

# Your Resistance Starter Kit

## *10 Actions That Actually Work*

Resistance fatigue is real. The news cycle moves faster than human capacity to process it. Every week brings something that would have been a month-long scandal five years ago. The answer is not to do everything. The answer is to do ten things consistently, strategically, and with other people.

These ten actions have documented track records. They work. They work especially when enough people do them at the same time.

### **Action 1: Call, Don't Click**

Phone calls to congressional offices are the most effective constituent contact. They are logged, counted, and reported to the member. Emails are filtered. Petitions are ignored. Calls are not.

How: Call the district office, not DC. Ask for the staff member who handles your issue. Give your name and zip code. State your position in one sentence. Ask what the member's position is. Log the response.

### **Action 2: Show Up at Town Halls**

Town halls are public record. Questions asked on the record exist. Video of a member's answer exists. Local media covers them.

How: Sign up for your member's newsletter to learn about scheduled events. Bring a specific question. Stay to the end. Record video if permitted.

### **Action 3: Attend One School Board Meeting Per Month**

School boards control curriculum, book access, and education policy. They are elected by tiny margins. They are influenced by public comment.

How: Find your district's meeting schedule. Arrive during public comment. Speak for two minutes on any issue. Bring a neighbor.

### **Action 4: Register Three People to Vote**

Voter registration rates are the single most reliable predictor of electoral outcomes. Three registrations per resistance activist would flip multiple states.

How: Use Vote.org or your state's online registration tool. Target your network — family members, coworkers, neighbors who are unregistered. Check registration status before every election.

### **Action 5: Join One Local Group**

Individual action matters less than collective action. Local groups have institutional knowledge, volunteer infrastructure, and relationships with elected officials.

How: Indivisible.org has local chapters in most areas. So does Swing Left and the League of Women Voters. Pick one and show up consistently.

### **Action 6: Read the Primary Source**

Most political outrage is based on secondary or tertiary reporting of events. When something important happens — a bill passes, an executive order is signed, a ruling comes down — read the actual document.

How: Congress.gov for bills. FederalRegister.gov for executive orders. Supremecourt.gov for rulings. Reading the source takes 20 minutes and makes you immune to misrepresentation.

### **Action 7: Support Local Journalism**

Local newspapers and news sites are the primary source for accountability journalism at the state and local level. They are in financial crisis. They are the institutions that cover your school board, your city council, and your state legislature.

How: Subscribe to your local paper. If it's already closed, find your local nonprofit news site (find them at inn.org). Share their stories.

### **Action 8: Give Money Early**

Early campaign donations matter more than later ones. They fund the infrastructure — field offices, voter outreach, digital presence — that wins elections. Money given in 2025 for 2026 elections is worth more than money given in October 2026.

How: Identify two to three races that matter most to you. Set up recurring monthly donations, even small ones. ActBlue makes it simple.

### **Action 9: Talk to One Persuadable Person Per Week**

The political conversation you're not having is the one that matters. Preaching to the converted is comfortable. Converting is hard. Do the hard thing.

How: Find one person in your life who is disengaged or persuadable. Don't argue. Ask questions. Listen. Share one specific fact or story. Come back to it next week.

### **Action 10: Take Care of Yourself**

Resistance is a marathon, not a sprint. Burned-out activists accomplish nothing. Movements that don't take care of their people don't survive.

How: Schedule one complete news-free day per month. Celebrate wins, even small ones. Stay connected to why this matters to you personally.