

Free Palestine Action Items

If you want more context for this list, listen to our episode as we walk you through the items: [Denounce Genocide - Call to Action](#)

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Boycott Israel

Withdraw from commercial or social relations with (a country, organization, or person) as protest. This means until Israel's occupation of Palestine ends. Not for just one day, or one week. Start with choosing 3-5 companies that you can realistically boycott from the lists shared below.

Starbucks, McDonalds and Disney are 3 big ones that folks are asking everyone to Boycott.

Once you've internalized your first 3-5, add additional targets to your list. Consider saving these links for easy reference.

- Learn about the [Boycott, Divest, Sanction Movement](#)
- [Israel Products List](#)
- [More Brands that Support and/or Fund Israel](#)
- [UN Voting Results: Declaring Israeli Settlements Illegal](#)

Contact your Political Reps!

Consider [these demands BEYOND ceasefire](#) written by the Palestinian Youth Movement

- ☐ tinyurl.com/defundisrael - VERY EASY way to send pre written emails to all of your government representatives
- ☐ [5 Calls](#) - Directly connects you to your representatives' phone lines and offers scripts
- ☐ [ResistBot](#) - Draft/Sign and send letters to your representatives through text. Send the word RESIST to the bot on [Apple Messages](#), [WhatsApp](#), [Messenger](#), [Instagram](#), [Telegram](#) or by text to the phone number [50409](#).

Attend a Protest/Demonstration

- ☐ **Find a Protest near you to attend:** [Gaza is Palestine](#) | [Samidoun](#) | [#ShutElbitDown Action Map](#)
- ☐ Invite 2 friends
- ☐ [SHUT IT DOWN FOR PALESTINE DEC 23](#)

Sign Onto a Letter/Petition/Strike

- ☐ [End the Siege on Gaza Now](#)
- ☐ [Write to Congress: STOP WEAPONS NOW](#)
- ☐ [Fill out a strike card](#)

For tech workers

- ☐ [#NoTechForApartheid](#) (for STEM students)
- ☐ [#NoTechForApartheid](#) (for Amazon & Google workers)

For healthcare workers

- ☐ [Healthcare Workers for Palestine](#)

For social workers/mental health practitioners:

- ☐ [End Mental Health Field's Complicity in Genocide](#)
- ☐ [UW SSW Petition](#)
- ☐ [NASW Petition](#)

News & Current Events

News Sources To Follow Current Events

- ☐ [AlJazeera](#) / [AJ+](#)
- ☐ [Cradle.co](#)
- ☐ [Middle East Eye](#)
- ☐ Revolutionary Left Radio
 - ☐ [Towards Liberation: Palestine on Fire](#)
 - ☐ [From the River to the Sea: The Palestinian Liberation Struggle](#)
- ☐ Electronic Intifada

Investigations

- ☐ [The Cradle Investigation - What Really Happened on 7th October](#)
- ☐ [Growing Number of Reports Indicate Israeli Forces Responsible for Israeli Civilian and Military Deaths](#)
- ☐ [Israeli army admits chopper attack killed 7 Oct captive](#)
- ☐ [On Israel and rape](#)

Podcasts & Social Media Accounts

- ☐ [Let's Talk Palestine](#) Instagram | [Broadcast Channel](#) | [Podcast](#)
- ☐ [This is Palestine Podcast](#)

Listen to & Act as a Witness through Voices in Gaza

- ☐ [Muhammad Smiry](#)
- ☐ [Najla Shawa](#)
- ☐ [Nour Naim](#)
- ☐ [Wael Al dahdouh](#)
- ☐ [Motaz Azaiza](#)
- ☐ [Ghassan Abu Sitta](#)
- ☐ [Refaat Alareer](#)
- ☐ [Plestia Alaqad](#)
- ☐ [Bisan Owda](#)
- ☐ [Ebrahim Ateef](#)
- ☐ [Mohammed Zaanoun](#)
- ☐ [Doaa Mohammad](#)
- ☐ [Hind Khoudary](#)

[Master List of Instagram Accounts to Follow in Gaza and who are covering what's happening](#)

Learn

Comprehensive Resource Lists

- ☐ [All Walls Will Fall: Palestine Liberation Resource List](#)
- ☐ [The Palestine Academy](#)

The Nakba & How Israel Was Founded

- ☐ [Hidden History Ep. 4 How Israel was Founded: The Nakba](#)
- ☐ [It Could Happen Here Podcast](#) - The Weaponizing of Anti-Semitism
- ☐ [Revolutionary Left Radio - Understanding Settler Colonialism in Israel and the US](#)
- ☐ [Project48](#) -The **Palestinian Nakba Curriculum** provides a holistic opportunity to learn about Palestine's robust society before the creation of Israel in 1948, the critical events
- ☐ [PROPAGANDA 101: HOW TO DEFEND A MASSACRE](#)

Who Is Hamas, actually?

- ☐ [Let's Talk Palestine Podcast Episodes](#): Let's Talk Hamas Part 1 and Part 2

Anti-Zionism

- ☐ [Revolutionary Left Radio - A Brief History of Jewish Anti-Zionism](#)
- ☐ [Revolutionary Left Radio – Confronting Zionism](#)

- ☐ [Breaking the Silence](#) - Former Israeli soldiers sharing how their experiences in the IDF changed their worldview. Not in full agreement with all perspectives shared, but back their overall mission to end the occupation.
- ☐ [How the US Media Protects Israel](#)

Other

Genocide

- ☐ [10 Stages of Genocide](#) - The Genocide will be Televised

Stay Updated on Actions//Get Involved

- ☐ [Palestinian Youth Movement](#)
- ☐ [Palestine Action](#)
- ☐ [Samidoun Palestine Prisoner Solidarity Network](#)
- ☐ [Adalah Justice Movement](#)
- ☐ [AROC Bay Area](#)
- ☐ [Healthcare Workers for Palestine](#)
- ☐ [PNW Palestine Announcements WhatsApp](#)
- ☐ [No Tech For Apartheid](#)

Jewish-led Solidarity Groups beyond Jewish Voices for Peace:

- ☐ [Jews Against White Supremacy](#)
- ☐ [Jews for Racial & Economic Justice](#)
- ☐ [Jewish Diaspora in Tech](#)