

Click each of the links for resources on how to help

[SOCIAL ACTIVISM](#)

[POLITICAL ACTIVISM](#)

[FINANCIAL ACTIVISM](#)

[SPIRITUAL ACTIVISM](#)

SOCIAL ACTIVISM

[Back to First Page](#)

1. Follow these accounts on social media:

a. Instagram:

- i. [Gaza Awareness Accounts to Follow](#) by @sbeih.jpg
- ii. [Collection of Resources to Aid Palestine \(& accounts to follow on IG & Twitter\)](#) by @mutualaidathens

b. Twitter:

- i. [Gaza Updates List](#) (uscpr.org/FollowGaza) by @PalestineToday (USCPR) for mostly English language updates
- ii. [Reporting from Gaza](#) by @WalaaGh for Arabic and English updates
- iii. @JehadAbusalim
- iv. [@WalaaGh](#)
- v. @MahaGaza
- vi. @m7mdkurd
- vii. @YousefMunayyer
- viii. @4noura
- ix. @QudNen

2. Palestinian Activities Organizations and Additional Information

- a. [CAIR Kit to Help Palestine](#)
- b. [US Campaign for Palestinian Rights](#)

3. **Find a protest near you now**

- a. Text and invite all your friends. Ask everyone in attendance to complete one of the above [action tools](#) on the spot.
- b. [AMP](#)
- c. uscpr.org/protests
- d. [Download and print protest signs to take along.](#)

4. **Increase visibility of demands on social media.**

a. **We demand now:**

- i. 1) Ceasefire!
- ii. 2) Allow humanitarian aid entry to Gaza
- iii. 3) UN protection for Gaza!
- iv. #CeasefireNOW

POLITICAL ACTIVISM

[Back to First Page](#)

1. EMAIL YOUR MEMBERS OF CONGRESS

a. For Congressman:

- i. Use [Find your Representative](#) to determine who your congressman is.
- ii. Click on the email icon underneath their picture.
- iii. Paste the email template (change the salutation to the name of your congressman).

b. For Senators:

- i. If you live in Virginia, your two senators are:
 1. [Senator Mark Warner](#)
 2. [Tim Kaine](#)
- ii. If you live outside Virginia, use this [website](#) to find your senator.

2. URGE YOUR CONGRESS MEMBERS TO SUPPORT THE CEASEFIRE NOW RESOLUTION

Just click the link, fill out your information, and it will send the letter automatically to your congressmen.

3. WRITE TO YOUR UNIVERSITY PRESIDENT OR YOUR EMPLOYER

- a. [Higher Education Letter](#)
- b. [Letter to Employer](#)

4. [WRITE TO MEDIA AGENCIES](#)

- a. [CNN](#)
- b. [New York Times](#)
- c. [Fox News](#)
- d. [BBC](#)

5. [PHONE SCRIPT](#)

Call your congressman, senators, and university/employer offices everyday

FINANCIAL ACTIVISM

[Back to First Page](#)

The following is a partial list of organizations positioned to provide on-the-ground assistance:

1. [Islamic Relief USA](#)
2. [Penny Appeal USA](#)
3. [Zakat Foundation](#)

SPIRITUAL ACTIVISM

[Back to First Page](#)

Concepts

Amal (الأمل)

Don't despair in the mercy of Allah: "for none lose hope in Allah's mercy except those who disbelieve." (12:87) Our hope is in Allah: for He Who rescued Musa (AS) from the Pharaoh can rescue the people of Palestine.

Amal (العمل)

Belief and hope are not enough; they must be accompanied by action. We have to leave results to Allah, but it's our responsibility to do whatever we can to help alleviate the suffering of our brothers and sister

Actions

Dhikr

لا إله إلا أنت سبحانك إني كنت من الظالمين

Lā ilāha illā anta subḥānaka innī kuntu min al-zālmīn

"There is no god but You! Glory be to you! Indeed, I was from the wrongdoers."

حسبنا الله ونعم الوكيل نعم المولى ونعم النصير

Ḥasbuna Allahu wa niʿm al-wakīl niʿm al-mawlā wa niʿm al-naṣīr

“Allah suffices for us, and He is the best protector. How wondrous a Master, how wondrous a helper!”

Dua

اللهم انصر إخواننا المستضعفين المظلومين في فلسطين

Allāhumma unṣur ikhwānana al-mustaḍʿafīn al-maẓlumīn fī filisṭīn

O Allah! Help our oppressed and downtrodden brothers and sisters in Palestine

Prayer

Wake up before fajr and pray two to four rakaʿāt of tahajjud and make dua

Templates

General Phone Script

[Back to First Page](#)

The structure is **Introduction, Ask, Explain, Thank.**

Introduction:

Hello, how are you? **Remember: The person on the other side of the phone is a human being. Treat them with respect, dignity, and kindness.**

My name is _____. I am a [insert statement about you're relation to the public figure, university, company]. I am calling today because I recently:

[Choose the applicable]

Read your statement /

Heard your remarks /

Noticed your silence

About the ongoing crisis in Gaza. The Israeli government has enforced a complete siege on the 2 million residents of Gaza, cutting off food, water, electricity, and medicine. This all while Israel has been indiscriminately bombing Gaza, leading to the death of over 2800 people, over 60% of whom are women and children.

read your statement about the ongoing crisis in Gaza recent Hamas attacks. While you said you mourn innocent lives, you did not recognize the innocent Palestinian lives lost as a result of war crimes committed by the Israeli government.

Ask:

I am asking that you release a statement that denounces these crimes by Israel and emphasizes the importance of protecting the civilians of Gaza.

honors the Palestinians the same way you honored the Israelis. Israel murdered 800 innocent Palestinian civilians including 150 children in response to the Hamas attack

and retaliatory violence occurring in the West Bank targeting innocent Palestinian civilians.

Explanation:

Since 2008, at least 6,0003,803 Palestinians have been killed by Israeli forces, most of whom are civilians. civilians, including 1,519 women and children have been murdered by the Israeli government according to the UN Office for the Coordination of Humanitarian Affairs. Over one thousand Palestinians are in Israeli jail without charge. For the past seventy years, Israel has been implementing what multiple human rights organizations have labeled as “apartheid”. They have detained hundreds of Palestinian children, murdered hundreds of Palestinian civilians, and bombed hundreds of Palestinian homes, hospitals, and schools. Their policies have amounted to the crime of apartheid under the Rome Statute. In response to the recent Hamas attacks, the Israeli government has announced they re-emphasized their policy of collective punishment and intention to kill and starve an entire civilian population. This indisputably constitutes genocide.

If you are choosing to honor specific victims of terror abroad, it should include the victims of the longest ongoing military occupation in the world.

At this point talk about your personal connection to the issue. Why are you calling today? Personalize your message here.

Thank You:

This is why I am asking you release a statement in honor of the innocent Palestinian children, women, elderly and civilian victims of apartheid and genocide as soon as possible. Thank you.

Email to News Agencies Template

[Back to First Page](#)

[Name of official or organization]

I have been viewing your coverage of the recent tragic events taking place in Gaza. I wish to express that I am disheartened and disturbed by your reporting.

Your coverage was quick to create a sense of outrage after the Hamas attack on October 7. This coverage was fraught with unverified reports and sensationalization which has fueled the calls for a mass assault on Gaza. We have heard Israeli officials describe Palestinians as “human animals”, some of them have said that they will “bring hell” to Gaza, and others have a history of calling for a second Nakba. Instead of abiding by professional journalistic standards, your coverage was beating the drums of war. The loss of life and devastation we are now seeing due to Israeli airstrikes on Gaza were made possible by the cover given by dehumanizing reporting such as yours.

Such coverage is deeply concerning. The outrage broadcasted through your network was nowhere to be found in the bloody events leading up to October 7. Before the recent escalation, the Israeli government had already killed [over 250 Palestinians this year](#), including dozens of children, and has been placing Gaza under an illegal siege that deprives Palestinians of freedom, clean water, and many of their most basic needs. Human rights organizations have been [unanimous](#) in their condemnation of this siege, as well as the countless war crimes Israel has committed in Gaza over many years. Israel has been subjecting Palestinians to [apartheid](#) according to the most renowned human rights organizations. I did not see outrage on your networks over these crimes.

I notice a pattern in your reporting. Attention is only paid when Israeli lives are lost (and the loss of any innocent life is certainly tragic). Loss of Palestinian life, the illegal and brutal military occupation since 1967, the inhumane blockade on Gaza, the settler violence, the racist remarks by Israeli officials, the confiscation of Palestinian land, and the system of Israeli apartheid, are all business as usual.

I must also express my serious concern and disappointment with your asymmetrical reporting of what has happening in Gaza. While the actions of Hamas are easily described with the most emphatic and illustrative of terms, Israeli crimes are reported with equivocation. Israelis are killed while Palestinians die. Phrases such as “barbarism”, “terrorism”, and “slaughter”, are reserved for Palestinians. The Israeli killing of 3,000 people in Gaza, over 60% of whom are women and children, does not receive a similar linguistic treatment.

Such unprofessional and partial reporting must end. I ask that the killing of civilians be reported in the same way regardless of who perpetrates it. No one, including Israel, should benefit from equivocal language when they target civilians.

General Response to Political Texts and Calls

[Back to First Page](#)

With local and state elections happening in 2023 and a presidential election in 2024, expect to receive some campaign texts. This is a great place to voice your opinion about Palestine and let candidates know that to get your vote, they need to stand up for the Palestinian people.

You can copy and paste the text below and send it when you get campaign messages.

“I and many members of my community are not willing to help in any election until we hear your stance on the systematic indiscriminate killing of Palestinian civilians and the ensuing humanitarian crisis caused by pervasive intentional breaching of international law. I will not vote for any candidate that does not unequivocally stand against such acts.”

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