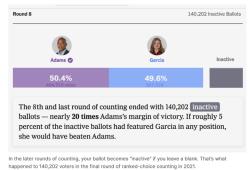
Watch this fun video

Strategy

- 1. Rank the person you like best as your number 1.
- 2. Continue through the columns, marking your second-favorite in the $\ensuremath{\mathbf{2}}$ column, third-favorite in the 3 column, etc. (see sample ballot at the bottom of this page)
- 3. If there are enough candidates, the best strategy is to fill up all five slots.
- 4. Don't rank the same candidate in more than one slot. Your top vote for them will count and the others will be ignored.
- 5. Don't rank anyone you don't want to win. Ranking someone, even in the fifth slot, can only help them and won't hurt them.

Why Fill All Five Slots?

- 1. If you leave a blank, someone else gets to fill it.
- 2. Filling all five slots does not weaken your top picks in any way.
- 3. A New York Times analysis of the 2021 mayoral primary found that if 5 percent of voters had ranked Kathryn Garcia instead of leaving a blank, she would have won.



Why are We Doing This Anyway?

bit.ly/inwoodRCV



MORE GREAT RESOURCES!!!

The women loved this QUIZ to discover who our first choice for Mayor would be based on our answers! It's fun, it's quick & we hope you try it, they also have candidate profiles:





bit.ly/TheCityQuiz

Find out more about the candidates, and answers to questions like "What does a Comptroller do?" at NYCvotes.org, a website published by the NYC Campaign Finance Board. Visit their 2025 Primary Guide:

bit.ly/votenycPG



THANK YOU TO INWOOD INDIVISIBLE FOR THIS VALUABLE CIVICS LESSON!

Also, thank you to Carolyn Murtaugh who brought copies of what a ranked-choice ballot could look like. And, thank you to Valerie Taylor who took the Board of Elections class on Ranked-Choice Voting. No matter who you vote for, MAKE IT COUNT!!!



SELF-DEFENSE LESSON WITH SPECIAL GUEST : MALIKAH

Notes about what we learned together from their website:

SELF DEFENSE STARTER KIT THIS IS YOUR TOOLKIT

We created this zine so you could build a toolkit of moves and techniques to equip yourself in the event that you're the target of verbal or physical harassment.

SO WHY SELF DEFENSE? IT WORKS!

By learning self defense, you can learn how the power of your body and your voice can help protect yourself, your friends, your family and your community.

BUT IN AN IDEAL WORLD

We wouldn't need self defense! Because we wouldn't have to defend ourselves against hateful attitudes.

Take time to learn these moves, brush up on your verbal de-escalation skills, and build muscle memory by practicing with your friends.



VERBAL DE-ESCALATION USE YOUR VOICE

The #1 goal of self defense is de-escalation. Your voice is really important and powerful tool! We are socialized to be quiet, so you should practice making your voice **LOUD**.

Try shouting: N 0 0 0 0 0 0 0 0 WE'RE SERIOUS

In stressful, unexpected situations, our body won't do things you're not used to doing. That's why you have to practice yelling, so you can alert bystanders that you're in danger.

ALSO, TRY THE BROKEN RECORD TECHNIQUE

Here's a really easy trick: If somebody starts talking to you, and it's bothering you, you just say the same phrase **OVER AND OVER AGAIN** and physically remove yourself from the space - turn your back, walk away.

WE RECOMMEND SAYING

Have A Good Day Have A Good Day Have A Good Day Over and over and over

EVERYBODY HAS WEAK POINTS

There are universal soft spots on every body type that you should aim for, and there are certain strikes that are safer for you to use than others-so you don't injure yourself. Here are a few of those weak points you can target in a threatening situation:

TEMPLE: Use your palm strike to the temple! The bottom part of your palm is extremely strong. Open your hand, keeping your palm flat and your fingers together. As you strike use your hip power to twist into the strike. Keep your other hand up to protect your face. FYI palm striking to the nose or chin are also options.

JAWBONE: Use the top part or bottom part of your elbow to strike at the jawbone. Avoid using the point of your elbow bone itself because you could hurt yourself.

SOLAR PLEXUS: Even muscular stomachs have a vulnerable, non-muscley socket right where the rib cage branches open. If you are approached from behind, use your elbow the pointy elbow is okay here) and jab backwards!

GROIN: It hurts on everyone. Use your *hip power* and drive your knee up!

KNEES: Okay listen up. Knees break easily. Pick up your foot and stomp through their knee (also try to aim!









SELF-DEFENSE LESSON WITH SPECIAL GUEST : MALIKAH

BLOCKING GRABS

ALL TYPES OF GRABS ARE COMMON

There are many ways to defend yourself if someone grabs at you: grabs the front of your shit, grabs your coat, grabs at your bag, grabs your hijab from the front... anyways you get why there's so many variations! We'll show you three basic moves:

STEP 1: PUSHING ON PRESSURE POINTS

Pull the person's hand off you by grasping for pressure points on the side and back of their hand. And then, pushing down on those pressure points, you can force their hand off by pushing or pulling it away.



Windmill your arm, as if you're swimming, and bring it down forcefully on their arm, which will separate their hand from your body. Swing from the outside in, or inside out. Speed and momentum are essential. Practice!

STEP 3: ADVANCED HIGH-LEVEL MOVE WITH MULTIPLE STRIKES!

Lift your hand, bring your other hand up to grab, forming a fist, crash it down on their arm, and come in for some combination strikes to the side of their head and groin.

DO'S AND DON'TS

Do take a **self defense class!**Do **practice** with your friends!
Do **check your local law**s on your rights to defend yourself.

Do **be alert** when you're on the street-only keep one headphone in if you're listening to music

and keep your eyes up.
Do have your **keys ready** when you get to your door-so you don't fumble as you're going inside

Don't carry a knife. Don't carry mace.

HERE'S WHY

It's not only possibly illegal, depending on where you live, but it also can be yanked away from you and used against you in a confrontation.

DON'T BE PARANOID, JUST BE PRESENT

If something does happen to you, report it to your local police department. Hate crimes and harassment incidents are underreported.







THANK YOU TO ISA FROM MALIKAH!