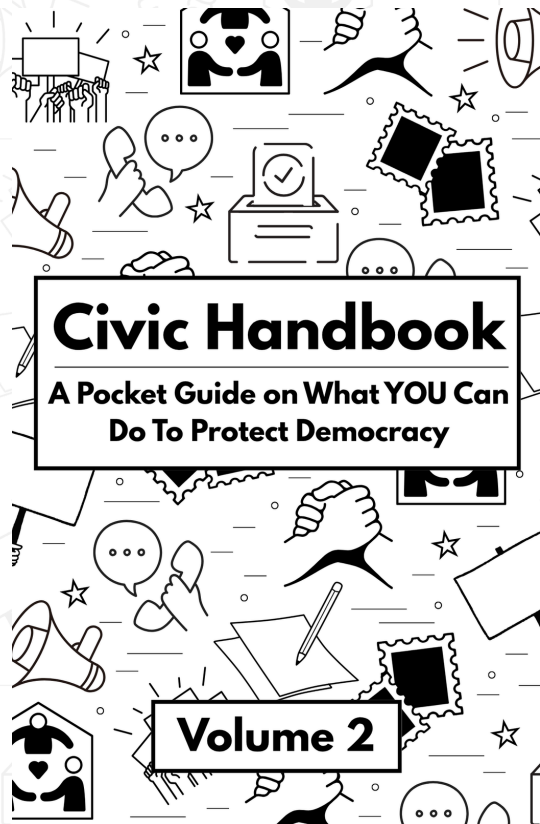


Want more ideas
and resources?



Check out
CivicHandbook.info



Civic Handbook
A Pocket Guide on What YOU Can
Do To Protect Democracy

Volume 2

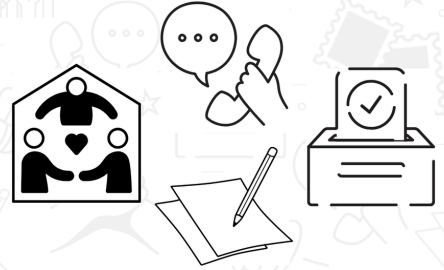
**Contact Your
Representatives!**

- <https://resist.bot/> - Send messages via the website or send RESIST via TXT to 50409. The "bot" in the name means your inputs will automatically generate a response from the system. Keywords are used to guide you to sending letters, faxes and/or emails to the current Administration, Senators, and US Representatives.
- <https://5calls.org/> - This website is for constituents to find representatives' phone numbers (based on zip code) and offers a script to say once you call their office(s). Great if you're not sure where to start or are unsure of what to say.
- <https://democracy.io/> - This website allows you to write messages to all your representatives based on a street address.
- **White House**
 - **Comments Line: 202-456-1111** - For expressing opinions or leaving messages
 - **Switchboard: 202-456-1414** - Helps connect callers to other federal offices
 - **TTY/TDD Comments: 202-456-6213** - For individuals with hearing or speech impairments
- **U.S. House Representatives**
 - <https://www.house.gov/> - Find your Senators
 - <https://www.senate.gov/> - Find your Senators
- **governments** - Find your local Government Officials

Support Indie News Media

- **L.A. Taco** - Los Angeles Coverage
<https://givebutter.com/lataco.nov>
- **Unraveled Press** - Chicago Coverage
<https://unraveledpress.com/>
- **Baltimore Beat** - Baltimore Coverage
<https://baltimorebeat.com/>
- **The Breakdown** with Allison Gill
<https://www.muellershewrote.com/>
- **The Handbasket** with Marisa Kabas
<https://www.thehandbasket.co/>
- **Democracy Docket** - Covering voting rights, elections and the courts
<https://www.democracydocket.com/>

Your Civic Duties



Welcome to the Civic Handbook! You've taken your first step towards securing freedom for yourself and your community.

Take a look through this guide for tips of where to begin, how to use your wallet to tell companies how you feel, support independent news media organizations, and how to contact government officials.

If you'd like to print this Zine yourself, or want to check out the links digitally, head on over to: <https://CivicHandbook.info>.

Resist With Your Wallet

- <https://www.buycott.com> - look up products using a search or barcode scanner, then find out who their parent company supports.
- <https://www.goodsunits.com> - group of analysts have created a scoring system for companies based on their political contributions.
- <https://www.resistandunsubscribe.com> - A simple and straight forward website with a list of large organizations to boycott, along with reasons why.
- <https://bookshop.org> - If you're a book lover, check out Bookshop.org to buy your eBooks, physical books, and even games & puzzles.

Start Resisting Now

- <https://riotrrrrrevolution.org> - Resource for Safety Whistles, printable instruction Zines, and additional ways to help.
- <https://indivisible.org> - Organization devoted to non-violent resistance in the form of peaceful protests, instructional Zoom calls, and training organizers to get moving in their communities.
- <https://www.aclu.org> - The American Civil Liberties Union, fighting every day for our rights. Quickest support is a donation.
- <https://substack.com/@standardsnotforce> - A civic standards initiative focused on lawful, nonviolent action. They promote transparency, accountability, and community safety through shared standards – not fear, force, or coercion.