

STAY ACCOUNTABLE

YOUR PEOPLE

STRIKE w/
YOUR BODY + MIND

SIT WITH YOURSELF

when you experience discomfort. To really "do this work and to act in meaningful, non-performative ways, we will need to dig deep and find strength. We will need to push against things we've been conditioned to believe and to learn new ways of being which requires patience and resilience.

IDENTIFY & NAME

the things that keep you from engaging in resistance. Where does this live in your body? Can you name what you'd like to change?

Also, identify the things that "fill your cup." What can you offer the movement that feels exciting and energizing for you? How can you make sure this work is sustainable for you?

COLLECTIVE RESISTANCE WORKS!

IT'S GOING TO TAKE ALL OF US.

ALTERNATIVE WAYS TO SUPPORT A STRIKE AND PERMANENT CEASEFIRE

There is a global call for a general strike: in solidarity with the people of Gaza, to call for a permanent ceasefire, and to call on leaders to uphold global human rights agreements.

If you are not able to be a part of an in-person or public action, commit to these very concrete alternatives!

CALL YOUR REPS!!

Call. Every Day. Make it a habit and make it easy for yourself: have a script ready to go, save your reps contact info, set a reminder, etc.

ASK THEM TO: publicly support a permanent ceasefire, advocate for more humanitarian aid, and end US aid to Israel.

USE THE TOOL ON [CALLS.ORG](#) to find your reps and easily call them.

LEARN MORE

about your Reps, platforms so you are informed when you call. Have they publicly committed to a permanent ceasefire? Has your congressperson signed onto the Ceasefire? Calligraphy is by far the most effective way to ensure that your constituents feel about an issue.**

Now resolution (HR 786)?

** Calling by far the most effective way to ensure that your constituents feel about an issue.**

YOUR PLATFOR M

STRIKE w/ YOUR ATTENTION

We must name the inherent ableism in how physical presence at protests is often valued the most highly.

PUBLICLY DECLAR E SOLIDARITY

Film a 10 second video of yourself saying "My name is [your first name]. I am from [your state/country]. And I stand with Palestine". Email your clip to palestine@gazanewslive.com and upload it to your personal platform with the hashtag #StandWithPalestine

With Palestine on your social media pages and state your support for a permanent ceasefire.

FIGHT THE ALGORITHM

Join the Jewish Voice for Peace's daily "Power Half-Hour for Gaza" to get up to date actions and news. Jews and allies across the globe are sharing and saving posts related to the genocide and saving on social media.

ACCOUNTS TO FOLLOW

- @thetroublewithbartleby
- @the_operating_system
- @wizard-blisnt
- @letsstalkpalestine
- @visualizing-palestine
- @motaaz_azarza
- @gewithyoucourage
- @palestinianyouthmovement

MOVE YOUR MONEY

Did you know that Colorado has anti-BDS laws on the books? Learn more: legislation.palestinelegal.org/location/colorado/

SAVE A LIST OF BRANDS TO AVOID

somewhere you will see it (your phone or wallet). Commit to boycotting them.

DEMAND ACCOUNTABILITY

and transparency at businesses and schools. Do they publicly support a permanent ceasefire?

WATCH/LISTEN/READ

Let's Talk Palestine [Podcast]

Visit: tree/EI0NkTf6

VERSO Books has a number of free e-books available for download

Visit: versobooks.com/en-gb/blog/

The Palestine Academy has a variety of resources/Solidarity-with-Palestine-free-news/

Visit: www.sabooksc.com/

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Welcomes Sign up: JVP.org/gazaP

Power Half-Hour for Gaza" to get up to date actions and news. Jews and allies across the globe are sharing and saving actions, contacting your reps, taking virtual actions, etc.

Towards educating yourself, taking virtual actions, contacting your reps, etc.

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Commit Time