

List of Things You Can Do

Many Americans on all sides of the political discourse are asking: *What now?* after the elections. Here are steps that any of us can take that can make a difference. This list has been adapted from [an original article](#) posted in the New York Times by Nicholas Kristof.

1. I WILL accept that Clinton lost, but will NOT acquiesce in injustice. Instead, I will stand strong on issues I care about. Some example ways of standing strong include, but are not limited to, the following:

- I will [call or write](#) my [member\(s\) of Congress](#) and express my opposition to:
 - mass deportation,
 - mass incarceration,
 - reductions in environmental protections,
 - cutting 22 million people off health insurance,
 - nominations of people who are unqualified or bigoted,
 - reduced access to contraception and cancer screenings.
- Better yet, **I'll attend my representative's town meeting** and learn about my community. More importantly, I can either:
 - Put my representative on the spot regarding issues I care about, or
 - Support my representative for a job well done!

2. I WILL do small things in my own life, recognizing that they are a start. For example:

- I will sign up for an "[accompany my neighbor](#)" list if one exists for my area, to be an escort for anyone who is now in fear.
- I will [sign up](#) on the Council on American-Islamic Relations website, volunteering to fight Islamophobia.
- I'll call a local mosque (or other religious organization) to offer support no matter what my own religious convictions, or I can join an interfaith event.
- I will bike as often as I can (rather than drive) because I value clean air and a healthy lifestyle.

3. I WILL avoid demonizing people who don't agree with me, recognizing that it's just as wrong to stereotype supporters of a political party other than my own.

- I will avoid sensationalist metaphors, recognizing that they stop conversations and rarely persuade.
- I'll remind myself that **no side has a monopoly on truth** and that many people on both sides of the political divide want the best for the country.

4. I'LL DO my part to support the society I'd like to see. For example,

- I will give blood and [register for organ donation](#).
- I'll support companies that align with my interests (for example, I may choose to purchase [Chobani](#) yogurt because its owner has been subjected to racist attacks for his willingness to hire and promote refugees).

5. I WILL support groups that fight hate and call upon people, including elected officials, to disavow bigotry. For example:

- I'll support the [Southern Poverty Law Center](#)
- I'll back [the center's petition](#) calling on Donald Trump to disavow bigotry.
- I'll support an immigration rights group, the A.C.L.U. or Planned Parenthood.
- I'll subscribe to a newspaper as one way of resisting efforts to squelch the news media or preside over a post-fact landscape — and also to encourage journalists to be watchdogs, not lap dogs.

6. I WILL support refugees, one of the most demonized groups in the world. For example, I could:

- Support the International Rescue Committee's work for refugees [through donations](#) to The New York Times Neediest Cases Fund.
- Volunteer to work with refugees in many cities in America and abroad through [this I.R.C. portal](#).
- Learn more about refugee resettlement agencies [here](#).

7. I WON'T let it slide if a friend or family member makes degrading comments about others whether they are minorities, women or rural people. For example,

- Even if it's a joke stated over Thanksgiving dinner, I'll push back and say something like: "Come on! You really think that?!" or "That's insulting to decent human beings everywhere."
- I will prevent a sexual predator from assaulting a drunken partygoer.

8. I WILL resist dwelling in an echo chamber. For example,

- I will follow smart people on Twitter or Facebook with whom I disagree to learn from differing perspectives.
- I will also expand my social circle to include people with different views, recognizing that diversity is a wonderful thing – if I know only supporters of one political party, then I don't have a clue about the true diversity of America.

9. I WILL do what I can in my own life to make sure that the needy aren't forgotten in the next four years amid paroxysms of tax cuts for the wealthy. For example,

- I can support education and literacy programs such as:
 - [Reach Out and Read](#), an outstanding program that helps at-risk kids learn to read: A \$20 donation covers one child for a year, or I could serve as a reader.
 - [Little Free Library](#) – find one near you, make one for your own yard, or donate to the Impact Fund to place a library where it is needed most
- I can mentor others through any of the following:
 - [Big Brothers Big Sisters of Central Ohio](#)
 - [iMentor](#)
 - [Alvis – 180 Degree Impact](#)

10. I WILL understand that progress may unfold at the state or local level, and I will engage there. For example, voters were able to accomplish the following:

- [...four states passed minimum wage measures](#) (Ohio's minimum wage is higher than the federal rate – yay US!),
- [...three states approved gun safety measures](#), and
- ...other states and localities are wrestling with climate change.
- As a starting point, I will get my friends, students, and colleagues to vote.

11. I WILL take on sexism and misogyny, which exists in forms like [domestic violence](#), sexual assault and sex trafficking and affects women and girls across the country.

- I will work alongside all political parties to get funding for [women's shelters](#) or to [prosecute pimps](#).

12. I WILL not lose hope.

- I will keep reminding myself that politics zigs and zags, and I can still fight for my values between elections. At the micro level, I can mitigate the damage to myself and my neighbors and heal a social fabric that has been rent.