

## How to Take Action and Resist

### Action Toolkits:

- [Palestine Action Toolkit \(June 2021\)](#) from the Palestinian Feminist Collective
- [Organizing 101: Trainings and Resources](#) from the US Campaign for Palestinian Rights
  - 1) Organizing Resources (e.g., Mapping the Power and research skills for a campaign, agenda and meeting facilitation)
  - 2) Know your Rights (e.g., addressing censorship or your right to boycott)
  - 3) Recommended speakers and trainers
- \* [STOP GAZA GENOCIDE: Ceasefire Now! \(Public Toolkit\)](#) | Action-focused: From the US Campaign for Palestinian Rights
- [Not My Tax Dollars - Activist Toolkit](#) for Action Planning
- [Strategies to SHUT IT DOWN Toolkit](#) from the US Campaign for Palestinian Rights | Strategic Direct Actions and Sector-based Organizing
- [Zine Action Resources](#) from Asians4Palestine NYC
- [Actions you can take](#) with 18 Million Rising - Organizing Asian America
- Asians for Ceasefire: A Letter Urging Asian American Congresspeople to Endorse Ceasefire Resolution | [Sign here](#)
- [DOWNLOAD "From the River to the Sea: Building Pan-Asian Solidarity for Palestine" Workshop Materials](#) by Grassroots Asians Rising

### Individual level actions:

- [Call](#) and [email](#) Congress to demand an immediate ceasefire
- Submit testimony for ceasefire resolutions
- Sign petitions
- Join a protest
- Support teach-ins/education/raising awareness
- Wear a keffiyeh to show solidarity
- Support BDS by boycotting
  - [BDS Toolkit](#) by USCPR
  - [Know what to Boycott](#) by BDS
  - [The Companies Supplying Weapons to Israel's Attack on Gaza](#) (December 2023) by Who Profits: Research Center
  - [The Role of Big Tech in the Israeli Occupation Economy](#) (May 2023)
  - [Tool to find out if your investments are tied to human rights violations](#) | Investigate: A Project of The American Friends Service Committee
  - [List of Companies involved in state violence and human rights violations as a part of occupations](#) | Investigate: A Project of The American Friends Service Committee
- Digital activism:
  - [Follow social media accounts sharing updates about Palestine](#)
    - Examples of social media accounts to follow:
      - asians4palestinienyc
      - Southasiansforpalestine
      - 18millionrising
      - nationalsjp
      - Palestinianfeministcollective
      - Palestiniayouthmovement
      - Jewishvoiceforpeace
  - Amplify Palestinian voices
    - Examples of social media accounts to follow:

- wizard\_bisan1
- motaz\_azaiza
- abdallah\_alattar1999
- nouraerakat
- eid\_yara
- [List of Palestinian Journalists](#)
- Raise awareness and education
- Share fundraisers, petitions, events, protests, etc.
- Signal boosting
  - Like, share, comment, and repost social media posts related to Palestine to reach a wider audience.
  - Add the Palestine emoji to your profile to show solidarity
- Donate: mutual aid/bail/legal fees/immigration fees
  - Resistance organizations to support:
    - 1 for 3 Boston - <https://www.1for3.org/>
    - Baitulmaal - [baitulmaal.org](http://baitulmaal.org)
    - Medical Aid for Palestinians - [map.org.uk](http://map.org.uk)
    - Islamic Relief USA - [irusa.org](http://irusa.org)
    - Palestine Children's Relief Fund - [pcrf.net](http://pcrf.net)
    - Middle East Children's Alliance - [mecaforpeace.org](http://mecaforpeace.org)
    - U.N.R.W.A. - [unrwa.org](http://unrwa.org)
  - [List of fundraisers for families in Gaza](#)
- Join an organization:
  - [Jewish Voices for Peace](#)
  - [US Campaign for Palestinian Rights](#)
  - [Palestine Solidarity Campaign](#)
  - [18 Million Rising](#) - Asian American Organization for Palestine
  - Join a campaign local to you:
    - [Not On Our Dime! Campaign](#): New York
    - [PSC Branches](#)
    - [JVP Branches](#)
    - [Campus organization](#)
    - [Connect with a local group](#)
- [3-minute action items](#)
- Sign up for action alert texts at [uscpr.org/SMSactions](http://uscpr.org/SMSactions).

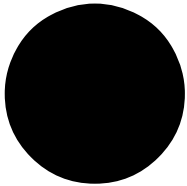
### Things you can do as a psychologist:

- Pressure APA to call for a ceasefire, make a statement in solidarity with Palestine, and endorse BDS as an organization
  - Read [American Anthropological Association's Myths & Facts about BDS](#) for counterpoints in discussing BDS and Palestine in our field
- Urge APA to stop endorsing the IHRA (International Holocaust Remembrance Alliance) definition that conflates criticism of Israel as antisemitism ([APA 2007 resolution on Antisemitism](#))
- Educate field on differentiating antisemitism from anti-zionism
- Support students risking their lives to advocate for Palestinian human rights and open genuine conversations on what is happening in Palestine
- Join or start a Faculty for Justice in Palestine (FJP) at your university
- Coordinate a teach-in, [organize a vigil for scholars & students killed in Palestine](#), [organize events on scholasticide](#), and [pass motions](#) in your faculty and student unions +

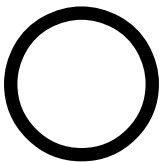
associations + senates on scholasticide/genocide/BDS at your university

- [Resources from Faculty for Justice in Palestine related to organizing on campus](#)
- Providing peer-support groups and healing circles
  - [Healing-Centered Resources for Those Impacted by Violence in Palestine](#)
  - [Support & Resources for Student Activists for a Free Palestine](#) by Inclusive Therapists
- Providing free or low-cost therapy to student activists or Palestinian clients
  - [Pro-Palestine Provider Sign-Ups](#) (Led by Latinx Therapy, National Queer and Trans Therapists of Color Network, Inclusive Therapists)
- Speak up about Palestine in courses you teach, clinical sites, research spaces, or professional organizations to bring awareness to the colonization of Palestinians
- Include Palestine and Palestinian voices in your professional spaces
- Release a ceasefire statement from your graduate program/clinical practice
- Create a poster, session, or symposium at a research conference about Palestine
- Join AMENA-Psy as a member and get involved

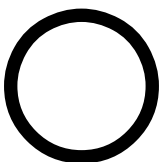
### Spread Awareness:



Share posters/art/visualizations

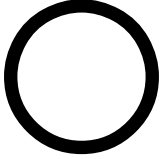


[Nakba 75: Reclamation and Resistance - Political Poster Project](#) by Palestinian Youth Movement

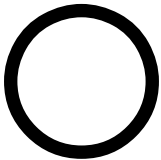


[“Asians for a Liberated Palestine” Poster Project](#) by 18 Million Rising - Organizing

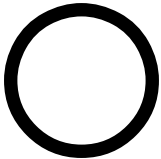
Asian America



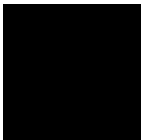
Graphic care package in solidarity with Palestine: [#1](#) & [#2](#)



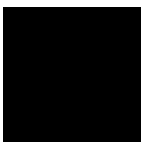
[Visual Archives](#) by Visualizing Palestine



How to use these posters/visuals?



Wheat-pasting posters carrying messages of liberation, the names of our martyrs, and our political demands



Art Build: Making signs for actions and rallies

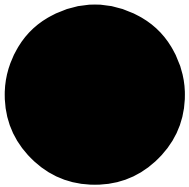


Pop-up art show—to be displayed in public spaces or buildings

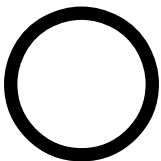


Posting on social media

**Direct Action Organizing:**



Direct action strategies drawn from the [National #ShutItDown4Palestine movement](#),

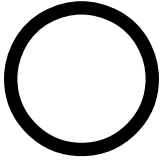


Walkout



A strategy wherein individuals, usually students or faculty members, exit their classrooms during school hours to participate in a broader movement

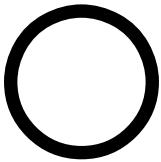
aimed at highlighting a particular issue.



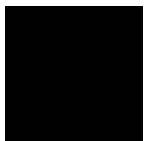
### Coordinated Mass Email Delivery



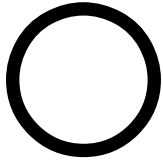
Participants use a pre-prepared email template to send to their institution's leadership. Encourage participants to send the email on the same day to flood their inboxes.



### Cafeteria / Student Center Disruption



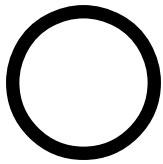
Amplify your message on campus/at your institution by disrupting crowded areas to challenge business as usual.



**Blockade**



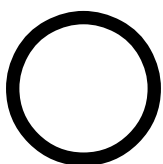
Block access to a location. Blockade can be formed with bodies that are attached to equipment/objects.



**Sit-in / Occupation**



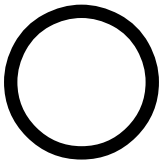
Participants occupy a space that is significant to the target. Sit-ins either occur for a predetermined length of time or continue until the target meets the demands.



**Bird-Dogging**



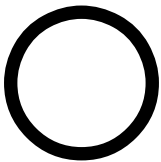
Participants pursue the target's whereabouts to force them to pay attention or respond to the issue by gathering information on the target's schedule and routines. It's not necessary for the same individual to be present each time for bird-dogging to be impactful, as long as the messaging remains consistent.



**Call In Action**



Participants call targets non-stop, forcing them to pay attention to the cause.

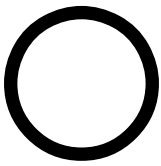


**Vigil / Altar Build**





Creating an altar to remember those whose lives were lost. Altars may be accompanied by a vigil, which involves speaking/activities.



Organize a Rally + March