Beyond the Hashtag - Virtual Instructor Led Training - Facilitator Guide

	Sign into Mentimeter account. Have Word Cloud and This or That Quiz created	
Producer:	Add active Word Cloud QR & code to Slide 6 <u>BEFORE training begins</u>	
	Add active This or That Quiz QR & code to Slide 14 <u>BEFORE training begins</u>	
	 Have downloadable pdf links for Slide 22 & website for Slide 26 pulled up in a browser so you can put them in the chat when needed. 	

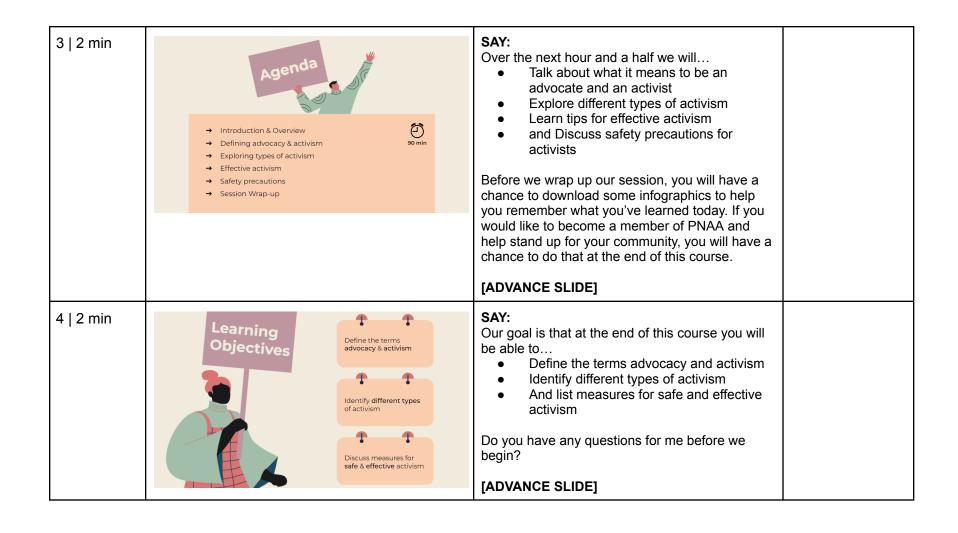
	Log into Zoom.	
Facilitator:	Test computer camera and microphone. Make sure they are good quality.	
	Have Beyond the Hashtag Google Slides pulled up	
	Have safety wheel (for Slide 21) pulled up in another window	

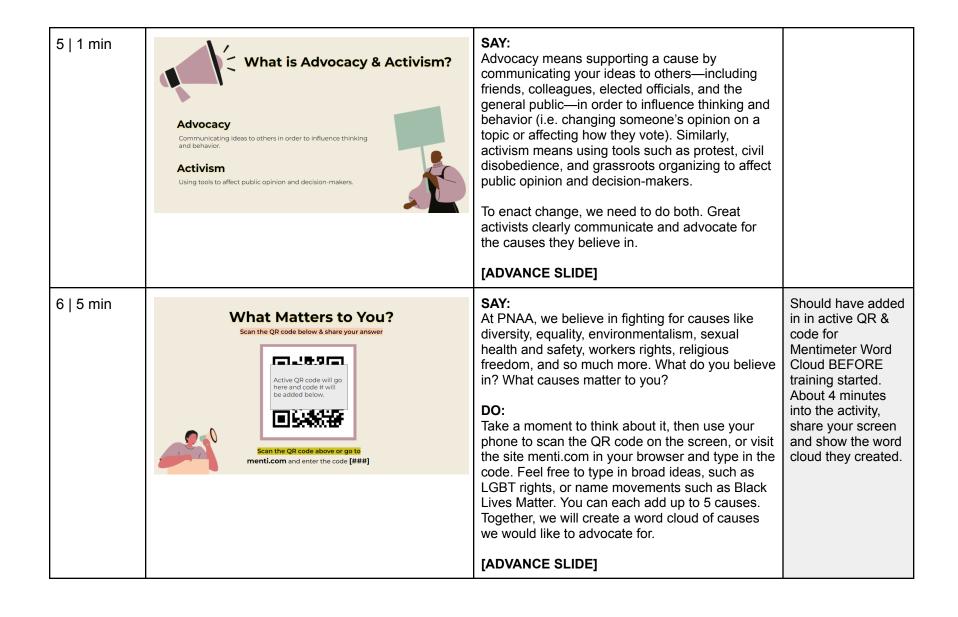
	Course Overview / Session #1 out of 1			
Slides Approximate Timing Summary		Summary		
1-3	8 minutes	Introduction & Agenda		
4	2 minutes	Learning Objectives		
5	1 minute	Defining Advocacy & Activism		
6	5 minutes	Word Cloud Group Activity (on Mentimeter)		
7-12	13 minutes	Types of Activism		

Total Time:	89 minutes		
25-26	2 minutes	Congratulations & Course Resources	
24	2 minutes	About PNAA	
23	3 minutes	Course Summary	
22	2 minutes Downloadable Infographics		
21	9 minutes	ninutes Wheel of Safety Group Activity (using Wheel of Names)	
19-20	8 minutes	Safety Tips for Activists	
18	9 minutes	Non-violent Communication Group Activity	
15-17	6 minutes	Safe & Effective Activism	
13-14	9 minutes This or That Quiz (on Mentimeter)		

Slide # Duration	Slide View	Facilitator Notes	Producer Notes
1 5 min	Beyond the Hashtag Advocacy & Activism in the 21st Century	SAY: Welcome! Thank you for joining us on Zoom today. Already, you are showing an interest in community engagement, which is a big part of being an activist. My name is [YOUR NAME]. I have been volunteering with the Pacific Northwest Activist Alliance (PNAA) for [AMOUNT OF TIME]. PNAA is a non-profit membership-based grassroots organization dedicated to community organizing across the Pacific Northwest. We have several chapters throughout the Oregon and Washington area. If you are interested in getting	Admit people into the Zoom meeting as they try to join.

		involved with us, there will be more information and links to do so at the end of this course. This course is designed to teach you all about what advocacy and activism looks like in the 21st century. Many of us see the complex issues society faces across our social media channels, but activism involves much more than simply retweeting. With this course, we aim to dig a little deeper into broad topic of activism and all of its facets. [ADVANCE SLIDE]	
2 1 min	I am no longer accepting the things I cannot change. I am changing the things I cannot accept. Angela Davis	SAY: Angela Davis once said "I am no longer accepting the things I cannot change. I am changing the things I cannot accept." Whenever there's a positive change in society, we can thank activists. They work in every corner of the world on issues like racial injustice, gender discrimination, and the countless intersections of social issues. You can find activists lobbying their governments, calling for corporate accountability, and campaigning for equality. Visions and specific goals vary, but activists want a better world. DO: Click and/or use spacebar so the quote can fade on to the screen. [ADVANCE SLIDE]	





7 | 1 min SAY: As an activist, there are many different ways to advocate for the causes you believe in. To be Types of most effective, activism combines many of these **Activism** strategies. Today we'll look at some of the most commonly used ones. Can anyone name a form of activism? DO: Ask audience to type their answers in the chat [ADVANCE SLIDE] 8 | 3 min SAY: Demonstrations are arguably the best-known type **Demonstrations & Protests** of activism. During a demonstration or a protest, people united by a common belief meet together. Things to know: They might march along a specific route, sit in at People united together by a common belief Time & place are often meaningful to the cause a specific place to draw attention to the cause, or The right to peaceful assembly is protected in the hold a vigil to honor someone's life. Time and constitution (HOWEVER, be prepared for resistance by counter-protestors and law enforcement.) place are often important. Many demonstrations Examples take place on the anniversaries of certain events. → A march like the birthday/death of someone important to the movement or the birthday/death of a victim of injustice. Organizers often also pick a location that's meaningful, like outside a capitol to protest a law. The right to peaceful assembly is so important, it's included in the United Declaration of Human Rights. Article 19 and Article 20 protect the right to gather publicly and express, promote, and defend a belief. Together, these rights are often called the right to protest. National constitutions (like the United States) also protect this right. Demonstrations and protests are often complicated by the presence of law enforcement and counter-protesters. Activists should anticipate

		resistance and work to ensure everyone's safety. [ADVANCE SLIDE]
9 2 min	Letter Writing & Petitions Things to know: Jused to pressure public officials, corporations, and other power-holders Puts a name and personal story to the cause Emails, letters, and petitions are most successful when paired with other actions Examples A nemail Aletter A petition	Letter-writing and petitions are two of the most common forms of activism. They're used to pressure public officials, corporations, and other power-holders. The more letters or signatures on a petition, the more likely it is that people will pay attention. Organizations like Amnesty International understand the power of letter-writing. In the internet age, emails are also a common strategy. They have some benefits, like being useful in urgent situations and when postage is expensive. On the downside, officials sometimes shut down their emails so emails bounce back. They can't do that with physical letters or faxes. Letters also imply a degree of commitment that emails don't, which makes it harder for power-holders to dismiss people's demands. Petitions also have the downside of being so accessible and easy that they lose some of their power. They are most successful when paired with other actions. [ADVANCE SLIDE]

10 | 2 min SAY: Boycotts are designed to economically impact a **Boycotts** "target," like a business that's engaging in exploitative practices. Like with protests, boycotts are most successful when large groups of people Things to know: Designed to have economic impact on a target participate. The 2009 Fruit of the Loom boycott is Require clear goals and strong leadership Most successful when large groups of people participate a good example. Fruit of the Loom closed a Honduras factory after workers organized a trade Examples union. Around 1,800 Honduran garment workers Consumer's boycott lost their jobs. The Workers Rights Consortium Workman's boycott → Producer's boycott and Fair Labour Association found that the company was at least partially motivated to close because workers were organizing a trade union. Students in Canada, the UK, and the USA pressured their universities to boycott Fruit of the Loom. Over 100 universities joined in the largest garment boycott in history. The result? Fruit of the Loom reopened the factory, returned the jobs with union rights, and awarded workers \$2.5 million. To be effective, boycotts need clear goals and strong leadership. [ADVANCE SLIDE] 11 | 3 min SAY: When workers deal with unfair or dangerous work **Strikes** conditions, low wages, or other issues, they might refuse to work when negotiations are refused or they fail. Strikes were a feature of the Industrial Things to know: Revolution as there were few work protections → Occur when workers or employees refuse to work due to a policy or action they deem unacceptable The right to strike is protected by the National Relations and companies depended on mass labor. Labor Act (HOWEVER, certain kinds of strikes are not protected and workers can be replaced by scabs) An employee's right to strike is a critical Examples → Unfair labor practice strike component of the right to organize but is not → Economic strike without limitations. Certain strikes qualify as → Recognition strike → Jurisdictional strike protected activity under the National Labor Relations Act [NLRA], but not all strikes are protected. The main types of strikes covered by the NLRA are:

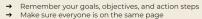
		 Unfair labor practice strikes, which protest employers' illegal activities. Economic strikes, which may occur when there are disputes over wages or benefits. Recognition strikes, which are intended to force employers to recognize unions. Jurisdictional strikes, which are concerted refusals to work to affirm members' right to particular job assignments and to protest the assignment of work to another union or to unorganized employees. Even if workers cannot be fired for striking, companies can replace them with scabs. For this reason, strikes are usually a last resort when all other strategies have failed. [ADVANCE SLIDE] 	
12 2 min	Social Media Campaigns Things to know: Social media users raise awareness of issues through posts, tweets, videos, and more Potential to have a wide reach based on followers Beware of slacktivism, or performative social media post sharing with no real-world action behind it Effective at increasing engagement but best used with other strategies Examples Twitter hashtags Facebook posts Instagram stories	SAY: Social media activism is a new form of activism taking the world by storm. Also known as "hashtag activism," it brings activism to social media networks like Instagram and Twitter. Users raise awareness of issues, organizations, and actions through posts, graphics, videos, and more. The reach of social media activism became clear in 2020 with the hashtag "Black Lives Matter." According to data from Pew Research, the hashtag was used over 47 million times on Twitter between May 26 and June 7. Despite its popularity, many are skeptical about social media activism. It often stops at simply sharing a post, so there's no real-world action. When it becomes performative, it's called "slacktivism". However, when paired with other strategies, social media activism is a very effective way to	

		share information and broaden an issue's reach, especially among the young. According to Pew Research, the number of 18-29-year-olds using social media for social and political issues has doubled since 2018. The first step to activism is engagement, and while many people will stop at sharing posts, others will take what they've learned on social media to the real world. [ADVANCE SLIDE]
13 1 min	THIS OR THAT	SAY: Now that we know some of the most commonly used forms of activism, we're going to test our knowledge with a game of "This or That"! The rules of this game are simple. On the screen, you'll see the name of a well known activist campaign or movement. Below that, you'll have two options to choose from. Your job is to say what type of activism this campaign used. For example, if you saw the movement "#MeToo" on the screen, you would have to pick between "Social Media Campaign" or "Boycott". Does anyone have any questions about how the game will work before we begin? DO: Great, have your phones nearby or another browser window ready. This game will be played in Mentimeter. [ADVANCE SLIDE]

14 8 min	Active QR code will go here and code # will be added below. Scan the QR code above or go to menti.com and enter the code [###]	SAY: You may now scan the QR code or go to menti.com and type the code in to begin this short, fun quiz! Give me a thumbs up in the chat when you've finished the quiz. Feel free to share your score if you'd like. [When everyone has signaled they are done in the chat] Great job, everybody! Let's move into discussing safe & effective activism. DO: [Producer's Notes] Should have added in active QR & code for Mentimeter This or That Quiz BEFORE training started. [ADVANCE SLIDE]	Should have added in active QR & code for Mentimeter This or That Quiz BEFORE training started. Keep track of the thumbs ups being given in the chat. Let the Facilitator know when it's time to move on.
15 1 min	Safe & Effective Activism	SAY: Building collective power is critical to any campaign because individuals can wield more power when they work together. Collective power is the power that a group has by working together with a shared interest in achieving a goal. This process of engaging others, often referred to as base building, includes: conducting outreach, building relationships with new members, providing opportunities for members to get more involved, and developing members into leaders. In order to come together successfully, we need to use techniques that are both safe and effective. Let's go over just a few tips to stay safe and send the right message. [ADVANCE SLIDE]	

16 | 2 min

Stay Consistent & United





Know Your Limits

- → Establish strong boundaries when it comes to your time, money, energy, etc.
- → Pay attention to your stress levels
- → Recognize the emotional toll and practice self-care
- → Take breaks from news and social media if needed

SAY:

Inspiring supporters is an important part of success, but it's perhaps even more important to make sure everyone is conveying the same information. The last thing a student movement needs is a member going rogue, so focus on talking points whenever your group communicates. It can be easy to get distracted as a movement grows or evolves, but maintaining a coherent message and remembering exactly what you said you wanted to accomplish will keep the cause on task.

It is also important to know your limits. Organizing for social justice can demand a lot of time, energy, and emotion from activists. It's important that you and others in your group take care of yourselves. Only you will know your limits on how much time, energy, money, etc. is sustainable for you. Pay attention to your stress levels, be clear about what you can and cannot do, and encourage others to do the same. Make sure you take breaks when needed and practice self-care.

[ADVANCE SLIDE]

17 | 3 min



Don't Discriminate

 Don't undercut your message by promoting rights for one group while discriminating against another group

Avoid Group Infighting

- → Conflict can occur when people come together to work on complex problems
- → Non-Violent Communication is a tool created to
- help people discuss conflict in a constructive way

 → Follow the steps: Observation, Feeling, Need,
 Request



When you bring people together to work on

SAY:

Issues of discrimination are common topics of activism, and for good reason. No person should have to live in a setting where they feel discriminated against. But it's equally important not to discriminate while protesting the very same concept. For instance, asking others to sign a petition against sexual assault policies is a worthwhile mission, but taking an anti-male stance undercuts the core message against discrimination.

complex problems, you should anticipate there to be disagreements and conflict within your group. Conflict often comes from a breakdown in communication. Non-violent communication is a tool developed to help people talk about conflict in a constructive way. The goal is to help people express how they are feeling without criticizing or blaming others, and to help people listen to others without hearing criticism or blame. This allows people in conflict to feel more open to resolution. Non-violent communication includes four parts: observation, feeling, need, and request. The speaker goes through all four parts, while the other person involved in the conflict listens. Let me show you how this works. [ADVANCE SLIDE] 18 | 9 min SAY: Here is a diagram to help you see how the four Observation **Feeling** parts of non-violent communication work. The "When I hear you say..."
"When I see you doing..." "I feel..." begins by stating something they observe related to the conflict. Then, they state something they feel related to this observation. Then, they state a need related to the feeling. Finally, they make a clear request of what the other can do to help Need Request meet this need. An example would be: "When I "I need to feel..." "Would you be willing..." hear you speak over me when I'm talking, I feel disrespected. I need to feel respect. Would you be willing to wait to speak until I finish my thought?" This way of speaking can not only be useful when dealing with group conflict, but is also a good and clear format to use when writing letters and emails to policy makers. As a group, let's practice using non-violent communication. I am going to give examples of conflicts and I want you guys to

use this 4 step tactic to phrase how you would address this conflict.

DO:

Type your answers in the chat. You will have a few minutes after each prompt to think of a response and type it in the chat before we move on to the next one. Try to answer in the Observation, Feeling, Need, Request format you see on your screen.

PROMPTS:

- You are trying to organize a rally with another volunteer. You have each been given a list of people to contact. You are already halfway through your list, but the other volunteer is watching videos on their phone and hasn't reached out to anyone yet. How would you respond?
- You have been asked to lead a small task force of volunteers. One of the volunteers thinks that they could do a better job at leading the team then you and frequently makes suggestions that undermine your authority. How would you respond?
- You are at a protest that has drawn the attention of counter groups and protestors. The people in this counter group keep getting in your personal space as an attempt to push you out. How do you respond?

[ADVANCE SLIDE]

19 | 4 min

Protecting Yourself Online





Browsing the Internet

→ Use a VPN for secure connections and anonymity
→ Use search engines that do not collect user data, such as DuckDuckGo, MetaGer, and Startpage

Social Media & Messaging

- → Use messaging apps that encrypt your conversations, such as Signal or Jitsi
- → Create strong passwords and turn two-factor authentication on if possible

SAY:

We live in a digital world. So much of our communication with one another takes place over the phone or internet. Campaigns like Black Lives Matter and the Me Too movement have even largely been organized online, from planning rallies and protests, to sharing campaign materials, or even just expressing opinions on the movement. While this online presence is good for drawing attention to the movement, it can also attract negative attention and monitoring by your opponents, rival groups, and informants.

Therefore, it is important to take measures to protect yourself online. By taking a few easy precautions, you can: limit government surveillance, limit vulnerabilities and exposure to bad-faith actors, overcome online censorship, and protect yourself and your freedom of speech.

We know that Google is the go-to search engine for most people. But it's one of the worst when it comes to tracking and mining user data. Using a Virtual Private Network or VPN will help anonymize your internet activity and provide you with a private, secure connection when you go online. Using search engines like DuckDuckGo, MetaGer, and Startpage can protect your data privacy.

Because activists often share sensitive information – with lawyers, journalists, organizations, and other activists – it can be helpful to use messaging services with end-to-end encryption to convey information, like Signal and Jitsi.

When it comes to social media, beware of trolls. Create strong passwords and turn on two-factor

authentication on any apps where its available. [ADVANCE SLIDE] 20 | 4 min SAY: Before attending a protest, it is important to **Protecting Yourself at Protests** prepare yourself and take precautions. It's a good idea to bring a backpack full of supplies. Some of the supplies we recommend having on hand are Things to bring: Things to do: water bottles, snacks, hats or sunglasses, and protest signs. You will want to make sure you Hat & sunglasses have on good shoes and clothes for standing Good walking shoes → Write down emergency Protest signs numbers → Use your best → Study your surroundings outside all day. Have a copy of emergency phone judgement about → Help those around you numbers and a card declaring necessary medical your phone and ID information that someone may need to know if you're unable to tell them yourself (for example, if you have asthma or if you're hard of hearing). Use your best judgment about bringing your phone and ID. If you're detained, not having your ID on you might keep you stuck for longer. However, in some states, you might not have to show the police your ID if they ask for one. To protect your privacy and prevent surveillance, the best thing you can do is leave your phone at home. If you do end up bringing it, consider using other apps besides traditional calling and messaging apps that will provide end-to-end encryption of your messages and turning your location off. Try not to attend protests alone. If at all possible, go with a friend or a group of people. Form a plan with your group before the protest starts. Make sure you have a place to meet up in case someone gets separated from the group. While you're at the protest, study your surroundings and make sure you feel safe. Be friendly to your fellow protestors and help them if needed. Remember,

		we are a community, and everyone is there to advocate for the same cause. [ADVANCE SLIDE]	
21 9 min	Wheel of Safety A group discussion game Prophylicanology A group discussion game A colege A	SAY: Alright, now that we know some safety tips, we're going to play a game called WHEEL OF SAFETY! [Said to the same tune as "Wheel of Fortune"] I'm going to spin this wheel, which is filled with all the types of activism we discussed earlier. Whichever option it lands on, I want you to think of one safety precaution you could take while doing this type of activism. Use the zoom feature to raise your hand so I can call on you to share your safety ideas to the group.	Unmute people as the Facilitator calls on them.
		DO: Switch your screen so that you are now showing the wheel in an open browser window. [Link to wheel: https://wheelofnames.com/dk3-8nm Also clickable from the picture in the slide.] [Go through 3-4 types of activism before continuing on] [ADVANCE SLIDE]	

22 2 min	Downloads Infographics to further your learning Click here to download Safe & Effective Activism Infographic Infographic	SAY: If you would like to remember some of the things you've learned in this course, click here for some free downloads. Included are two infographics, one detailing safe & effective activism techniques, and one to help you remember the four steps of non-violent communication. While you download these, does anyone have any questions for me before we wrap up this course? DO: [Allow audience members to click on and download pdf files while you answer questions] [ADVANCE SLIDE]	Put downloadable links in the chat for people to click.
23 3 min	→ Advocacy & activism work together to bring about change → Common types of activism: Demonstrations & Protests, Letter Writing & Petitions, Boycotts, Strikes, Social Media Campaigns → Effective activism involves being consistent, united & inclusive → Practice self-care & know your limitations → Protect yourself, both online and at events	SAY: To summarize what we've learned today, who remembers what the term advocacy means? [WAIT FOR ANSWER] Right/Close/Not quite. When you advocate for something, you support a cause by communicating your ideas to others. What does activism mean? [WAIT FOR ANSWER] Right/Close/Not quite. Activism means using tools such as protest, civil disobedience, and grassroots organizing to affect public opinion and decision-makers. Remember, we need both to make a difference! Common types of activism include demonstrations and protests, letter writing and	

petitions, boycotts, strikes, and social media campaigns. Effective activism involves being consistent and united, sending a clear message, and using inclusive language. Remember the steps to non-violent communication, both to avoid group infighting and to format the letters you may choose to write to those in power. Practicing self-care is a good way to protect your mental health as an advocate. Know your limitations and set firm boundaries so you don't get burnt out by the emotional toll activism can take. Be cautious and take measures to protect yourself, both online and at activist events. [ADVANCE SLIDE] Put email sign up 24 | 2 min SAY: link in the chat. If you would like to learn more about PNAA or get Sign up to receive monthly newsletters and emails involved with a chapter near you, sign up to receive our monthly newsletter and emails about upcoming events. Consider making a monthly, yearly, or one time only tax We are a nonprofit organization committed to protecting our communities. We are volunteer-based and all of our funds come from member donations. Please consider making a Follow us on social media @PacNorthActivists monthly, yearly, or one time tax deductible donation so that we can keep standing up for the causes our Pacific North communities care about. Be sure to follow us on Twitter, Instagram, and Facebook @PacNorthActivists. Does anyone have any further questions about

		our organization or how to get involved? [ADVANCE SLIDE]	
25 1 min	Congratulations! You have completed the course. Now you know how to go beyond the hashtag and be an advocate & an activist in the 21st century	SAY: This concludes our course. Congratulations! Now you know how to go beyond the hashtag and be an advocate & an activist in the 21st century. We cannot overstate the importance of being involved within your community and making your voice heard. Thank you for attending this Zoom meeting! We hope that you will consider becoming a member or volunteer for PNAA in the future. DO: Feel free to exit the Zoom meeting now or stay on if you would like to view some of the resources that went into the making of this course or ask anymore questions about PNAA. [ADVANCE SLIDE]	
26 1 min	Resources Click on the links below to learn more Human Bights Careers Types of Activism Activist Toolkit McCall Center for Chic Engagement Getting Your Yoice Heard Organizing a Boycott How to Protest Safely An Activist's Guide to Online Safety & Privacy		Put link to website n the chat.