Check-List for Young Upstanders

1. Reading
   a. Read this article about how protesters across the country are creating change in their own communities

2. Listening
   a. Being 12 is a podcast on personal and social issues for middle schoolers. This will allow you to hear the stories, perspectives, and ideas of students from across the country.

3. Watching
   a. Look at the March For Our Lives Going Into 2020: Our Work in Review to understand what students have been able to accomplish

4. Writing
   a. Find out who your local, state, and federal representatives are here.¹
   b. Watch or read the news and find one issue that makes you happy/sad/angry and write to your representatives about it.
   c. Here are some letter writing tips and a guide to follow

5. Sharing
   a. Check out how people are using platforms like TikTok to talk about injustice in their world here

¹ Action originally sourced from Campaign Zero