



RESOURCE LIST

CONTACT AND MAILING LIST:
activisthour@protonmail.me

SOCIAL MEDIA: "Activisthour"

What's the Plan National Zoom Mtg Summaries

- **Summary of Oct 3 Mtg**
https://docs.google.com/document/d/15j8MHdhYOIqVqKHNFCxf4Hg3cajkl1HNtNHue7tOFg/edit?usp=drive_link
- **Summary of Sept 25th Mtg**
<https://docs.google.com/document/d/1lvesW7X5E4Q1fCGmleyR3SqDEdPLJMLjBI3sFFzTxfS/edit?tab=t.0#heading=h.9lstvjcyhm3>

RESISTING

JOIN & ORGANIZE

- **Group Support Hub**
<https://indivisible.org/indivisible-group-support-hub>
- **Join local Indivisible Chapter**
<https://indivisible.org/groups>
- **Building a Leadership Team**
<https://indivisible.org/resource-library/building-great-leadership-team-your-local-indivisible-group>
- **"Activist Alliance"** - on Slack (online)
<https://app.slack.com/client/T081MFF9SHY>

TRAINING SESSIONS

No Kings: Protest Safety, Know Your Rights & De-Escalation Training

Monday, October 6, 2025 5:00 PM PDT
<https://act.aclu.org/a/no-kings-kyr-eng1>

- **No Kings Safety and Security Training**
https://www.mobilize.us/moveon/event/842897/?utm_source=indivisible
- **Pramila Jayapal Immigration Justice Resistance Lab Training**
Sunday Oct 19th, 11-1 PDT
<https://www.mobilize.us/pramilaforcongress/event/823926/>
- **Fight Back with Friends (Indivisible)**
Tues, Oct 28th 33:30 PDT
<https://www.mobilize.us/indivisible/event/765804/>
- **Nonviolence (from Metta Center)**
"An Invitation to Nonviolence"
OCT TBD

READING/LISTENING LIST

- **For migrant families: Preparedness Packet (United We Dream)**
<https://unitedwedream.org/wp-content/uploads/2025/03/20250130-unitedwedream-preparedness-packet-pdf>
- **Nonviolence (from Metta Center)**
Self Paced <https://www.mettacenter.org/mettastudy>
- **Learn Ways to Protect Democracy**
<https://protectdemocracy.org/how-to-protect-democracy/>
- **Know Your Rights (ACLU)**
<https://www.aclu.org/know-your-rights/protesters-rights>
- **One Million Rising Trainings**
Video of Session One
<https://www.youtube.com/watch?v=ZlemcZNRHVw>
Video of Session Two
<https://www.youtube.com/watch?v=ahLB5Fre7nI>
Video of Session Three
<https://www.youtube.com/watch?v=VRuwFvJPm7A>

- **Article: “It’s time for Chuck Schumer and Hakeem Jeffries to step down”**
www.theguardian.com/commentisfree/2025/sep/03/democrats-chuck-schumer-hakeem-jeffries

- **BlackOut the System** (like, subscribe, hashtag)
<https://blackoutthesystem.com/>
“Second Wave” Nov 25-Dec 2
- **Plan to Not Pay Taxes for 2025**
<https://taxstrike.info/>

WORKING INSIDE THE SYSTEM

- **Working in the Pillars Doc**
<https://docs.google.com/document/d/1W-gsgkkyKsiOAQZghuFyolWjSgfwxaCgFhmioCbj7vE/edit?tab=t.0>
- **An Introduction for Churches Considering Sanctuary Ministries**
<https://biconline.org/wp-content/uploads/2018/09/Sanctuary-FAQ-FINAL1.pdf>
- **Signs for Solidarity** - ask local businesses to post a sign in the window
Resource Guide
https://docs.google.com/document/d/17ozPLNODLcBPb1Sul4ydP200iO6ix3edfKP500il_sk/edit?tab=t.0
Sign 8.5x11 color
<https://brandfolder.com/indivisibleproject/signs-of-solidarity#!asset/vtrt3bb74t5zmf77k5wtngp>



CIVIL DISOBEDIENCE

- **Civil Disobedience Toolkit (use to train)**
<https://www.amnesty.org/en/wp-content/uploads/2024/02/ACT1074712024ENGLISH.pdf>
- **“Soft Secession”**
Article: It’s Time for Americans to Start Talking About “Soft Secession”
<https://cmarmitage.substack.com/p/its-time-for-americans-to-start-talking>
- **Protests**

NO KINGS 2

- **Kick off Call recording**
www.youtube.com/watch?v=IOxntYncTyk
- **Event Finder**
<https://www.nokings.org/#map>
- **Host Prep Call**
Oct 5 5-6PM
<https://www.mobilize.us/moveon/event/854820/>
- **Host an event:**
<https://www.mobilize.us/mayday/c/solidarity-september/event/create/>
- **Host Toolkit**
<https://docs.google.com/document/d/1eHp09wD0EwOecqdhpsl4DB3l5uRQj4-hkx98OyN5dJE/edit?tab=t.0>
- **Indivisible Events**
<https://www.mobilize.us>
- **50 50 1** <https://www.fiftyfifty.one/>

NONCOMPLIANCE/ NONCOOPERATION

- **CREATE A TEAM FOR ECONOMIC NON COMPLIANCE/BOYCOTTING**
- **Company Boycott List**
https://docs.google.com/document/d/19AQCTPKAxtoVdSUI9gFsAreMnAcv_FEeXoieKw2WEJE/edit?usp=drive_link

OTHER RESISTING/INFLUENCING

- **Yes on 50 Volunteer for CA DEMS**
<https://cadem.org/action/>
- **Article: 5 Phone Calls Can Stop American Fascism. Here Are the Numbers**
 1. Dist Attorney
 2. State Comptroller
 3. State Treasurer
 4. Attorney General
 5. State Legislators
<https://cmarmitage.substack.com/p/5-phone-calls-can-stop-american-fascism>
- **Phone Calls** Download the app **5 Calls**
- **E-Mails**
<https://www.senate.gov/senators/senators-contact.htm>
- **National Strategy Zoom “What’s the Plan?”**
Thurs 12PM PDT
<https://www.mobilize.us/indivisible/event/773746/>
Watch the recording Fridays on YouTube
- **Book Group Recommended list:**
 - **On Tyranny** - Timothy Synder
 - **Waging a Good War** - Thomas Ricks
 - **Blueprint for a Revolution** - Srda Popovic
 - **The Persuaders** - Anand Giridharadas
- **Moms Rising Meetings**
Thursdays 530PM
<https://www.mobilize.us/momsrising/event/746348/>
- **“How You Can Protect Democracy”**
protectdemocracy.org/how-to-protect-democracy/
- **Selfie Video**
Post a video of yourself. Make one point, call for one action. Under 50 seconds. If needed: use Teleprompter app
- **Donate!** (monthly auto donate)
 - Legal Services for Immigrants
 - Vidas <https://vidaslegal.org/donate/>
 - Planned Parenthood
 - www.weareplannedparenthood.org/online-activations/2U7UN1iNhESWUfDs4gDPNg2?sourceid=1000063&refwidget=Historic_Donate_Button

“HOME ACTIVISM” - from the kitchen table

- Be informed- then call friends to listen, provide info, and encourage involvement.
- Organize and lead meetings
- Attend meetings and summarize for others
- Post about a variety of topics and see which issue brings responses
- Phone local politicians
- Serve as the Onboarder to other teams/organizations
- Election work: “Sister District”
- Host and support people

RENEWING

“A thought pertinent to envisioning a New Way to be a Democrat: “non-violence” is not anti-anger, but in owning and acknowledging it, respecting it -including rage -it leads us directly to naming the specific needs underlying the aggression, and opening ways to meet them”

RENEWING OUR POLITICAL PARTY

- **Article: Democratic Party will become old news unless it grows up and goes young (Chicago Sun Times)**
<https://chicago.suntimes.com/columnists/2025/07/31/zohran-mamdani-young-democrats-progressives-s-e-cupp>
- **Article: ...Schumer Should Step Aside**
<https://thehill.com/opinion/campaign/5384221-for-the-sake-of-his-party-and-country-schumer-should-step-aside/>
- **Article: “What Zohran Can Teach Democrats”**
<https://the.ink/p/what-zohran-can-teach-democrats>
- **Six Steps to Renew Our Party**
<https://docs.google.com/document/d/1ZtH1VvLhhul6bzN4XZ404PRv-v7XyaUKPoEN40svRGo/edit?usp=sharing>

RENEWING OURSELVES

How to Renew Yourself

1. **Step Back from the Feed** — Take breaks from news and social media.
2. **Ground in the Real World** — Go outside, move, breathe.
3. **Find Shared Humanity** — Listen to people
4. **Practice Gratitude** — Name three things you're thankful for daily.
5. **Meditate**
6. **Connect Locally** — Volunteer or attend a community event.
7. **Create Rest Rituals** — Music, journaling, or quiet moments.
8. **Keep a Long View** — Progress takes patience and persistence.

Working As Your Restored Self

1. **Be on a team**
2. **Pick one thing and do it well**
3. **Schedule weekly action**
4. **Pace yourself**
5. **Shift from Anger to Action** — Do one small helpful thing each week.
6. **Mix in joy**
7. **Have a meeting on the schedule**
8. **If in doubt about an action when angry, sleep on it**
9. **Try a compassion meditation** — Wish peace for friends and strangers alike.
10. **Stop Catastrophizing** — Focus on what you can change now.
11. **Practice gratitude**
12. **Be self-aware** - do I need a break?
13. **"I am enough" "What I do is enough"**

- **Ghandi's Mindset**
"What is Ahimsa..the First Yama - Non-violence"
<https://www.leahsugerman.com/blog/what-is-ahimsa-nonviolence>
- **Ahimsa and Satyagraha in Nonviolent Action** <https://yogastlouis.us/ahimsa-political-action/>
- **Meditation**
"Disarming Our Hearts" - Tara Brach
<https://www.youtube.com/watch?v=n36vKDPwLvg>
- **What is "Radical Hope"?**
<https://www.ucsbpositivepsych.org/radical-hope>

RESET YOUR MEDIA DIET

- Rethink your consumption choices
- Create new accounts (Substack and BlueSky)
- Unfollow sites that are not in your plan

● NEWS SOURCES

- The Guardian
- NPR
- The Existential Republic
- The.Ink
- Contrarian
- Mother Jones

● POLITICIANS

- James Talarico (Rep TX)
- Mallory McMorrow
- Melanie Stansbury (US rep NM)
- David Hogg
- AOC
- Pete Buttigieg
- Josh Shapiro (gov, PA)
- Andy Beshear (gov, KY)
- Liam Elkind (NY candidate)

● INFLUENCERS

- Heather Cox Richardson
- "hype.r.vigilance" (insta)
- "Silentmiddlechild" (insta)
- Jessica Valenti (abortion rights)
- Jessica Craven
- Erica Chenoweth (3.5% rule)

● PODCASTS

- Chop Wood, Carry Water
- Abortion Every Day
- Movement Memos
- Pod Save America
- Strict Scrutiny

OTHER ACTIVISM

PREPARE FOR GENERAL STRIKE

- **What would a general strike look like?**
<https://wagingnonviolence.org/2025/04/what-would-general-strike-in-the-us-look-like/>
- **"General Strike US" - Posts on Discord**
Meeting: "Weekly Welcome" **Sundays, 7:00-8:00pm**
<https://tinyurl.com/GSUSWelcomeMeeting>
- **Sign Strike Card and Find Meetings**
<https://generalstrikeus.com/strikecard>

- **(Calif) Rapid Response Network List**
<https://www.ccijustice.org/carrn>

ELECTION ACTIVISM

- **Sister District / Adopt a House Race**
<https://sisterdistrict.com/tag/postcards/>
SEE LIST AT END
- **Other Textbanking/Phoning Sites**
 - <https://votesaveamerica.com/>
 - <https://www.activateamerica.vote/>
 - Center for Common Ground Volunteer Dashboard
<https://docs.google.com/document/d/1oBkBYL7jilQmHlhqMCTnluaWD3o7SbTmdCQJNEkkik/edit?tab=t.0>
 - Field Team 6 - Register democrats
<https://www.fieldteam6.org/>

BECOME THE PARTY OF DIGITAL SECURITY

- **Article: Understanding the Risks of Digital IDs**
<https://www.immigrantdefenseproject.org/wp-content/uploads/Digital-IDs-FAQ.pdf>
- **Replace Your Systems/Eliminate Meta/Google**
 - For Google Drive → **NextDrive**
 - For GMAIL → **Proton mail**
 - For Google → **Brave, Tor, Librewolf**
 - For FB/Insta → **BlueSky, Substack**

Proposal....

1st deadline: off Amazon
2nd deadline: off GMail
3rd deadline: ?

ICE-RELATED RESOURCES

- **ICE Rapid Response Toolkit**
<https://www.cliniclegal.org/toolkits/rapid-response-toolkit>
- **Preparing for Raids**
https://www.ilrc.org/sites/default/files/resources/a._raids_resource_list.pdf
- **Build a Rapid Response Team**
https://drive.google.com/drive/folders/1vogh6VMFM915x5PcHv0LeKHYIHx486H_?ths=true
- **If a Loved One is Arrested**
<https://www.rockettlawyer.com/family-and-personal/general-legal-matters/lawsuits-and-dispute-resolution/legal-guide/what-to-do-if-you-or-a-loved-one-is-arrested-for-protesting>
- **Phone Safety in Protests**
<https://www.privacyguides.org/articles/2025/01/23/activists-guide-securing-your-smartphone/>
- **Article: What ICE agents can and cannot legally do during arrests**
https://www.npr.org/2025/09/05/nx-s1-5517998/ice-arrest-rules-explained?utm_source=substack&utm_medium=email

OTHER RESOURCES

- **GAZA ASSISTANCE FLYER**
https://drive.google.com/file/d/1vQYga49MQW9_nnYnAAMH5Ge5Spclqaw/view?usp=drive_link
- **“Working Families Party”** workingfamilies.org
Nationwide Welcoming Zoom- **Thursdays 4PM PDT** <https://www.mobilize.us/workingfamilies/event/428362/>
- **Womens Health**
Center for Reproductive Rights
<https://reproductiverights.org/>
- **Indivisible Email Updates TO SUBSCRIBE:**
<https://indivisible.org/sign-updates-indivisible>
- **Womens March**
<https://action.womensmarch.com/events/>
- **“US Senators Action List”**
<https://docs.google.com/spreadsheets/d/13pN-NTxBMBZhaA0AtLBByCBWHaKki0KgX/edit?gid=1530072809#gid=1530072809>
- **Protecting Digital Assets in Protests**
<https://ssd EFF.org/module/attending-protest>

COMPANY BOYCOTT LISTS

- **Creating Loving Presence**
“Freeing Ourselves from Harmful Beliefs”-Tara Brach
https://youtu.be/yn8c1ex_eWs?si=6MXg5DaHGLauwgtH
- **Protect National Parks**
<https://www.resistancerangers.org/>
- **Democrats** (find state then local chapter)
<https://democrats.org/who-we-are/state-parties/state-party-websites/>
- **Preparing to Be Arrested**
<https://ccrjustice.org/files/Legal%20Briefing%20for%20CD%20NSM.pdf>

ACTIVIST HOUR INFO

- guytill@sbcglobal.net
- *Social media: “Activisthour”*

Activist Hour Zooms

TUESDAYS 6 PM Pacific

PASSWORD: 1787

<https://us06web.zoom.us/j/88906642496?pwd=y5GACs9iPFu69EdPDzfyrqSnvHlix.1>

SUNDAYS 4 PM Pacific

PASSWORD: 1787

<https://us06web.zoom.us/j/84480447421?pwd=uouMro00e0vrc6bePaGdzt1xUX71Vs.1>

...FOR Supporting ICE

- **AM/PM Arco, BP**
- **Enterprise Rental**
- **Hilton/Marriot Hotels**
- **US Bank**
- **Chevron, Valero, Phillips 6**
- **Marathon Petroleum**

INAUGURATION BOYCOTT

- **FedEx**
- **Chevron**
- **Robinhood** (investment app)
- **Apple** CEO Tim Cook
- **Meta** (**Facebook**)
- **Amazon**
- **Google** (Alphabet)
- **Microsoft**
- **Adobe**
- **Nvidia**
- **Qualcomm**
- **Intuit**
- **OpenAI** CEO Sam Altman
- **Perplexity AI**
- **C3 AI**
- **Uber** (plus its CEO Dara Khosrowshahi)
- **Coinbase**
- **Solana**
- **ExxonMobil, Occidental Petroleum, ConocoPhillips**
- **Ford, General Motors, Toyota, Hyundai**
- **JPMorgan Chase, Goldman Sachs, BlackRock, KKR**
- **AT&T**
- **Comcast**
- **Verizon**
- **Boeing**
- **Stanley**

- ***Black & Decker***
- ***Pratt Industries, Lockheed Martin***
- ***PhRMA, Pfizer, Merck***
- ***McDonald's***
- ***Delta Air Lines***
- ***Target***
- ***Johnson & Johnson***
- ***Anheuser-Busch***

Standing Boycott List

- **AMAZON/PRIME/Whole Foods**
- **ULINE**
- **WALMART**
- **TARGET**
- **HOME DEPOT**
- **LOWE'S**
- **STARBUCKS**
- **TACO BELL**
- **CARLS JR**
- **McDONALDS**
- **NISSAN**
- **TESLA**
- **FORD**
- **TOYOTA**
- **HARLEY-DAVIDSON**
- **GM**
- **UBER**
- **EXXON**
- **MOBILE**
- **VALERO**
- **COCA COLA products**
- **PEPSI products**
- **BASS PRO SHOPS**
- **HOBBY LOBBY**

California's 41st: Ken Calvert
 Colorado's 8th: Gabe Evans
 Florida's 7th: Cory Mills
 Florida's 13th: Anna Paulina Luna
 Florida's 27th: Maria Elvira Salazar
 Iowa's 1st: Mariannette Miller-Meeks
 Iowa's 2nd: Ashley Hinson
 Iowa's 3rd: Zach Nunn
 Kentucky's 6th: Andy Barr
 Michigan's 4th: Bill Huizenga
 Michigan's 7th: Tom Barrett
 Michigan's 10th: John James
 Missouri's 2nd: Ann Wagner
 Nebraska's 2nd: Don Bacon
 New Jersey's 7th: Tom Kean Jr.
 New York's 17th: Mike Lawler
 Ohio's 7th: Max Miller
 Ohio's 10th: Mike Turner
 Ohio's 15th: Mike Carey
 Pennsylvania's 1st: Brian Fitzpatrick
 Pennsylvania's 7th: Ryan Mackenzie
 Pennsylvania's 8th: Rob Bresnahan
 Pennsylvania's 10th: Scott Perry
 Tennessee's 5th: Andy Ogles
 Texas' 15th: Monica De La Cruz
 Virginia's 1st: Rob Wittman
 Virginia's 2nd: Jen Kiggans
 Wisconsin's 1st: Bryan Steil
 Wisconsin's 3rd: Derrick Van Orden

TARGETED HOUSE SEATS FOR 2026

Alaska's At-large District: Nick Begich
 Arizona's 1st: David Schweikert
 Arizona's 2nd: Eli Crane
 Arizona's 6th: Juan Ciscomani
 California's 22nd: David Valadao
 California's 40th: Young Kim

ARCHIVE

- **Podcasts**

- Meidas Touch
- Movement Memos
- Pod Save America
- Strict Scrutiny

- **Democracy 2025 Coalition**

<https://www.democracy2025.org/>

- **Resistance Toolkit**

<https://resistance-toolkit.com/>

- **Country First** - live action events

<https://www.country1st.com>

- **House Elections in CA Swing Districts**

California Grassroots Alliance

<https://www.cagrassrootsalliance.org/>

- Professor G Snyder
- Prince Shatur
- Philip DeFranco
- Thomas Ellis
- Ben Wilker
- Marc Ellias
- Leeja Miller (youtube)

UNVERIFIED

- Engaging young people
- Print small flyers to take around town with a reason to be at the protest with time and location
- You Tube - Parkrose Permaculture
- Mallen Baker
- <https://generalstrikeus.com/strikecard>
- Runforsomething.org
- Chris Van Hollen
- Doing Democracy by Bill Moyer
- Book: On Tyranny - Timothy Snyder
- Push the Office?
- Robert Hubbell,
- Norcal Resist
- Katie Phan
- Parkrose Permaculture
- Andy Borowitz
- Katie Phang
- John Fugelsong (XM Radio)
- Amanda Seales
- nationalgroundgame.com
- The Lever