

160 WAYS TO CHANGE THE WORLD

WITHOUT LOSING YOUR SH*T



Women are always asking us: “**Is there anything I can do?**” The answer is yes, **160 times yes!** Our hope is that this guide helps you take effective action and make lifelong friends along the way.

Our guide is divided into four, key sections, with specific actions you can take **highlighted in lavender**. Find what appeals to you, and check it out. With so many great ideas, there is definitely something for everyone!

BUILDING YOUR COMMUNITY



Starting, Sustaining, and Growing Your TroubleNation Group

Connection is at the heart of organizing. Extremists want us to feel isolated and alone — but when we come together, **we’re unstoppable**. The antidote to division is community building. Whether you’re forming a new group or growing an existing one, Building Your Community can give them a support network that provides hope and encouragement.

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TAKING BACK POWER



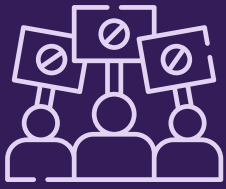
Elections & Advocacy

Want to keep your community safe from misguided decisions made in Washington? **Elect responsible local leaders**. And once they’re elected, no matter who we voted for, our representatives work for us. It’s our responsibility to tell them what matters to us. Friend-to-friend organizing, plus learning about and doing elections and advocacy work, are how we take back power!

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SHOWING UP



Protests, Boycotts, & Beyond

We can't let loud extremists make it seem like they're more powerful than they are. That's why **visible opposition** matters. Often, people think of "opposition" as big, like a massive protest event. But small actions often add up to a big impact. Sometimes when we generate just a little bit of friction, it's enough to slow down the extremist agenda.

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CARING FOR EACH OTHER



Mutual Aid & Protection

Mutual aid and protection are about coming together to **meet our communities' immediate needs** while working to create long-term change that benefits everyone. Mutual aid is all about solidarity and community cooperation — everyone supports each other, and it addresses the root causes of inequality. Local groups are often in the best position to act quickly and provide aid or protection in your community.

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BONUS
CONTENT

THE SECRET TO EFFECTIVE MESSAGING

No matter where you organize or what your goals are, there's one important thing to remember — even if it doesn't feel true yet: **you are the most powerful messenger** for why getting involved right now matters. Learning these secrets will help!

- Who to talk to and how to talk to them
- The importance of storytelling
- Best practices for online and offline communication

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