

# KNOCK DOWN THE BARRIERS

## How You Can Create Political Change



### 1 Start with the basics: VOTE!

★ VOTER ★  
REGISTRATION  
FORM

Register to vote at [vote.org](https://www.vote.org).

VOTER  
GUIDE

**Educate yourself and others.**  
Look for voter guides to help your decision. Sometimes voter guides are mailed to you, or you can refer to resources like [Ballot Ready](#).

VOTE  
HERE

**Still have questions?**  
Learn more—like when and where to vote—with [Voto Latino](#).



“The problems that we have in our district, we ourselves can fix.”  
—Cori Bush

### 2 Show me the money

More and more, candidates are refusing to accept corporate and PAC donations, which frees them up to truly represent the will of the people. This means they need money to run their campaigns!

YOUR CONTRIBUTION

\$5	\$10	\$25
\$50	\$100	OTHER

DONATE

**Donating to a candidate helps them get elected.**

If you don't feel comfortable donating to a candidate, you can donate to organizations that are working to create the type of world you want to live in.



Want to know what corporations or industries are donating to legislators? Check out [Open Secrets](#) to find who is funding your representative.



“Big money is very lonely, and we've got people on our side.”  
—Rep. Alexandria Ocasio-Cortez

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## Get friendly with (and keep an eye on) your reps

Find your representatives with [Common Cause](#), and see what they've been up to lately with [ProPublica Represent](#).

### Call, text, or email them!

They work for you, so you have the ability to pressure them to work on issues that you care about.

**CALL**

**Congressional Switchboard**  
(202) 224-3121

**EMAIL**

**To: U.S. Senator**

**Message:**  
Where do you stand on the Green New Deal?

**TEXT** RESIST to 50409

Everything you need to know about making your representative pay attention to you can be found in [ProPublica's User's Guide to Democracy](#).

### Create, sign and deliver petitions to your congressperson!

Sign this petition

### Talk to them in person!

Have your representative come to your community through the [Town Hall Project](#).

Show up to their office for a [lobbying day](#).

"We shouldn't have to worry about self-serving politicians catering to coal barons instead of catering to our families and our communities."

—Paula Jean Swearengin



### GET INVOLVED IN LOCAL ORGANIZATIONS

### STRIKES, DEMONSTRATIONS AND OTHER FORMS OF PROTEST

#### Change often starts locally before it grows into a larger movement.

Check out the groups in your community and see how you might be able to join the cause.

#### Engage in direct action.

Strikes, demonstrations and other forms of protest can help bring attention to your cause and give you leverage in negotiations. Look for local groups who have planned a direct action, or plan your own. [Hollaback's guide to planning a protest](#) can teach you how!

"It's not about any one of us, individually. It's about the whole movement."

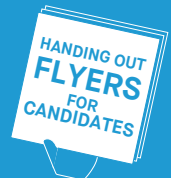
—Amy Vilela



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## Get your feet on the ground

### You can get involved in political campaigns by:



If that's not your style, most campaigns also need help with data entry, social media, design, and office tasks.

Can't find a group that focuses on the issues you care about? [Organize your community!](#) Check out [Indivisible's guide](#) to learn how.

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## Don't walk: Run!

Take the reins into your own hands and run to represent your community! You don't have to know everything about everything—you just need to care about the betterment of your community.

### Don't know where to start?

Visit [New American Leaders](#) or check out [Roadmaps for Revolutionaries](#) from your local library for more info!



"For one of us to make it through, a hundred of us have to try."

—Rep. Alexandria Ocasio-Cortez