

12 Actions I Can Take to Help Improve, Protect & Restore American Democracy

1. Contact my elected officials.
2. Take part in peaceful protests.
3. Join and or volunteer with national and or local pro-democracy groups.
4. Start an informal group of friends and neighbors to encourage each other for this cause.
5. Wear caps, t-shirts or other apparel to tastefully advertise my pro-democracy views.
6. Write a letter to the editor to my local newspaper
7. Give money
8. Volunteer with and or support pro-democracy parties or candidates running for office.
9. With sensitivity talk with my family and friends on the issues.
10. Pray.
11. Connect with people or groups adversely affected by the Trump administration.
12. Encourage others to actively engage in any or all of the above.