

# 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.

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### 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**

These components 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

EQDG has compiled helpful resources on the following topics:

- **Historical Context**
- **Emotional Management**
- **Parenting + Advocacy**



SCAN FOR RESOURCES