

<b>Thing to do* (grouped by type, in no particular order)</b> <small>*currated by someone who is a Jewish, white, cisgender, US citizen, woman - actions may look different for people of different race, religion, identification; list crowdsourced and internet-built - collective action at its finest!</small>	<b>Resource to help you do it</b>
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<b>Time Sensitive Actions</b>	
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**Time Sensitive Actions:** On lots of issues for transition - this is an amazing spreadsheet someone put together with scripts on all issues and breaks the calls down by day. One or 2 calls every day!

Found on FB from a woman in GA - phone numbers of every Senator. Call them all!

[https://docs.google.com/spreadsheets/d/174f0WBSVNSdcQ5\\_S6rWPGB3pNCsruyyM\\_ZRQ6QUhGmo/htm/view?usp=embed\\_facebook&sle=true](https://docs.google.com/spreadsheets/d/174f0WBSVNSdcQ5_S6rWPGB3pNCsruyyM_ZRQ6QUhGmo/htm/view?usp=embed_facebook&sle=true)

- Alabama: Richard Shelby - (205) 731-1384 Jeff Sessions - (205) 731-1500
- Alaska: Lisa Murkowski - (907) 271-3735 Dan Sullivan - (907) 271-5915
- Arizona: John McCain - (602) 952-2410 Jeff Flake - 602-840-1891
- Arkansas: John Boozman - (501) 372-7153 Tom Cotton - (479) 751-0879
- California: Dianne Feinstein - (415) 393-0707 Barbara Boxer - (510) 286-8537
- Colorado: Michael Bennet - 303-455-7600 Cory Gardner - (303) 391-5777
- Conneticut: Richard Blumenthal - (860) 258-6940 Chris Murphy - (860) 549-8463
- Delaware: Tom Carper - (302) 573-6291 Christopher Coons - (302) 573-6345
- District of Columbia: Eleanor Holmes Norton - (202) 408-9041
- Florida: Bill Nelson - 954-693-4851 Marco Rubio - (813) 287-5035
- Georgia: Johnny Isakson - (770) 661-0999 David Perdue - (404) 865-0087
- Hawai'i: Brian Schatz - PHONE: (808) 523-2061 Mazie Hirono - (808) 522-8970
- Idaho: Michael Crapo - (208) 743-1492 James Risch - 208-342-7985
- Illinois: Dick Durbin - 312.353.4952 Mark Kirk - 312-886-3506
- Indiana: Dan Coats - (219) 663-2595 Joe Donnelly - (260) 420-4955
- Iowa: Chuck Grassley - (319) 363-6832 Joni Ernst - (515) 284-4574
- Kansas: Pat Roberts - (913) 451-9343 Jerry Moran - (316) 631-1410
- Kentucky: Mitch McConnell - (502) 582-6304 Rand Paul - 502-582-5341
- Louisiana David Vitter - 225-383-0331 Bill Cassidy - (225) 929-7711
- Maine: Susan Collins - (207) 622-8414 Angus King - (207) 622-8292
- Maryland: Barbara Mikulski - (410) 962-4510 Ben Cardin - (410) 962-4436
- Massachusetts: Elizabeth Warren - (617) 565-3170 Ed Markey - 617-565-8519
- Michigan: Debbie Stabenow - (313) 961-4330 Gary Peters - (313) 226-6020
- Minnesota: Amy Klobuchar - 612-727-5220 Al Franken - (651) 221-1016
- Mississippi: Thad Cochran - 601-965-4459 Roger Wicker - (601) 965-4644
- Missouri: Claire McCaskill - (314) 367-1364 Roy Blunt - (314) 725-4484
- Montana: Jon Tester - (406) 586-4450 Steve Daines
- Nebraska: Deb Fischer - (402) 441-4600 Ben Sasse - 402-476-1400
- Nevada: Harry Reid - 702-388-5020 Dean Heller - 702-388-6605
- New Hampshire: Jeanne Shaheen – (603) 542-4872 Kelly Ayotte - 603-622-7979
- New Jersey: Bob Menendez - 973.645.3030 Cory Booker - (973) 639-8700
- New Mexico: Tom Udall - (505) 346-6791 Martin Heinrich - (505) 346-6601
- New York: Charles E. Schumer - (212) 486-4430 Kirsten Gillibrand - (212) 688-6262
- North Carolina: Richard Burr - (828) 350-2437 Tom Tillis - (704) 509-9087
- North Dakota: John Hoeven - 701-746-8972 Heidi Keitkamp - (701) 775-9601
- Ohio: Sherrod Brown - (513) 684-1021 Rob Portman - 513-684-3265
- Oklahoma: James M. Inhofe - (405) 608-4381 James Lankford - (405) 231-4941
- Oregon: Ron Wyden - (503) 326-7525 Jeff Merkley - (503) 326-3386
- Pennsylvania: Bob Casey - (412) 803-7370 Pat Toomey - (215) 241-1090
- Rhode Island: Jack Reed - (401) 943-3100 Sheldon Whitehouse - (401) 453-5294
- South Carolina: Lindsey Graham - (803) 933-0112 Tim Scott - (803) 771-6112
- South Dakota: John Thune - (605) 334-9596 Mike Rounds- (605) 336-0486
- Tennessee: Lamar Alexander - (615) 736-5129 Bob Corker - 615-279-8125
- Texas: John Cornyn - 512-469-6034 Ted Cruz - (512) 916-5834
- Utah: Orrin Hatch – (801) 524-4380 Mike Lee -- 801-524-5933
- Vermont: Patrick Leahy - (802) 229-0569 Bernie Sanders - tel (802) 862-0697
- Virginia: Mark Warner - 757-441-3079 Tim Kaine - (540) 682-5693
- Washington: Patty Murray - (206) 553-5545 Maria Cantwell - (206) 220-6400
- West Virginia: Joe Manchin - 304-342-5855 Shelley Capito - 304-347-5372
- Wisconsin: Ron Johnson - (414) 276-7282 Tammy Baldwin - (414) 297-4451
- Wyoming: Mike Enzi - (307) 739-9507 John Barrasso - 307-772-2451

**SUPER Time Sensitive actions:** Contact House Reps (call or write and mail letter) to every member of the House Oversight Committee requesting that they investigate Trump's potential

(202) 225-5074  
<https://oversight.house.gov/subcommittee/full-committee/>

<p>conflicts of interest. Reference article link listed, and contact page for all members of the House Oversight Committee.</p>	<p><a href="http://www.politico.com/story/2016/11/elijah-cummings-trump-financial-arrangements-231342">http://www.politico.com/story/2016/11/elijah-cummings-trump-financial-arrangements-231342</a></p>
<p>Firsthand testimony from someone who did: "The woman on the phone said that they are</p> <p><b>Time Sensitive actions:</b> Contact leaders to get the Bannon appt revoked. There is precedent for this in the Clinton and Obama administrations. Here is a sample script a friend shared:</p> <p>"My name is ____ and I am a constituent who lives in [town]. I am calling to register my grave concern about President-elect Trump's naming of Steve Bannon to a position of authority in his administration. I believe he has proven to hold white supremacist and racist views that have no place in the White House and I'm urging [name of elected official] to do anything in his/her power to oppose his appointment."</p> <p>link added at right of news coverage of Republican leadership's refusal to criticize Bannon.</p>	<p>1) If you live in the US, call your Representatives and Senators and tell them this is unacceptable.  2) Paul Ryan is feigning ignorance again. Call his office at (202) 225-3031 and let him know that this is not ok. Same with Majority Leader McConnell, (202) 224-2541.  3) Call out the media when they report the Bannon appointment as a straight news story or refer to him as a "Breitbart executive" or a "provocateur," but don't call him what he is: a white supremacist, anti-semitic, misogynist. Don't let them normalize.  4) Where protests are ongoing, make this the focus, with signs, chants, etc. Next week we can turn out attention to other things. But for now let's focus like a laser on this.  5) Let's get religious groups on board; maybe even mainstream business groups, like the Chamber of Commerce (202-659-6000).  6) Contact other people of influence--College presidents, high-profile coaches and anyone else who has a public megaphone.  7) Express your concerns directly to Trump: (212) 832-2000 for Trump tower, trump@trumporg.com; 646-736-1779 was the # for the campaign, @realDonaldTrump.</p> <p><a href="https://www.theguardian.com/us-news/2016/nov/15/steve-bannon-donald-trump-hire-republican-dont-criticize">https://www.theguardian.com/us-news/2016/nov/15/steve-bannon-donald-trump-hire-republican-dont-criticize</a></p> <p><a href="https://paulryan.house.gov/contact/">https://paulryan.house.gov/contact/</a></p>
<p><b>Time Sensitive actions:</b> Get involved - phone bank, canvass, donate - NOW in the Louisiana Senate run-off campaign Dec 10th!!!! Links to Campbell's campaign site and also the LA democratic committee on right.</p>	<p><a href="http://www.fostercampbell2016.com/">http://www.fostercampbell2016.com/</a></p> <p><a href="https://louisianademocrats.org/action/">https://louisianademocrats.org/action/</a></p>
<p><b>Time Sensitive Administrative Actions for you, friends, colleagues</b></p>	
<p>Clear up your criminal record and deal with other administrative/bureaucratic things now. Ban the Box, adoption laws and other things could be overturned. Help others or yourself in taking care of this stuff before Jan 20th. This includes long-term birth control like an IUD, post-natal things like breast pumps, and pre-existing conditions which are currently covered by law but may not be after Jan 20th.</p> <p>See link on some key things particularly for LGBTQ people - including ID, court orders and other protections for yourself and family.</p> <p>Form a union or file a labor complaint now.</p>	<p><a href="http://www.huffingtonpost.com/entry/things-lgbtq-people-need-trump_us_5828d81be4b0c4b63b0d2f12">http://www.huffingtonpost.com/entry/things-lgbtq-people-need-trump_us_5828d81be4b0c4b63b0d2f12</a></p>
<p>Pay their parking tax!! The Sup Ct ruled that outstanding bench warrants can provide the basis for police officers to search you and your car. If you rack up enough parking tickets, bench warrants can be easily issued, particularly in low income neighborhoods.</p>	
<p>If you are a researcher who uses publicly available data, make sure you have data sets downloaded now. In the past, a lot of data was removed from public websites, particularly environmental data from EPA and other federal departments. FOIA is always a possibility, but time consuming and expensive.</p>	
<p>Know your rights as an immigrant. Link to helpful resource from the ACLU</p>	<p><a href="https://www.aclunc.org/blog/immigrants-rights-trumps-america-know-them">https://www.aclunc.org/blog/immigrants-rights-trumps-america-know-them</a></p>
<p><b>Accomplice Actions for Safety</b></p>	

Be an accomplice, not an ally (for white people)	<a href="http://www.indigenoussaction.org/accomplices-not-allies-abolishing-the-ally-industrial-complex/">http://www.indigenoussaction.org/accomplices-not-allies-abolishing-the-ally-industrial-complex/</a>
Occupy Public Spaces. Reduce the number of opportunities for someone to be alone and isolated in your community. Take the bus. Eat lunch in a park. Walk your dog at night. Sit on your front porch. If a situation starts to feel sketchy, pretend to look at your phone and watch what happens for a while--keep the camera ready. Chances are, if someone other than their potential victim is watching, an attacker will be too cowardly to strike. If they do, there will be a witness.	
Be prepared to intervene in public confrontations (if it is safe for you)	<a href="https://www.buzzfeed.com/ryanhatesthis/someone-made-a-guide-for-what-to-do-when-you-see-islamophobi">https://www.buzzfeed.com/ryanhatesthis/someone-made-a-guide-for-what-to-do-when-you-see-islamophobi</a> <a href="https://www.splcenter.org/20150126/speak-responding-everyday-bigotry">https://www.splcenter.org/20150126/speak-responding-everyday-bigotry</a>
Walk people into your local Planned Parenthood	<a href="https://www.plannedparenthood.org/health-center">https://www.plannedparenthood.org/health-center</a>
Report hate crimes and acts of harrassment.	<a href="https://www.splcenter.org/reporthat">https://www.splcenter.org/reporthat</a> <a href="https://docs.google.com/forms/d/e/1FAIpQLSc5ciGwQELzj0_L6mU1V8nfH6_HP7FvqM-W_LeCYo39Sp8rCw/viewform">https://docs.google.com/forms/d/e/1FAIpQLSc5ciGwQELzj0_L6mU1V8nfH6_HP7FvqM-W_LeCYo39Sp8rCw/viewform</a>
Keep personal records of harrassment and intimidation for use by a lawyer. (see above about reporting in national databases)	
Create a walking system in your community (like the one in NYC)	<a href="https://docs.google.com/forms/d/e/1FAIpQLScGWE8zpTAqoLj6HMLGkKIoKRdVq2RMW_vH8jih0OwyBGU0YA/viewform?c=0&amp;w=1">https://docs.google.com/forms/d/e/1FAIpQLScGWE8zpTAqoLj6HMLGkKIoKRdVq2RMW_vH8jih0OwyBGU0YA/viewform?c=0&amp;w=1</a>
Fight against Islamaphobia -- talk to your local mosque about what they would like - including escorts for worshippers.	<a href="https://www.buzzfeed.com/ryanhatesthis/someone-made-a-guide-for-what-to-do-when-you-see-islamophobi?utm_term=.wkQdYQLjW#.tjxBLy21z">https://www.buzzfeed.com/ryanhatesthis/someone-made-a-guide-for-what-to-do-when-you-see-islamophobi?utm_term=.wkQdYQLjW#.tjxBLy21z</a>
If you work at a school, here are some things you can do to support/protect undocumented students	<a href="https://mydocumentedlife.org/2016/11/13/post-election-recommendations-for-school-administrators-educators-counselors-and-undocumented-students/">https://mydocumentedlife.org/2016/11/13/post-election-recommendations-for-school-administrators-educators-counselors-and-undocumented-students/</a>
If/when a registry is required for muslims, show up to register.	<a href="http://www.motherjones.com/politics/2016/11/muslims-immigrants-minorities-lgbt-white-allies">http://www.motherjones.com/politics/2016/11/muslims-immigrants-minorities-lgbt-white-allies</a>
<b>Political Action</b>	
Call your lawmakers - no really call them - at their local office. A lot. It's the best way to get their attention.	<a href="http://www.attn.com/stories/12768/former-congressional-staffer-explains-how-to-make-congressman-listen">http://www.attn.com/stories/12768/former-congressional-staffer-explains-how-to-make-congressman-listen</a>
Apparently Chuck Schumer / Democrats will listen about how tough they play if we call them. Daily phone calls, esp to Schumer and Ellison could be good.	<a href="http://www.house.gov/representatives/find/">http://www.house.gov/representatives/find/</a>
Run for office. In a swing state if you can. City Councils, County offices, school boards, state office all matter a lot.	<a href="http://www.sheshouldrun.org/">http://www.sheshouldrun.org/</a> <a href="https://www.emilyslist.org/pages/entry/run-for-office">https://www.emilyslist.org/pages/entry/run-for-office</a> <a href="http://www.emergeamerica.org/">http://www.emergeamerica.org/</a>
Call your state insurance commissioner and ask them to keep state level healthcare in place no matter what happens with the ACA	<a href="http://www.naic.org/state_web_map.htm">http://www.naic.org/state_web_map.htm</a>
Call local law enforcement and/or city council and ask them to make a committment to not participate in mass deportations. See link on LA PD's statement	<a href="http://www.latimes.com/local/lanow/la-me-ln-los-angeles-police-immigration-20161114-story.html">http://www.latimes.com/local/lanow/la-me-ln-los-angeles-police-immigration-20161114-story.html</a>
Call your state Attorney General's office and ask them to set up a hotline for harrassment/hate complaints. See link on MA AG's program.	<a href="http://www.wbur.org/news/2016/11/14/mass-hotline-post-election-harassment">http://www.wbur.org/news/2016/11/14/mass-hotline-post-election-harassment</a>

Get involved now in the midterm elections. 2018 can be huge. Phonebank, canvass, run for office, donate money, etc.	<a href="https://brandnewcongress.org/home">https://brandnewcongress.org/home</a>
Phone bank for SURJ (Showing Up for Racial Justice)	<a href="http://www.surjaction.org/phone_bank?utm_campaign=volask_phbnkdec&amp;utm_medium=email&amp;utm_source=showingupforracialjustice">http://www.surjaction.org/phone_bank?utm_campaign=volask_phbnkdec&amp;utm_medium=email&amp;utm_source=showingupforracialjustice</a>
<b>Media Action</b>	
Read media outlets that you don't agree with. Learn what people are thinking and how they are getting their news. Then think about how to reach across those lines of difference. (e.g., read National Review, American Conservative, and even Breitbart News. )	<a href="#">This series on the fears of a Dem 2018 takeover may be particularly instructive/insightful.</a>
Call and write letters to media outlets when you think their journalism normalizes hate. (e.g., apparently this morning's NPR coverage on the appt of Bannon depicted him as a "good ole boy" rather than a white nationalist, anti-semitic bigot. Call NPR and tell them this is not ok reporting!)	@nytimes: public@nytimes.com, @washingtonpost: ombudsman@washingtonpost.com, @wsj: wsjcontact@wsj.com, @cnn: rick.davis@turner.com; @nbcnews: alisa.shudofsky@nbcuni.com
Do not share disreputable news sources on social media. As much as we may love reading articles that validate our opinions, it is best to only share articles from reputable and reliable sources. Otherwise, it becomes that much easier for people to discredit real stories in need of attention. Decent guide to some generally trustworthy sources linked and site with a list of fake news sites	<a href="https://soapboxie.com/social-issues/A-Real-Need-for-the-Real-News">https://soapboxie.com/social-issues/A-Real-Need-for-the-Real-News</a>  <a href="http://nymag.com/selectall/2016/11/11/fake-facebook-news-sites-to-avoid.html?mid=fb-share-selectall">http://nymag.com/selectall/2016/11/11/fake-facebook-news-sites-to-avoid.html?mid=fb-share-selectall</a>
<b>Donation/Financial Action</b>	
Donate to organizations that protect journalists and serve as watchdogs	<a href="#">Committee to Protect Journalists</a>
	<a href="#">First Amendment Foundation</a>
	<a href="#">Media Matters</a>
Subscribe to a newspaper or other print journalism also donate to alternative, progressive media sources	e.g. Democracy Now, Mother Jones, ProPublica
Set up recurring donations to organizations that will be busy this term	e.g. ACLU, Southern Poverty Law Center, EarthJustice, Lambda Legal, Immigrants Rights Project, Planned Parenthood, NAACP, Presente, Autistic Self Advocacy Network, other local orgs you know of doing work in your cities/states
<b>Personal Actions</b>	
Ask questions of everyone with whom you are in relationship	<a href="http://www.theestablishment.co/2016/11/11/we-have-to-create-a-culture-that-wont-vote-for-trump/">http://www.theestablishment.co/2016/11/11/we-have-to-create-a-culture-that-wont-vote-for-trump/</a>
	<a href="https://www.splcenter.org/20150126/speak-responding-everyday-bigotry">https://www.splcenter.org/20150126/speak-responding-everyday-bigotry</a>
Use your Thanksgiving as a way to connect with family on these issues. SURJ has created a conversation guide for difficult conversations.	<a href="http://www.showingupforracialjustice.org/thanksgiving">http://www.showingupforracialjustice.org/thanksgiving</a>
Talk to people that think differently than you - this means those that may be "Trump supporters" but also those with different experiences - Jews, LGBTQ, people of color. Part of the problem of this election has been the "filter bubbles" we all live in. Many of the most marginalized in this country were not surprised by this result. For those of us that were surprised or disappointed, it's time to broaden our perspective.	<a href="#">The SNL Chappelle/Chris Rock election night skit is helpful for some humor.</a>
Self-care - whatever that means for you.	e.g., I found imaginative play with a 3 year old helpful. Also blasting Aretha Franklin in my living room.

