

# How to Become an Activist: a Practical Guide

A guide for anyone who wants to start a journey to activism.

## Start by learning

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Choose an issue you care about and learn from reliable sources. Follow journalists, researchers, and organizations that work directly in that area. Avoid relying only on social media. Misinformation thrives on platforms like X and Truth Social.



## Listen to affected communities.

- 2 People most impacted by an issue often have the clearest understanding of what's needed. Read firsthand accounts. Attend community meetings if possible.



### Choose a focus

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Trying to fix everything at once leads to burnout. Pick one or two issues you're passionate about so it's easier for you to stay engaged and grow your impact over time.



## Decide how you want to participate

Not all activism looks the same. Choose from activities like:

Volunteering with local organizations

Donating money or supplies

Writing or calling elected officials

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Registering voters or helping people vote

Attending peaceful protests or town halls

Educating others through writing or conversation

Supporting mutual aid efforts

Using professional skills (design, tech, legal, caregiving)





## Finally, take care of yourself

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Activism can be physically, mentally, and emotionally exhausting. Be sure to take time out for yourself to rest and recuperate before launching into the next big protest event.

Good luck on your journey!

