Check-List for Teen Upstanders

1. Reading
   a. Check out this article to learn how six high schoolers organized a protest against the murder of George Floyd and kept the conversation going on social media

2. Listening
   a. In this podcast, four high school students discuss why they chose to march in Washington D.C. with March for Our Lives

3. Watching
   a. Watch these teen poets present their feelings on the climate crisis through the art of spoken-word poetry

4. Sharing
   a. Follow teen activist Anthony Tomaz-Pochel on Twitter to learn more about how he makes spaces for Native youth in Chicago by raising awareness, creating community spaces and emphasizing the power of voting*.

5. Writing
   a. Find out who your local, state, and federal representatives are here**. Writing to your representatives lets them know how you feel about different issues. If you let your representatives know that a law or issues makes you feel strongly, that can help them decide how to act.
   b. Here are some letter writing tips and a guide to follow

*Action originally sourced from Do Something
** Action originally sourced from Campaign Zero