

# **ACTIONABLE WAYS TO SUPPORT THE END TO THE OCCUPATION, ETHNIC CLEANSING AND GENOCIDE IN PALESTINE**

This is a vital and urgent time, Palestinians on the ground are doing all they can against all odds but they need our support and solidarity to end the genocide, apartheid and occupation. There are different ways to show actionable support for Palestinians. Whether you can physically get to a protest or can't, whether you have time and resources to circulate content or engage in direct action, or simply show your support by being conscious of where you put your money. Palestinians have long educated others on their own oppression. We need to consciously shoulder the responsibility. To turn away and refuse to look, to refuse to act, is to be complicit.

Please be patient with us, as this is a growing document. If there is anything you would like us to add to this growing document, please email us at:

[watermelon48@proton.me](mailto:watermelon48@proton.me)

Thank you.

Downloadable infographics to share on social media [here](#).

## **AMPLIFY THE VOICES OF PALESTINIANS**

Mainstream news outlets are failing to provide adequate coverage of the genocide of Palestinians – with misinformation and bias rife – and Palestinian voices and news outlets are being shadow banned across platforms. Support by reposting and sharing news of what's happening on the ground.

Internet and electricity has been cut in Gaza. Journalists on the ground have been working against all odds to get news out but they're also under siege, without food, water and medical supplies. If you're not seeing new content continue to amplify from the previous days.

**NOTE: IT IS NOT ENOUGH TO BE SHARING ABSTRACT STATEMENTS AND INFOGRAPHICS. SHARE THE NEWS COMING OUT OF PALESTINE ON YOUR STORIES AND FEEDS. PEOPLE ARE BEING SHADOWBANNED ACROSS THE BOARD FOR DOING THIS. THE CALL TO KEEP THEIR VOICES HEARD IS COMING FROM ON THE GROUND IN PALESTINE.**

See: <https://www.instagram.com/p/CzVOMnesmgd/>

MORE INFO ON WHO TO FOLLOW BELOW



**Voices to follow:**

**Live from gaza**

[@motaz\\_azaiza](https://www.instagram.com/motaz_azaiza)

[@byplestia](https://www.instagram.com/byplestia)

[@ahmedhijazee](https://www.instagram.com/ahmedhijazee)

[@aborjelaa](https://www.instagram.com/aborjelaa)

[@salma\\_shurrab](https://www.instagram.com/salma_shurrab)

[@joegaza93](https://www.instagram.com/joegaza93)

[@mohammed\\_dahlan86](#)

[@hindkhouday](#)

[@alijadallah66](#)

### **Content hubs / news**

[@eye.on.palestine](#)

[@cravingpalestine](#)

[@uncivilized.media](#)

[@qudsnen](#)

[@Theimeu](#)

[@mondoweiss](#)

[@Thefacts.ps](#)

[@aljazeeraenglish](#)

[@middleeastmonitor](#)

[@theimeu](#)

[@novaramedia](#)

[@qastalnewsen](#)

[@visualizing\\_palestine](#)

[@letstalkpalestine](#)

### **Analysis**

[@mohammedelkurd](#)

[@gazangirl](#)

[@anat.international](#)

[@adnan\\_barg](#)

[@jenanmatari](#)

[@salem.d.barahmeh](#)

[@mariambarghouti](#)

[@leila.shw](#)

[@eid\\_yara](#)

[@nouraerakat](#)

[@sbeih.jpg](#)

### **Protest/human rights/solidarity updates and groups**

[@pal\\_action](#)

[@palestinesolidarityuk](#)

[@palestinianyouthmovement](#)  
[@adalahjusticeproject](#)

Information above sourced from the following accounts:

[@sbeih.jpg](#)  
[@bdsnationalcommittee](#)  
[@rtmpalestine](#)  
[@decolonizethisplace](#)  
[@al\\_haq\\_organization](#)  
[@artworkersforpalestinescotland](#)  
[@indexpalestine](#)

## **1. Avoid getting shadowbanned**

- Take screenshots and screen recordings of news, messages and updates then repost or write new posts
- Share photos of non-Palestine related content to satisfy the algorithm
- Post to your story and grid and make story highlights
- Be wary that certain words may be censored such as “Palestine”, “Gaza”, “genocide”, “ethnic cleansing”, “occupation”. Replace letters with random characters, e.g. “P@lest1ne”, “G@z@”
- Don’t use too many hashtags (no more than 3)

## **2. Make your support of Palestine publicly known**

In a time of great misinformation and bias coming from mainstream news outlets and Western governments it is more important than ever to make your support for the end of Genocide, Apartheid and Occupation publicly known

If you have a public following then make original content in support of Palestine:

Videos, lives and reels

Infographics

Photos and captions on your grid

### **3. Place pressure on your elected government officials and demand a ceasefire, an end to the ethnic cleansing and genocide, an end to the occupation:**

These really simple templates take 2 minutes to complete.

@medicalaidpal: [Direct link to email MPs](#)

@palestinesolidarityuk: [Direct link to email MPs](#)

Friends of Al Aqsa also have an email template:

<https://www.foa.org.uk/campaign/noceasefirenovote>

[SCOTTISH PALESTINE SOLIDARITY CAMPAIGN: WRITE TO YOUR MP/MSP](#)

### **4. Support original calls coming out of Palestine to Boycott, Divest and Sanction (BDS)**

Boycotts: withdrawing support from companies, cultural and academic institutions complicit in Israel's apartheid regime

Divestment: campaigns to urge banks, local councils, churches, pension funds and universities to withdraw investments from State of Israel

Sanctions: pressure governments to fulfil their legal obligations to end Israeli apartheid, and not aid or assist its maintenance, by banning business with illegal Israeli settlements, ending military trade and free-trade agreements, as well as suspending Israel's membership in international forums such as UN bodies and FIFA.

For more info: <https://bdsmovement.net>

@bdsnationalcommittee



## Companies that are complicit in Israeli apartheid/war crimes:

HP

Axa

Siemens

Puma

Soda stream

Ahava

Sabra hummus

CAT/Caterpillar

**Also boycott Israeli produce in your supermarkets, labelled as “produced in Israel”**

## Companies that have announced their support for the Israeli genocide:

Disney

Starbucks

McDonalds

Nestle

Hardees

Nike

Lipton

Tide

Cocacola

Burger King

Hyundai

IBM

L'Oreal

Subway

Source:

@bdsnationalcommitee

@cravingpalestine

**Download the watermelon app for further information on brands to boycott and alternatives:** <https://app.jotform.com/233132600098852>

## 5. Change you bank

Banks with investments in companies known to provide equipment to the Israeli military

Aviva

Barclays

HSBC

Investec

Legal & General

Prudential

Schroders

Standard Life

Banks with syndicated loans to companies

Barclays

HSBC

Lloyds

RBS

Standard Chartered

Info via <https://waronwant.org>

The **Co-op** was appearing to have no connections to the arms trade, but co-op bank has been recently sold out of the group, so it is unclear as to what your money will be tied to, but it is not as explicitly linked to the arms trade...

<https://saveourbank.coop/who-owns-the-coop-bank>

**Triodos** (charges £3 a month but is a really good ethical alternative - they actively invest in community projects.

<https://www.triodos.co.uk>

## 6. Get involved with protests/actions

In order to ensure continued and sustained pressure on the government to act, keep attending protests

Stay up to date with protests via:

[Samidoun Calendar of Global Actions](#)

<https://palestinecampaign.org/events/> @palestinesolidarityuk

Organise protests in your local area by distributing posters, doing callouts on social media and getting in touch with local and community groups to spread the word.

- Sisters Uncut has been holding sit-ins: <https://www.sistersuncut.org/>
- Keep up to date with action alerts from BDS: <https://bdsmovement.net/get-involved/action-alerts>
- Join Palestine Solidarity Campaign for further information on actions: <https://palestinecampaign.org>

### **DIRECT ACTION:**

- Palestine Action @pal\_action <https://palestineaction.org>

Help shut down factories and companies complicit in the genocide and occupation. The goal is to disrupt the manufacturing process of arms as well as dismantle complicity in Israeli apartheid.

Direct action = a form of protest in which participants use agency—for example economic or physical power—to achieve their goals. Action that seeks to achieve an end directly and by the most immediately effective means.

### **STAY SAFE:**

- Know your rights
- Know the risks
- Keep each other safe
- Write a phone number for someone to contact on your arm in case of arrest
- Cover your face, tattoos and any identifying features
- If you're arrested say "no comment" to all questions and do not accept a caution until you have legal advice
- You are not legally required to share your immigration status when arrested
- If you are stopped and questioned by the police or they talk to you at a protest you have the right **NOT** to respond

For how to stay safe while protesting visit:

[Liberty Human Rights: Advice & Information on Protesting @libertyhq](#)

### **SIMPLE ONLINE ACTION:**

If you work in a medical profession, please use this [link](#) to Google Forms for Doctors to give advice.



For anyone who is using online platforms to host websites which support genocidal campaigns (like WiX) follow [@multitudes.coop](https://www.multitudes.coop) to support the navigation away from these platforms. Feel free to reach out and get involved: <https://multitudes.coop>


Link to further evidence on Wix's complicity in Israeli apartheid:

<https://www.irishtimes.com/ireland/2023/10/24/internal-wix-chat-encouraged-staff-to-support-israels-narrative-in-hamas-conflict/>

Free graphics for protests:

<https://drive.google.com/drive/u/0/folders/1Qsv4WQiUbNnCZuEP6wwUlrOsLm1NqW5W>

### Google

- Please go to Google
- Type "Jerusalem"
- (It will come up as Capital of Israel)
- Click on the three dots on the top right,
- Go to "Send feedback"
- Select "Inaccurate content" then
- Select Incorrect information
- In the feedback box type "Jerusalem is the capital of PALESTINE occupied by Israel"
- Click submit for Palestine 
- #Jerusalem

### Booking.com

- Tell Booking.com to stop encouraging holidays on stolen Palestinian land by advertising listings in illegal Israeli settlements:  
<https://www.foa.org.uk/campaign/destinationapartheid>

## **7. Make this google doc into a template to set on your Out Of Office on emails or Substack Newsletter**

Template for Out of Office [here](#)

Template for Substack Newsletter [here](#)

## **8. Sign an open letter or petition in support of Palestine**

- @artists4palestineuk [here](#)

- @themosaicrooms [here](#) Sign by emailing: [info@mosaicrooms.org](mailto:info@mosaicrooms.org)
- <https://boycottzabludowicz.wordpress.com/>
- Educators for Palestine:  
[https://docs.google.com/document/d/1BA7ddNwiUF9ns3zJK3t-nrTpn8R4s3ZB\\_wbZstAo2iY/edit](https://docs.google.com/document/d/1BA7ddNwiUF9ns3zJK3t-nrTpn8R4s3ZB_wbZstAo2iY/edit)
- [Call for a Ceasefire and an end to the Occupation](#)
- [Amnesty International Call for Ceasefire](#)

## 9. Learn more & raise awareness

**In your spare time, do what you can to read up on Palestine.**

NB if you are a teacher or lecturer you could start your session with a discussion and sharing resources on what is happening.

It is also helpful to read up and articulate to other people in your life about what is going on in order to raise awareness.

**The following is not fully comprehensive, but it is a start.**

Follow:

@m.z.gaza  
 @belalkh  
 @joegaza93  
 @eye.on.palestine  
 @mohammed\_fayq  
 @wizard\_bisan1  
 @gazangirl  
 @eid\_yara

**Resource/Reading Lists:**

- [Updates, Resources and Info on Palestine 2023 by Matt De Maio and Diana Naoum](#)
- [All the Walls Will Fall: 2023 Palestine Liberation Resource List](#)
- [Reading list | Decolonize Palestine](#)
- [Free ebooks available on Palestine by Haymarket](#)
- [The Funambulist have given open access to backdated issues related to Palestine](#)

- [Index of Cultural Institutions & Collectives' Stance Towards The Current Palestinian Liberation Movement](#) by @indexpalestine
- [Free online library of hundreds of texts on Palestine](#)
- [Read for Palestine \(free\) online library](#)
- [Free ebooks from Verso](#)
- [Adalah Resource List](#)
- [Shut It Down 4 Palestine Toolkits](#)
- [Palestinian Feminist Collective Toolkit](#)

## Explore the history:

[Interactive Encyclopedia of the Palestine Question](#)

[Palestinian Digital Archive](#)

[Khazaaen \(Social History Archive\)](#)

[Introduction to Palestine :1: Palestine throughout history](#)

[Al Nakba: the history of Palestine since 1799](#)

## Listen:

Listen to Palestine based radio station Radio Al Hara: <https://www.radioalhara.net/> & listen back to Radio Alhara's 12 hour broadcast on the 75th memorial of Palestinian Nakba:

[https://www.dropbox.com/sh/41pu2j0alrvmmqq/AADcNEo2K-fsdlacFfuXnKtva?dl=0&preview=Until+Liberation\\_+12+hours+program+on+the+75th+memorial+of+Palestinian+Nakba+by+Learning+Palestine+Group.mp3](https://www.dropbox.com/sh/41pu2j0alrvmmqq/AADcNEo2K-fsdlacFfuXnKtva?dl=0&preview=Until+Liberation_+12+hours+program+on+the+75th+memorial+of+Palestinian+Nakba+by+Learning+Palestine+Group.mp3)

[The Palestine Pod](#) - Lara Elborno and Michael Schirtzer

[Dardashe Podcast Series](#)

[Palestine Remembered Podcast Series](#)

[This Is Palestine Podcast Series](#)

[Palestinians Podcast Series](#)

[Let's Talk Palestine Podcast Series](#)

[Reporting, Storytelling and Running in Jerusalem with Jalal Abukhater](#)

[Israel and Palestine: A Palestinian View with Yara Hawari](#)

[MEMO in conversation with Mariam Barghouti](#)

[Jadaliyya: The War on Palestine Podcast](#)

**Watch:** Free teach-ins run by Jadaliyya have been uploaded to their YouTube channel: <https://www.youtube.com/@Jadaliyya/featured>

A series of films celebrating the beauty of Gaza, its people, its struggle and its survival. The program aims to resist the demonisation of this beautiful place:  
<https://www.palestinefilmstitute.org/en/unprovoked-narratives>

## Other sites:

[Al-Shabaka](#)

[Scenario Matrix: Possibilities for the West Bank and Gaza - Al-Shabaka](#)

[Al-Haq](#)

[We Are Not Numbers](#)

[Medical Aid for Palestinians](#)

## Other articles/news sites:

[Aljazeera Live Blog](#)

[Middle East Monitor](#)

[Institute for Middle East Understanding \(IMEU\)](#)

[Democracy Now!](#)

[The Violence of Demanding Perfect Victims](#)

[Brief: Atrocities in Gaza, Health Sector Cries for Help | Institute for Palestine Studies](#)

[Israeli Settlers Take Advantage of Gaza Chaos](#)

[Gazan Journalist: Surviving Day 5 of Israeli Bombs | Institute for Palestine Studies](#)

[5 Things You Need to Know About the Latest Violence in Palestine/Israel | IMEU](#)

[Noura Erakat: Western Leaders & Media Are Justifying Israel's "Genocidal Campaign" Against Palestinians](#)

[Mohammed El-Kurd, The Nation: Western Journalists Have Blood On Their Hands](#)