

# HOW TO SUPPORT THE MOVEMENT BEYOND THE PROTEST

## *Ways To Get Involved*

1

Fundraise online, donate business proceeds or create events for organizations that work on police violence, law enforcement accountability & against the criminalization of Black communities. The local organizations listed are a great way to start.

1. Luke 4:18 Bail Fund
2. Texas Organizing Project Bailout Fund
3. Faith in Texas Bail Fund
4. Community Justice Exchange National Bail Fund Network
5. NAACP National Legal Defense Fund

2

Offer to be an emergency contact for people attending marches and rallies. Get the persons full legal name, date of birth & find out whether they require any medications that cannot be skipped in a 24-48 hour period. While the person is protesting, check-in with them by text once every hour to know their whereabouts and current protests conditions. Remind the person to contact you once they are home safely.

3

Cook a pre- or post-march meal or make snack packages with bottled water for those that are a part of or affected by the protests.

4

Donate medical supplies and assemble first aid kits for people attending protests, marches and events.

5

Continue to educate yourself and the people around you by sharing personal experiences on racism. Confront racism wherever you see it, including in your inner circle of family and friends. Start conversations about the importance of Black lives and ending criminalization and state violence against Black communities.

6

Virtually volunteer! When organizations on the frontlines are using most of their resources to get people out on the streets, they need volunteers to provide IT support, supplies for demonstrations, make phone calls, send text messages, do data entry, and upload, organize, and archive demonstrations. Check with organizations about volunteer opportunities and needs.

7

Build up the frontline! Video-chat, text and show love to those who are in pain, injured in protest, and/or managing trauma from tear gas, police brutality, physical, and/or emotional violence. Follow up with the community member by affirming their needs and creating support mechanisms. Remember that state violence also impacts our spirit.

8

Spread the word on rallies, actions, events and demands through social media, text, email and phone. Contact local news media and advise them of planned events to increase media exposure. If you are multilingual, translate documents, and media being circulated about protests to international press and other outlets.

9

Take care of yourself! Rest and self-care are revolutionary acts. The criminalization of Black communities, police violence against Black communities and the devaluing of Black lives is traumatizing. With the constant dissemination of news and images, it can be overwhelming to process events and attacks on Black lives. Allow yourself to feel all of the necessary stages of grief. Utilize resources such as Friendship-West's Be Made Whole Counseling Center. Call 972-228-5224 for an appointment.

10

Share this list and links to every resource for protestors to find including bail funds, info for those arrested, safety precautions and updates for those in your area.

Contributors: Danielle Ayers, Alexier Barbour, Angel Bernice & Beyond The Streets

