

## WHAT WE CAN DO

*collectively create  
please add + share.*

***people othered under white supremacist heteronormative capitalist ableist patriarchy have been doing this work for centuries. This tireless work has created a framework of advocacy; we are here to support that. We are here to offer our networks our bodies and our trust. We have a lot of work to do.***

*NEED help channeling your passion for change towards DIRECT ACTION? Sign up for this email list for daily tasks that add up to be [2 Hours A Week](#).*

### ACTION WEBSITE:

<http://www.holyfucktheelection.com>

This site is actually quite helpful, lots of links to “what we can do.” (and someone please organize this note to where you’d like it in this document - I’ve placed it at the top to introduce it as new)

Center everything on ending white supremacy.

Make a pledge to act with a friend: hold each other accountable.

On your commute or when out in public, look around and see if anyone needs your help; crossing the street, protecting themselves, etc. Learn how and sign up to your support to those who do not feel safe [here](#), [here](#), and [here](#).

Smile at strangers.

Check in with your loved ones, ask them how they are, and tell them that you love them. Hold your body, ask your body how it is doing, tell your body that you love it.

[Ask](#) for donations in lieu of presents for the holidays.

Cry in front of apathy.

Have difficult conversations with family members : Ask them why they voted how they did.

Host love ins: create spaces for healing and sustenance so that we have the strength to sustain this movement. Follow the intuitive positivity within you.

Write an open letter and publish it online + in real spaces.

Fund **all** gender affirmation surgeries.

Interested in [going](#) to Standing Rock and [taking action](#)? Cannot go but want to help donate [supplies](#)? Call the banks funding the pipeline [Here](#) and ask them to withdraw funding.

### **SIGN PETITIONS.**

Protect yourself from [surveillance](#) when organizing; work to make your [internet](#) presence more secure by making it annoying and difficult for the [government](#) to spy on you and your friends.

If you or someone you love ends up on a no fly list, [here](#) is what you can do.

**\*\*\*VOTE IN 2018\*\*\*** Get ready for the [2018 elections](#) to replace Republican 2018 senators and representatives.

[Oh shit! The what should I do before January guide](#), offers practical information and instructions for weathering the major shifts of the months to come, around issues like immigration, LGBTQI+ rights, health care, government benefits, and more. It's still in the process of being updated, so please add what you know if you've got information to share, and check back later for a more comprehensive guide. [Huffington Post](#) and [Entropy](#) have also created lists.

Take risks: do the things that scare you  
We are taught not to fight  
We are told not to fight  
White supremacy does not go down without struggle

Host salons: this can include a cultural revolution of voices, discussions, recreation

Write down your dreams  
Start lucid dreaming

Have dreams that you envision  
Bring those dreams into reality



Make posters and t-shirts that express your beliefs - wear them, give them away as Christmas presents  
Look at Sister Corrita Kent + Jenny holzer

Scream

Boycott social media : commit to spending less time on the Internet and more time performing action

Go to + promote rallies / group message friends who might not

know about the rallies

Make a poster/ ask someone working in an office to make you 100 copies / go to a mall in middle America / pass it out

Cry in public places

[Speak to strangers and acquaintances and friends about their reflections at this time](#)

Hold doors (take a road trip and try to do the same in a place that makes you feel uncomfortable)

Apply for grants to bring your voice to middle America

Make a list of people who inspire you to “fight” (whatever this looks like) and repeat their names - out loud or in your head - as you walk down the street

[Angela Davis](#) “social meanings are socially constructed and we cannot leave it up to the state to construct those meanings”

[Audre Lorde](#)

Run for office: [She Should Run](#),

Create a way to make contact with young teens in Middle America and share your voice with them

**DONATE:** Tithe your income (give 10 percent, or more) monthly to sustain the ongoing work of organizations that build power in marginalized and vulnerable demographics.

Make a donation to an organization that inspires you, even if it's only \$5/month. If this is financially impossible, think of someone who is able to give and contact them.

[NO DAKTOA ACCESS PIPE LINE](#)

[Planned Parenthood](#)

[United We Dream](#)

[Black Youth Project 100](#) - organizing black youth to fight state violence and to fight for a positive agenda to build black futures

[MPower Change](#) - a new grassroots network and online activism organization that connects existing groups organizing for change within Muslim communities to build national voice and power

[MoveOn](#)

[Pro-Women Pro-Immigrant Pro-Earth Groups](#)

[RAINN](#) (the Rape Abuse and Incest National Network)

[NYC Alliance Against Sexual Assault](#)

[Southern Poverty Law Center](#)

ALSO books for [LGBT Prisoners](#)

ALSO [National Network of Abortion Funds](#)

[Southerners On New Ground](#)

Invest [ethically](#).

Write letters to queer inmates in solitary confinement: Black and Pink.

Proudly proclaim your support of the LGBTQ community in places where that voice is very quiet

Imagine a thing in your mind. This can be a person or object that symbolizes something to you.

If you want it to grow- grow it, in scale, in your mind.  
 If you want it to shrink- shrink it in your mind.

Play music in your car (very loud) as you drive down the streets

Make eye contact with people and while you do tell them “you are God” in your mind

What you can say to men who hit on you or touch you without asking:

- DO NOT SPEAK TO ME THAT WAY - I AM NOT AN OBJECT
- I DO NOT LIKE TO BE TOUCHED WITHOUT ASKING
- THIS IS NOT YOUR BODY

Take up space by being in a in specific places that you feel you need to be in



Meditate: on your own or with others. For a free guided meditation try [Tara Brach](#). Free meditations are also lead in most cities in community centers, yoga studios, and churches. If feeling adventurous, try Kirtan Kriya, a simple Kundalini [meditation](#):

Play mantras or other peaceful music on repeat while you sleep, so you wake up to calm, gentle vibes

Go to the library and ask the librarian to help you find resources on a subject that excites you and you want to learn more about. For example peaceful protest tactics or radical anarchy. Taking the time to physically walk into a space and interact with another person can be productive and interesting in ways online research is not.

Local [chapters](#) of socialist and democratic clubs are all over the city and would love to have your anger turned into organizing energy.

Consider [caucusing](#). For white people who are uncomfortable or unsure about this idea, consider building an effective [white caucus](#).

Ask children to explain race and oppression to you

Whether religious, spiritual, secular, or anything in between, consider what praying might mean to you and try it. One option is to think of the people in your life, from your grandmother to the woman behind the counter at the post office, and send thoughts of love, respect, and gratitude.

Take walks with friends outside in all weather.

Read [David Graeber](#).

When you wake up, before you get out of bed, scream at the top of your lungs in starfish position.

If feeling tired, uninspired, depressed, give yourself permission to take a nap and when you wake up, put on something that feels right even if unnecessary (ie, combat boots, lipstick, a rock in your pocket).

Go through the dollar bins at the record store and have fun finding new artists/styles you're unfamiliar with. Buy a handful and enjoy listening to your musical explorations all week :)

Find a small gift someone you care about gave you and put it in your pocket. Carry it around for the rest of the day.

Run in a marathon to raise money for a cause that inspires you, or even one that doesn't.

Spend time with young people and hear what they feel, think, fear and want.

Make time to Connect with nature : maintain your connection to the source

Grow plants, hug rocks, leave no trace

Make choices that positively impact our ecosystem

-join a coop or csa

-take the train or bike

-stop buying things we don't need

-host clothing swaps

Make a list of agreements with yourself: actions you will take, things you will do, ways you will act. Repeat these daily.

Share your list with others.

Remind yourself daily : how do you want the generation 70 years from now to perceive this generation?

Reject individuality!!!

Accept collectivity!!!

Seek out opposing views without opposition and engage in honorable dialogue

Listen to music in the dark while lying on the floor.

Be silent for a day

Speak non-stop the next day

Put on clothes as if going to battle. Wear your dyke warrior carhartts.

AMPLIFY YOUR VOICE

on the train

On your body

At the grocery store

In tribeca

On Wall Street

Boycott all television that is not actively promoting the voice of the oppressed

Go to stand up comedy nights and speak your truth

Designate a specific time during your week when you will meet with a group of people (organized or otherwise) who are taking steps to actively support a community of people who are vulnerable

BOYCOTT RAPE CULTURE

STOP APOLOGIZING : take action towards change if you are actually sorry

Organize a recurring performance series/reading in which artist/writers/cultural producers reflect and make work in response to this election

[Walk](#) from NYC to Washington for JAN 20th inauguration (ETD: Jan 17th?)

Use a sharpie to write a slogan on a T Shirt. EXAMPLES:

~YOU OWE THE WORLD NOT THE OTHER WAY AROUND

~END WHITE SUPREMACY

~MY BODY BELONGS TO NO ONE

- buy a ten pack of shirts, put slogans on them and leave them outside your house for free

Invite over friends and spend an entire day researching the history of white supremacy and the people who have worked to dismantle it. Create research documents of what you have learned and share these documents with others.

PRINT out this document and pass out free copies to people who you think could benefit from this collective info.

Choose a school that will help your child dismantle systemic racism and white supremacy.

If you're really into something, try to trace the history of it and share it with your kids.

Nurture your own grace, strength, purpose and compassion. Share it all day, every day.

Practice radical relationality and radical empathy by listening. If we feel we are heard, we may listen more.

Learn how to say NO with conviction and in a way that allows someone to hear you and learn from it. Do not accept the "unacceptable." *I do not accept what I cannot change, I change what I cannot accept - Angela Davis*

Find elders who you admire and who have been in the struggle--with its ups and downs--for longer than you. Listen to them.

Don't just delete facebook 'friends' who don't agree with you; the battle is patience to educate them. The battle is biting your tongue as they spew hate, and turning that conversation into a

way to elicit EMPATHY and UNDERSTANDING from them. Find out what matters to them, and use it to illustrate our pain, our struggle, our battle.

UNFOLLOW THE POTUS TWITTER ACCOUNT.

Sign up for this feminist TGIF [newsletter](#).

Bring back paganism/animism in lieu of partaking in 'big religion.' Think of spiritual practices that resist dogma/forced conversion. Develop practices that are individually styled, tolerant of difference, based on a considered relationship with the phenomenological environment and other beings. Have daily rituals that are about you and your small community. Be cautious about cultural exotification in your seeking of spirituality.

Befriend a Muslim, a Jew and a Christian (accept that everyone might disagree on points, but try to push through nuanced disagreements to accept positions) (\*NOTE: it can be a powerful political tool to 'convert' to a religion that is being marginalized, say Judaism during WWII, or Islam now—try to be cautious around religious/non-religious sensitivities to conversion if you choose this route)

Everyone can pledge to register as a Muslim [here](#), in the case that the man does actually go through with the threatened registration plan - whatever your religion, beliefs, as a point of solidarity.

power cannot be shared, but it can be re-routed. recognize your power. take stock of your resources: within yourself, in your community.

feel the hurt, then ask: how will you be ok? if you are a white straight woman (like me), shit is bad but not that bad. you will still have a lot of privilege in the world to come. how are you going to use it to help others?

work on releasing fear. fear is a cat you are sitting next to that will yowl and wriggle and startle at ghosts as much as reality. whenever possible, coexist with it gently. most of the time, you're still bigger than it.

LABOR + YOUR MATERIAL CHOICES

Support your creative friends and local artists by buying what they make (fashion/jewelry, art/poetry books, music, tickets to performances) + paying for their services (hair styling/color, makeup, tarot cards, astrology). Promote and talk about their work to others.

Now that the Paris accord is getting cancelled—towards [considered energy use](#).  
Take small steps to [divest from fossil fuels](#).

"When you compare purchasing 550 kWh of New York green power offer every month for one year to the New York average of generation sources, carbon dioxide emissions are reduced by the equivalent of planting about 111 tree seedlings allowed to grow over 10 years or not driving about 10,600 miles. Your purchase also helps to develop the market for green power, which encourages development of additional renewable resources in New York."

Trump [endorsers](#). Boycott pro-Trump [companies](#).

Think about every single thing you touch, every single thing you buy. Think about the hands and labor that are required in each one of them (even the so-called 'ephemeral' parts of our everyday life such as 'the cloud' we now write in are connected to rare earths)

***Think about your place in the cosmos, and the importance of everything else around you to that cosmos. Every spider, every plant. Be cautious about what you kill, and apologize to what you kill to live.***

- Buy second hand clothes or spend dedicated time tracing the provenance of clothing you would like to buy
- Consider the toxicity of things you work with or ask others to work with in your name
- If you hire others to work for you in any way, make sure they are well paid and fully covered by health insurance provided by you. Support their careers and their health to the fullest
- Join [W.A.G.E.](#)

**Support businesses owned by women and people of color in our communities/online.**

[Here's](#) a directory of Black-owned business in the Bay Area, and [here's](#) one for online shopping.

Close your accounts at corporate banks and switch to a local credit union.

Take your immediate community seriously—donate time teaching what you do best at community centers in predominantly disadvantaged neighborhoods (computer knowledge, history, art, yoga, photography, DIY carpentry, whatever you do well).

- Start a gardening project in one of these community centers. If you live in a rapidly gentrifying area, reach out to the members of the community that were there before you or arriving after you. Remember that it will take time to develop a relationship/trust bond with a community that you might not 'look like.'
- When entering new communities, don't give up when tension arises, stick around. Show up. Be accountable, be present. Try to understand each other past subjective gulfs.

HAVE AS MANY LONG ONE ON ONE CONVERSATIONS AS POSSIBLE. With your friends, your lovers, your students, your colleagues, the person at the bodega that you see everyday, your cab driver, your hairstylist, your plumber, your neighbor, your coffee person.

Consider radical redistribution. If you suddenly find yourself with a bunch of money and are financially secure think about giving it to someone else who really needs it. No loans, no strings. Just money (fight the demon of altruism that requires the economically disadvantaged to constantly re-live shame and prove disadvantage to get assistance)

If you have property, let your poor friends live with you rent free while they are struggling.

Learn about how disabilities (visible/invisible) affect people's ability to participate in the current capitalist system. Read [Alison Kafer](#)

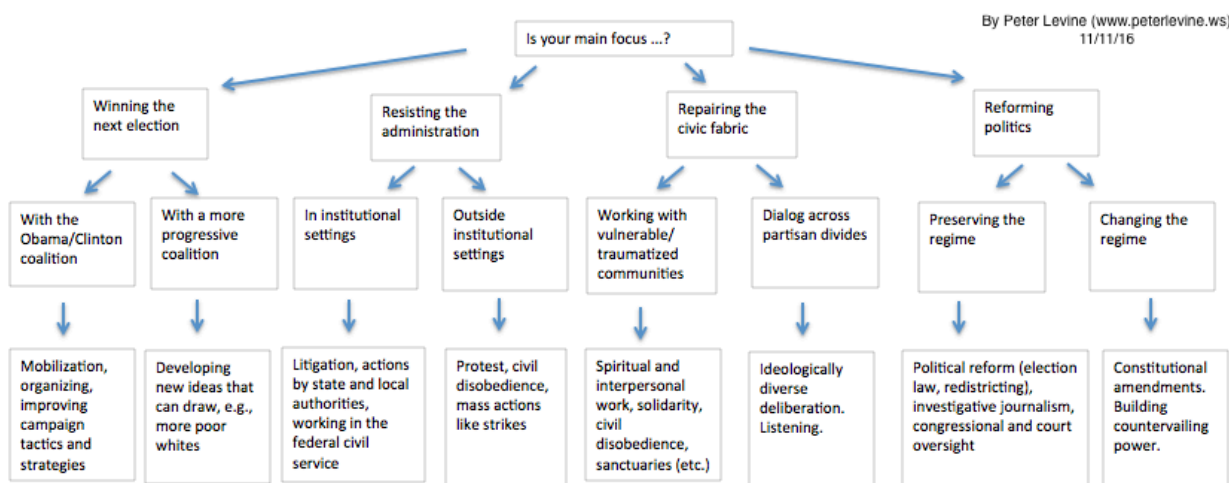


Have an ethics with your lovers. If you are polygamous, monogamous or other—have hard conversations so that you can support people you have sexual and/or domestic relationships with. Don't abandon them financially or emotionally when the 'shape' of your relationship changes. Read Michel Foucault *Friendship as a Way of Life*

When speaking with others about what led to this current moment - and what may happen in the next 4 years, check in with each other regularly. These conversations can be very overwhelming; we must look out for each other's emotional health.

We need hope. Let's generate platforms of collective expression and cross cultural dialogues moving beyond borders and walls of confinement and fear. Let's get out from our insolation and express everyday that we won't allow racism, exclusion, alienation, violence, abuso, injusticia, desigualdad, oppression, ignorance. Let's use humor, love, joy, art to think together what do we do today. Art is a tool to move energy, share knowledge and resources to fight against ignorance. We would find possibilities to help each other, but also others who might fill abandon and full of anger. We cannot desperate or fill impotent. Este cubetazo de agua fría nos tiene que sacar de nuestro ensimismamiento. Tejamos redes que sean más fuertes que las balas que han perforado a la sociedad. Necesitamos salir a aquellos lugares donde la falta de educación y de oportunidades de trabajo han fomentado el odio al prójimo. Aprendamos a hablar lenguas que nos conecten con la tierra y el sentido de comunidad que hemos perdido en un mundo capitalista en que sólo se ha escuchado a unos cuantos.

### Consider your main focus for activism



Don't grow complacent. Every time you think you have done your part, do one more.

Stockpile birth control and Plan B, for women and for trans-people.

From an anti-oppression standpoint the list below addresses everyday structural things that need to change. Practices on quotidian levels, below big gov't and the dogma of big religion.

Radically redistribute your wealth and prizes.

No loans. No hoops. Fight the demonic power of altruism that requires people to re-live trauma and constantly 'show' otherness for a meager sense of stability.

Consider every single material choice you make (what you wear, what you eat, what you make) and how it affects other beings and the phenomenological environment.

Think about toxicity. Think about the *rare earths* required for cloud technology.

Think about what must be killed for your survival. Only kill what you need to live—apologize to that which you kill.

Scale everything down.

Let your poor friends live with you rent free and/or donate communal property. Pay a year (or lifetime) of a friend with chronic health problems insurance bills.

Listen to your friends who have been doing community activism—ask them for tips. Listen to your friends who aren't rich, cis, white men and don't get defensive at their trauma because you feel guilty

If you are in a gentrifying community, actually do things with that community, teach what you know/do well at community centers. Start gardens. Be patient with people's discomfort as you join new communities

If you pass as white, hetero, cis, able-bodied—but do not fully identify with these categories—out yourself very publicly to friends, family, colleagues and make yourself available to those still hiding in fear (if you would like to see a simple sample speech, let me know)

Be present. Show up. If you are physically or mentally different than the so called 'norm' (physically or mentally) tell your friends how you are able to show up and how you are not. Ask them to understand

Have actual meaningful and long conversations and exchanges with everyone. Your friends, lovers, family, animals, coworkers, plants, students, construction workers, neighbors, imams, tax collectors, care workers, grocery clerks, rabbis, assistants, cab drivers, priests, plumbers, shamans, teachers, salesmen, artists, politicians, rocks, monarchs, gardeners, doctors, mist, nurses, soldiers, waiters, bosses, witches, ghosts, gurus, and most importantly, those with no titles—EVERYONE.

Take every intimate relationship very seriously—be careful about what 'shapes' you make out of intimacy. Be accountable to your own position of power in larger structural ways, and smaller day to day engagements

Oh yeah—and keep loving, making art, cooking good food, playing music and having fun. That's the best way to fight the fascists.

Begin a glossary of terms. Trying to define things for yourself and with your community. What do the words we use in political struggle mean for you? Share the glossary.

Ask more questions. Ask questions all the time. Try not to speak about yourself for a day, week, month.

### **HOLD MEDIA ACCOUNTABLE**

Don't allow Trump's presidency to become normalized. Normalization breeds complacency. Fight the normalization of white supremacy: what independent news sources do we trust?

Hate in our government should be in the headlines every single day for the next four years. Call the newsrooms -- calling is more effective than emailing -- and demand focused, critical, alert coverage.

*I would also like to say that I think we need to consider ways that the media has actually PARTICIPATED in the progress of the election - especially the New York Times - by covering all of the hate speech, by seeming to completely inaccurately poll the electorate, and by contributing the vilification of the right. While I am completely on board that the hate speech must be resisted, I am curious about our options for resistance. For example: many of us - myself, a woman, for example - read and re-read statements that were extremely traumatic on a daily basis. What are your thoughts?*

An example that I acted on today was the coverage of Stephen Bannon's appointment. This morning it was covered by most major newspapers as split in the political party, by evening (and I like to think that our phone calls had something to do with this) the top story on the Times site was "Trump Is Criticized for Hard Right Pick."

Stay on top of the coverage! Here are some phone numbers:

Wall Street Journal - [212-416-2500](tel:212-416-2500)

NY Times - [212-556-1234](tel:212-556-1234)

wait for the recording, say the name Marc Lacey (pronounced like "Lace" with a "y") and it will send you to him, he is the national news editor - [marc.lacey@nytimes.com](mailto:marc.lacey@nytimes.com)

also contact Public Editor Liz Spayd [public@nytimes.com](mailto:public@nytimes.com)

## Hold corporations accountable

[Here's](#) a list of banks that are investing in the Dakota Access Pipeline. Ask them to withdraw funding (esp. If you're a customer). Apparently this is one of the most effective things you can do to oppose DAPL.

## Hold elected officials accountable

encouraging friends to call congress to encourage them to stand up to Trump's appointment of Steve Bannon as his 2nd in command. Steve Bannon is a racist, propagandist who has zero business in the White House. It takes 5 minutes to call and you talk to a polite 25 year old staffer. Paul Ryan's office number is 1-202-225-3031 or you can look up your representative at [whoismyrepresentative.com](http://whoismyrepresentative.com) there is a long history of appointees being denied by congress for much lesser issues ~ this should be an easy fight. trying to start a deluge, encourage your friends to call.

[This](#) is a mastersheet of numbers to call about Trump's appointments, DAPL, and other issues. It's updated every week with a pressing call to action, and secondary calls to make if you have more time. You can set reminders to do this every week, makes it super easy to be involved!

Check out the [Icarus Project](#), a radical mental health group. Below are some resources they offered:

- [The Trevor Project](#): 1-866-488-7386 (for LGBT+ youth ages 13-25)
- [National Suicide Prevention Lifeline](#): 1-800-273-8255, [Lifeline Crisis Chat](#)(text based) (both are general audience)
- [Trans Lifeline](#): 1-877-565-8860 (by and for trans people)
- [NAMI's Crisis Text Line](#): text NAMI to 741-741 (general audience)
- [ImAlive Instant Messaging](#) (general audience)
- **Find A Buddy**: Are you struggling in the wake of recent political events? We're connecting people who would like a buddy to check in with during this time. If you live someplace where there aren't others like you, or you want to meet new people, or you just want to help someone else struggling at this time, or you need a listener--now's the time to connect. Over 350 people have signed up so far - please check in with them if you're available to support.
- You don't have to bear this alone. No revolution, no justice, was ever won by a single person, and you don't have to struggle through this without support. Your peers at Icarus have got this.
- [Just fill out the form](#) and then [view the spreadsheet](#) to self-select a buddy based on your own criteria. We included a bunch of questions, just answer the ones that feel most relevant to you. Feel free to share this with communities who might benefit. As always, a disclaimer, we're not matching folks or responsible for anyone's behavior. Let's all be good to each other. If someone harasses or abuses you let us know and we'll remove

them from the spreadsheet. You can contact us at [in...@theicarusproject.net](mailto:in...@theicarusproject.net) with any questions or clarifications.

**Learn / Read:** [https://drive.google.com/open?id=0Byi-5b\\_1-7YCOXh3bHBWaEZpQ1U](https://drive.google.com/open?id=0Byi-5b_1-7YCOXh3bHBWaEZpQ1U)  
[http://ill-will-editions.tumblr.com/post/153250537064/a-letter-to-our-american-cousins-lundimatin-the-optimistic-\(!\)-and-clear-to-do-list-by-Alex-Steffen-focused-on-climate-change](http://ill-will-editions.tumblr.com/post/153250537064/a-letter-to-our-american-cousins-lundimatin-the-optimistic-(!)-and-clear-to-do-list-by-Alex-Steffen-focused-on-climate-change)  
[Charles Eisentstein essay on empathy](#)

Watch:

<https://www.thenation.com/article/more-dangerous-than-a-thousand-rioters-the-revolutionary-life-of-lucy-parsons/>

Books to read and help us understand:

<http://www.nytimes.com/2016/11/10/books/6-books-to-help-understand-trumps-win.html>

**Educate:** [https://drive.google.com/open?id=0Byi-5b\\_1-7YCSEUyc0Zab280UIE](https://drive.google.com/open?id=0Byi-5b_1-7YCSEUyc0Zab280UIE)

Educate high schoolers

[Girls for Gender Equity](#) // [Lower East Side Girls Club](#)