



SISTERCARE ALLIANCE

Courage, Grace, & Strength In Numbers

20 Ways to Be Involved in Social Justice Movement Work

sistercarealliance.org

#strategymatters

#communitymatters

@sistercarealliance

1. Select an organization that's doing good work or work you support and then join, participate, donate regularly, volunteer or all do all of the above. Joining an organization. Is key. It keeps you engaged, informed, connected and not responsible for carrying the full load. When things are moving fast there isn't always as much time for getting everyone up to speed so join or contribute to an organization now and be put in the loop. **See organizations below that are doing great work.**

- minnesotafreedomfund.org
- Black Visions Collective
- Reclaim The Block

- For Louisville, there's Black Lives Matter Louisville.

- @mxgmatlanta
- @thesoutherncenter
- @acluofga or the national one
- @ajustgeorgia
- **just-Georgia.org (coalition of organizations)**

There are many others. Do your own research to find organizations that fit your level of interest.

2. Document accurate local social justice work and write an article chronicling what's happening. Many times the actual history is not documented and social media posts are not archived and enough. @theliteraryrevolutionary Nia Sadé promotes every black person is an important historian even for your own family and are needed to record the comments/decisions of local politicians and activists.

3. Schedule safe water, food, mask, glove and portable charger drop offs to protestors at rallies. You choose safety first always.

4. Create an elder care network and transfer current information, food and medical watch cycles for the elders in your neighborhood. They typically are missing information on major decisions then share that information on their status and the status of incidents in your neighborhood with local organizations. Most organizations don't have the bandwidth to scout real time current status reports of what's happening in each and every neighborhood.

5. Train to become a legal observer with the National Conference of Black Lawyers or the ACLU. This allows you to strategically witness protests and create documented notes that attorneys and organizers can use. Check out Ecleynne Mercy 's "Mercy Minute" or contact the Davis Bozeman Law Firm Davis Bozeman Law Community Affairs Division with more questions.

6. Research the laws and decisions makers in your area that impact the social justice issue at hand. Create a flow chart of the process by which decisions are being made and how laws can be changed then present your chart to local organizations who can share the description with their membership or followers. Also share this with local members of your community so they are informed as to where to apply organized pressure.

7. Take care of yourself. The stress of watching trauma and grief (protesting) can make you want to constantly distance yourself from being informed and active due to the stress. Destress and care for Self regularly while you participate in movement work.

8. Create your own funding or volunteer rotation chain with your network of friends and support an organization or coalition of organizers. Activists, protestors or online promoters are NOT organizers. Organizers prepare and protect to the best of their ability those who participate in protesting. They have planning meetings. Organizers do NOT make unilateral impulsive decisions. They share researched information, understand the laws and strategize regularly.

9. Select a position in a social justice organization for at least one year. When you volunteer to hold a position you become privy to more information than you would just scrolling timelines. You get to choose how much you can do and a smart strategy we use in the SisterCARE Alliance is that we partner in positions. Ask someone to co-chair a position with you so you can share the load.

10. Set Social Justice Goals for yourself and your family then meet regularly with your OWN group of friends or network. I.e. I want to be current on the laws in my area that can affect the safety of my family and community. I will plan a monthly

discussion to SHARE and strategize what I am learning about the current laws, political decisions and opportunities for us to get stronger. I will attend a town hall meeting regularly to learn more about current social justice issues.

11. Offer Safe House/Supplies/Support like childcare, home cleaning support or critical energy care items like water, energy bars etc. for activists and/or organizers you know who are actively fighting injustice. Most activists or organizers won't ask. Also Gather, ACTIVIST CARE PACKAGES and doing drop offs at organization headquarters or homes are truly helpful.

12. Coordinate a fundraiser to support any of the above because it's a CRITICAL component to movement work to be able to afford to stop your work and life to stand up for an entire community.

13. ASK ORGANIZERS / ORGANIZATIONS / ACTIVISTS "WHAT DO YOU NEED?" on a regular basis. Many times the fatigue and grief is high. Even if you are able to share a song, chant, an artistic design that can help fuel a fundraiser or just lift spirits this is an amazing contribution. Watch https://youtu.be/_UC5FlwPokY for a beautiful example of this.

14. Research previous movement work and methods of organizing then identify roles you feel more called to and strong in. If you are NOT strong in a particular area do not volunteer to do it. Find what you are strong in and contribute.

15. Train/Volunteer to be a counselor or hotline operator to take calls of protestors or activists in need of pro bono legal support. This is typically a role found in bail funds or existing mental health organizations. Social justice organizations typically do not have an in-house mental health counselor.

Use existing intake forms to capture and transmit contact information and arrest statuses of protesters no one is following up on.

16. Research *then* send regular financial support or care packages to political prisoners who have already sacrificed to fight for freedoms and are suffering in prison facing guard abuse, coronavirus, and other untreated medical issues.

17. Become a Certified in-house Facilitator of a Strategic Self Care Support Group for social justice organization. Many organizations can not afford the staffing to manage in-house support groups for their staff.

18. Send care packages and lunches to the staff of civil rights and human rights organizations regularly. They are in that field because they are called to it not because it is a lucrative field. Most are volunteers and are FROM the communities they

are serving (unlike most police departments). Support them as they support the communities they love.

19. Select a black owned business or stream of businesses you would like to support and assist them in promoting their services.

20. Continuously update and complete [A NEEDS ASSESSMENT & RESOURCE INFORMATION STORAGE TOOL](#)®. This is a downloadable google document (you will *not* need to share your information).that helps you and your family keep track of and plan to address your critical needs. It is a great compliment to your family or community meetings. It is located on the homepage of the website www.sistercarealliance.org.

If you are operating as a volunteer, this tool could help better organize your communication with families in need and arm those families with a tool to track info for themselves.

We will continue to update it. Please share it.