

Check-List for Teen Upstanders

- 1. Reading
 - a. Check out [this article](#) to learn how six high schoolers organized a protest against the murder of George Floyd and kept the conversation going on social media
- 2. Listening
 - a. In this [podcast](#), four high school students discuss why they chose to march in Washington D.C. with March for Our Lives
- 3. Watching
 - a. Watch these [teen poets](#) present their feelings on the climate crisis through the art of spoken-word poetry
- 4. Sharing
 - a. Follow teen activist Anthony Tomaz-Pochel on [Twitter](#) to learn more about how he makes spaces for Native youth in Chicago by raising awareness, creating community spaces and emphasizing the power of voting*.
- 5. Writing
 - a. Find out who your local, state, and federal representatives are [here](#)** . Writing to your representatives lets them know how you feel about different issues. If you let your representatives know that a law or issues makes you feel strongly, that can help them decide how to act.
 - b. [Here](#) are some letter writing tips and a guide to follow

*Action originally sourced from [Do Something](#)

** Action originally sourced from [Campaign Zero](#)