

9 Ways to Fight Hate, Discrimination, and Racism

1. **Call** your elected officials, tell them you're concerned, and ask what they are doing about it
 - Not sure what number to call? Go [here!](#)
 - Start with Speaker Paul Ryan; his number is (202) 225-0600
2. **Vote** because who we elect to run our government at every level matters!
 - Make sure you are registered
 - Reregister if you've moved, changed political parties, or changed your name
 - Vote your entire ballot in every single election
 - *Pro tip, register to vote by mail - you're more likely to vote every election*
3. **Get Out The Vote**
 - Register 5 friends and family
 - Volunteer to *Get Out The Vote* during the next election
4. **Volunteer** with a local social justice organization – we have different focuses but a common enemy: hate and discrimination!
 - Here are a few: [San Diego LGBT Community Center](#), [Alliance San Diego](#), [ACLU San Diego and Imperial Counties](#), [Mid-City CAN](#), [Council on American-Islamic Relations](#), [Planned Parenthood of the Pacific Southwest](#), [Jewish Family Services](#), [Environmental Health Coalition](#), [Center for Policy Initiatives](#)
5. **Speak up**
 - Denounce hate and discrimination in all its forms and speak out against it
6. **Donate!** Invest in Justice, and encourage your friends and family to do the same
 - Give a gift to The [Southern Poverty Law Center](#), the leading national organization that fights hatred and bigotry and monitors hate groups in the U.S. Give [here](#).
 - Give to one or many of the local social justice organizations in #4
7. **Educate** yourself about systemic racism. Read some of these books and articles:
 - Michelle Alexander's [The New Jim Crow](#)
 - Ta-Nehisi Coates' [Between the World and Me](#)
 - Claudia Rankine's [Citizen](#)
 - Other great [books](#) and [articles](#) that illuminate oppression and structures of white supremacy
8. **Talk** about racism!
 - with friends and family
 - Host a "Get Woke" event, have some friends over for drinks and snacks, read one of above articles about racism and talk about it. After, make a plan to donate and/or volunteer together in the next month.
9. **Stay Engaged!**

Hate - and all its many forms - isn't new. Racism, homophobia and transphobia, Islamophobia, anti-Semitism, sexism, anti-immigrant sentiment– it all has a common theme. Together, we are stronger than the hate and now more than ever, we must unite to fight it.