A RUDIMENTARY GUIDE TO ACTION FOR DEMOCRACY A HUMAN RIGHTS:
A Direct Response to the Trump Administration

Background/Caveat: I put this together to organize my own thoughts and to make it extremely easy to take action, particularly for those who haven't considered themselves activists in the past. This barely scratches the surface and is a jumping off point from one limited perspective. There are many other ideas and worthy important organizations (including fantastic organizations at the local level). I could spend months on this but I don't want great to be the enemy of good (however, I welcome your suggestions -- use the Google Docs comments feature under the "Insert" menu above or by typing CTRL-ALT-M -- and am making ongoing updates; see first page header for last date updated). Another caveat: as with all your giving, do your own vetting on sites like charitynavigator.org and do your own vetting of sites that gather your information (and consider using masked email addresses and phone numbers).

Be vocal:
Now is not the time to be quiet because it is somehow rude to talk "politics." Civil rights matter. Erosion of democracy matters. Stand up. Get out of your comfort zone. It's uncomfortable but necessary. Here are some thoughts on what you can do:

- **Be an armchair activist**:
  - Use the chart below for ideas for calls (see end of document for why calling is best) and internet actions you can take immediately
  - Click "like" and/or comment on relevant articles on Facebook from reputable sources, as this makes them more prominent
  - Share those articles on social media (someone will benefit from hearing your perspective, even if several degrees removed)
  - Focus your message:
    - Don't forward articles with clickbait headlines. Don't expect sources like DailyKos or HuffPo or OccupyDemocrats to be viewed as impartial (find same news on a "mainstream" news site and share that instead)
    - Actually read the piece (and take note of the date it was published) before you forward it
  - Join Facebook groups discussing these topics. Some are "secret" (the posts and membership lists only show up to members and the group requires an invite to join) so ask your most vocal Facebook friends for invitations to their favorite groups

- **#GrabYourWallet** (express your opinions with your dollars -- boycotts could help sway Trump)
  - Boycott Trump products and events at Trump properties a la Sun City and encourage others to do the same; actionable examples:
    - ❏ Urge USGA to move 2017 US Women's Golf Open (Jul 13-16) from Trump National Golf Club in Bedminster, NJ by contacting USGA at this link, selecting "U.S. Women's Open Feedback" as the subject, and pasting this comment: "Given the hateful, derogatory, and harmful comments Donald Trump has made, including toward women, we urge the coordinators of the US Women's Open to change venues."
    - ❏ Boycott companies carrying Trump family products or supporting administration (see grabyourwallet.org; there's even an app for that)

- **Be a more active activist**:
  - Pick areas about which you are passionate and volunteer with organizations in that area
  - Join meetups and marches and protests in your area and nationally (for protests in NYC, check nextprotest.com and takeactionnyc.com):
    - ❏ Participate in and support A Day Without A Woman on March 8th, 2017 (International Women's Day)
    - ❏ Join Scientists' March on Washington April 22, 2017 (need not be a scientist to attend, just pro-evidence-based science) or a sister march
    - ❏ Before you go to a protest, read the ACLU Know Your Rights Guide for Protests
    - ❏ Many artists are donating their work for protests; check out lostandfoundresistance,theamplifierfoundation, and WorksProgressArts

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Area of Concern	From your couch you can:	National organizations to consider donating to:	Other actions/notes

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Action List by Areas of Concern at Immediate Risk

(not in any particular order and by no means exhaustive or fleshed out; each of these could be an extensive topic on its own but this is an attempt to scratch the surface); *note: bullets are now checkboxes so you can mark off what you've done on your copy*:

Area of Concern	From your couch you can:	National organizations to consider donating to:	Other actions/notes

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Russian interference in election	❏ Call your members of Congress (see scripts and contact info) to support calls for investigations into Russia's election interference (and direct interaction by Trump family), including by Rep. Cummings and bipartisan joint statement by McCain, Graham, Schumer, Reed ❏ Read up on this evolving story: ❏ 12/9: WaPo ❏ 12/10: NY mag ❏ 12/11: McCain on CBS; NPR; NYT oped; NYT ❏ 12/12: NPR; NYT ❏ 12/13: NYT (Dem House Candidates Also Targeted); NYT (explanation of what occurred when) ❏ 12/16: WaPo (FBI, CIA: Russia intervened to aid Trump) ❏ 12/31: NPR ❏ 1/5: NYT (taking aim at Trump, leaders affirm findings) ❏ 1/6: NYT (russian hack evidence) ❏ 1/6: WaPo (report: Putin ordered effort to aid Trump) ❏ Intelligence Community Assessment: Assessing Russian Activities and Intentions in Recent US Elections ❏ Russian hack report ❏ 1/7: CNN (10 most damning report findings) ❏ 1/10: NPR (Comey: data on Republicans too) ❏ 1/10: CNN (intel chiefs presented Trump with claims of Russian efforts to compromise him) ❏ 1/10: Buzzfeed (dossier on Russia-Trump ties) ❏ 1/10: NPR (Trump denies secret ties/collusion with Russia) ❏ 1/10: NYT (trump-russia-intelligence) ❏ 1/10: Newsweek (history of how Russia interfered) ❏ 1/11: NYT (how unverified dossier became Trump crisis) ❏ 1/11: NYT (intelligence-report-explainer) ❏ 1/12: The Week (former CIA chief suggests intelligence believes parts of Trump Russia dossier) ❏ 1/13: NPR (trump adviser talked with russian ambassador before US hacking response) ❏ 1/13: The Hill (Senate intel committee to probe Russian interference in election) ❏ 1/13: NYT (Democrats confront FBI chief Comey) ❏ 1/14: NYT opinion (Trump Kremlin employee of month?)		❏ 1/26: NPR (Journalist: Russia's Interference An 'Assault On Western Liberal Order')