



START HERE: RESISTANCE TOOLKIT

New to the fight? Overwhelmed? Don't worry — we got you. Whether you're showing up to your first protest or DMing your rep like a seasoned badass, this toolkit has everything you need to hit the ground running and stay loud.



Protest Safety 101

Before you march, prep like it matters — because it does.

- **Wear:**
 - Comfortable shoes
 - A mask (for safety & anonymity)
 - Neutral colors, no identifying logos
- **Pack:**
 - Water
 - Snacks
 - ID (optional, know your risks)
 - First aid basics (bandages, eye drops)
- **Write down:**
 - Legal aid phone number
 - Emergency contact info
 - Your rights → Know Your Rights - ACLU

Reminder: Police aren't your friends. Stay aware, stay in groups, and film everything.



Call Your Reps (Without Freezing Up)

You don't need to be eloquent — you need to be loud.

Script Example:

"Hi, my name is [Your Name], I'm a constituent from [City/Zip]. I'm calling to demand that [Rep Name] vote **against** [harmful legislation] and publicly support [specific cause]. Silence is complicity."

Hot Tip:

Use [Scalls.org](https://scalls.org) to get issue-specific call scripts and rep contacts in seconds.

Email / DM Templates for Getting Sh*t Done

To your city council, school board, or local org:

"I'm reaching out as a concerned member of this community. I'd like to know your stance on [issue] and what actions you're taking to support [marginalized group]. I look forward to a transparent and timely response."

To a grassroots org or mutual aid network:

"Hi! I love what you're doing. I'd like to volunteer, donate, or help amplify your work. Let me know how I can plug in."

Phone Banking Tips (for the anxious & ADHD crew)

- Call in short bursts — 20 mins, break, repeat
- Use noise-cancelling headphones or fidget tools
- Have a buddy nearby (accountability + snacks = power)
- Don't take it personally — some people will hang up. You're planting seeds.

Start with orgs like [Swing Left](#), [Indivisible](#), or [Resistance Labs](#).