



# ***Everyday Advocacy Workshop Supplemental Resources***

## **Historical Context and Strategies**

- Avoid feeling overwhelmed by the grand narratives of history; everyone can play a part.
- Holocaust studies teaches to be UPSTANDERS, not bystanders.
- The Civil Rights Movement demonstrated the power of local action, such as in Oak Park, IL.
- The Women's Rights Movement also gives power to making change in your local community, such as altering curfews.
- In the LGBTQIA+ push for equality, speaking up and being supportive in your life makes a difference.
- Individual action includes voting, befriending, local board meeting attendance, and supporting businesses.
- You can join groups to create collective action, such as . . . EQDG!!!

## **Emotional Management / Emotional Health Key Points**

- Recognize that YOU are responsible for how you feel.
- Your feelings are a reflection of your thinking and will determine your behavior.
- If you don't like the way you are feeling, and recognize your unhealthy feelings will only complicate your effective advocacy or be counterproductive to your quality life, challenge your thinking before taking action.
- 'Upstanding' may result in negative reactions from others, and resistance to your well-intentioned advocacy.
- Prepare yourself for the challenges that advocacy may result in. Adopt an open and inclusive understanding that not everyone is going to agree with you.
- Advocacy should not become an emotional liability for the advocate.
- Practice emotional management so as not to harm yourself – cortisol, etc.

- Remember the Law of Least Interest: Those that care the least will rarely change their thinking, feeling, behavior.
- Safe response to irrational people, 'I'm sorry you feel that way.'
- Finally, if you witness discriminatory words or behavior, remember to support the targeted victim in real time or afterwards.

## **Advocacy**

- *Remember to increase your chances of success when being an Ally and/or being an Advocate, you need to:*

*be Polite*

*be Prepared*

*be Persistent*

- *Remember that to increase your chances of success when being an Ally and/or or being an Advocate, you should be aware of these components that can bring significant support to your effort:*

*To Connect: Build networks that support and amplify your ally and/or advocacy efforts*

*To Communicate: To raise awareness and to influence change*

*To Collaborate: Pool resources and knowledge to tackle complex issues.*

## **Resources**

### **Historical Context Research**

#### ***Holocaust:***

<https://www.ilholocaustmuseum.org/>

<https://www.ushmm.org/hpto/eofy2025/index.html>

#### ***Civil Rights:***

<https://www.gilderlehrman.org/history-resources/essays/civil-rights-movement>

<https://nmaahc.si.edu/>

### ***Women's History:***

<https://nationalwomenshistoryalliance.org/>

<https://www.womenshistory.org/>

### ***LGBTQIA+ History:***

<https://www.glsen.org/lgbtq-history>

<https://makinggayhistory.org/>

<https://legacyprojectchicago.org/legacy-wall>

### **Emotional Management / Emotional Health Resources**

#### ***Research Topics:***

REBT: Rational Emotive Behavioral Therapy

Albert Ellis: Developer of REBT (Rational Emotive Behavioral Therapy)

The Albert Ellis Institute [www.albertellis.org](http://www.albertellis.org).

CBT: Cognitive Behavioral Therapy

Terry London: REBT Enthusiast & Author

Eckhart Tolle: Self Help Author

### **Parenting LGBTQ+ Children and Advocacy Resources**

**PFLAG:** PFLAG is the nation's largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and those who love them. [www.pflag.org](http://www.pflag.org).

**EQDG (EQuality Downers Grove):** A Non-Profit supporting All LGBTQ+ Members of our community, envisioning a village where everyone is treated with dignity and respect regardless of their sexual orientation or gender identity. [www.eqdg.org](http://www.eqdg.org).

**The Blue Book:** This document further explores Biblical Scripture in an effort to uncover the truth about how the Bible has been used to oppress LGBTQ+ individuals, and spread hate. <https://www.pcmk.org/the-blue-book>.