

MMIW+ Utah

8 Things to Say Instead of Silence



1. Understand the History

MMIW+ happens because....

In SLC indigenous women go missing or are murdered because....

There is a history of MMIW+ (boarding schools)

2. Reflect On How You Fit Into This

Our country is built on erasure of Indigenous peoples

I have the privilege to not be affected by this because of my....

I can't save MMIW+ but I can...

3. Share Emotional Labor by Creating Space

This is....

I feel....

(MMIW+Individual Name) was a mother/daughter/sister and is no longer here...

Write about it after researching

4. Share Information

Did you know.....

Have you heard....

You should know...

I wear this pin because....

5. Hold Legislators Accountable

I am a constituent and I support the May 5th MMIW+ Day Resolution

I support this politician because they pass legislation on MMIW+

6. Show Up

I am going to the MMIW+ meeting this month

7. Invite Others

I am going to the MMIW+ meeting this week, you are welcome to come with me!

8. Practice Being Uncomfortable/Having Uncomfortable Conversations

My family/friend made a racist/harmful comment about Natives/Minorities, I will ask them why they said that comment or why they think that idea and have a calm, respectful conversation about where those ideas came from and share how it can be harmful to a group of people