

Engaging to Interrupt or Dismantle Oppression

Micro (personal relationships)	Meso (workplace/community)	Macro (society/nation)
<p>Notice something, say something (to friends and family)</p> <p>“I’m wondering what you meant by...” “That had an impact you might not have intended.”</p>	<p>Advocate at meetings or conferences</p> <p>“I notice that we’re not really accessible or inclusive of...” “What are we doing about this inequity?”</p>	<p>Write letters, email, or call politicians</p> <p>“As a constituent, I care about this issue...” “This is unjust and we need to do something about it.”</p>
<p>Raise the issue in a conversation with friends or family</p> <p>“I’ve been thinking a lot about...” I’d love to get your thoughts about this issue.”</p>	<p>Become vocal with colleagues</p> <p>“Have you noticed how our community seems to...?”</p>	<p>Sign and/or create petitions</p> <p>Stay up-to-date on issues and make sure your voice is heard</p>
<p>Have a house party</p> <p>Host a film screening or other event to dialogue about an issue</p>	<p>Promote an event</p> <p>Stay connected to offices that plan anti-bias programs. Distribute flyers. Invite friends to join you.</p>	<p>Attend protest marches or rallies</p> <p>Organize people to join you. Be an <i>organizer</i>, not just a <i>protester</i>.</p>
<p>Share your experience via social media, blog, or emails</p>	<p>Make the issue part of your workplace growth goal for the year.</p>	<p>Publish on the issue</p>
<p>Join a community group</p> <p>Find out who is active on these issues in your area. Join forces to create a sustainable practice with new friends.</p>	<p>Join a Showing Up for Racial Justice (SURJ) chapter.</p> <p>Start an AWARE-LA style dialogue group. Ask if there is a committee related to equity and inclusivity at work or school. If there is, join it. If there isn’t one, start one.</p>	<p>Attend town halls</p> <p>Join canvassing groups to advocate for particular legislative action</p>