How To Support The Cause When You Aren't Protesting

1. Support Protesters on the Frontlines

Those on the ground need behind-the-scenes support. Practical support can make a huge difference to people who are taking direct action.

- ☐ Assemble supply kits with water, snacks, face masks, hand sanitizer
- ☐ Create posters with slogans that capture the message
- ☐ Provide carpools to & from protest gathering sites or meet-up sites
- ☐ Deliver easy-to-eat food to the protesters
- ☐ Listen to protester's experiences and provide emotional support
- ☐ Ask a protester you know how you can support them, for example helping with pets, family, and household responsibilities

2. Donate to Organizations Supporting the Cause

Financial support keeps advocacy organizations running, and small recurring donations add up.

- ☐ Contribute to mutual aid funds to help sustain the protesters
- ☐ Contribute to bail funds for those jailed during demonstrations
- ☐ Donate water, shelf stable food and needed supplies

3. Contact Your Elected Officials

A direct call or message to your representatives is impactful. Elected officials track constituent contact (calls especially). Find your representatives at Common Cause. Be specific about the issue and what action you want them to take.

- ☐ Priority: Call your local, state, and federal representatives
- ☐ Follow-up your calls with messages by email or official contact forms
- ☐ Use 5Calls.org for script suggestions and fast connections
- ☐ Attend government meetings and town halls in person or online, and prepare a question or 1-3 minute comment if you want to speak your truth
- ☐ Follow up when related legislation is being voted on

4. Take Your Activism Online

Social media is a powerful tool for amplifying causes and reaching people who might not otherwise be paying attention. Share accurate information, uplift voices from within the movement, and use the event's official hashtags to expand visibility.

- ☐ Rely on Bluesky at https://bsky.app/ rather than Instagram and Facebook
- ☐ Like and share actions and content that center the issues clearly
- ☐ Join the Freedom Trainers Amplifier Army. Training offered weekly.
- ☐ Create easy to read, creative, or humorous content and use #'s
- ☐ Speak up on spaces where you will be in the minority opinion like Next Door
- ☐ Counter disinformation and misinformation calmly with fact-based comments
- ☐ Tag your elected officials when you share petitions or news stories

5. Educate Yourself and Keep Learning

Deep knowledge makes you a more effective advocate. Watch, read, and listen, especially to what people directly affected by the issues have to say.

- ☐ Take the No Kings pledge & get the new No Kings app for timely updates
- ☐ Seek out firsthand accounts and perspectives from those most impacted
- ☐ Organize a discussion group for friends, neighbors, or coworkers
- ☐ Challenge your own assumptions and stay open to new information
- ☐ Take care of your physical and mental health so you do not burnout

6. Start Conversations Closer to Home

Talking about difficult topics with family, friends, and neighbors can feel uncomfortable, but those conversations are where attitudes shift. Focus on sharing what you've learned rather than winning an argument.

- ☐ Share a relevant article, film, or podcast as a conversation opener
- ☐ Listen as much as you speak; people engage more when they feel heard
- ☐ Keep the focus on shared values like fairness, safety, and community

7. Write to Local Media

Letters to the editor and op-eds are an underused form of civic participation, and they get read. A well-written letter in a local newspaper puts issues in front of your community and decision-makers who pay close attention to community sentiment.

- ☐ Keep your letter focused on one issue and under 250 words
- ☐ Reference a recent news story to increase your chances of being published
- ☐ Share your published letter on social media to maximize its reach

8. Volunteer Remotely for Advocacy Organizations

Grassroots organizations often need volunteer help, or can direct you to other organizations that are short-handed.

- ☐ Check websites to become a member and for volunteer opportunities
- ☐ Offer your specialized skills and experiences to support the cause
- ☐ Join the organization's Signal group for encrypted updates and actions
- ☐ Follow the organization on social media to help boost its messages

9. Sign and Share Petitions

Online petitions demonstrate support and put numbers behind a cause. Sign and share petitions widely on social media and in direct messages to your network. Volume matters: the more signatures, the harder it is to ignore.

10. Vote and Help Others Do the Same

Your voice deserves to be heard at every level: local, state, and national.

- ☐ Help cure ballots to make sure every vote is counted
- ☐ Become an election poll monitor or poll worker

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Created and managed by TD of Indivisible49 with input from the SD Nerve Center.

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Signup.com provided the format and initial ideas for this document: https://signup.com/community-action-activism/support-a-cause-if-you-cannot-attend-a-protest