

Check-List for Young Upstanders

1. Reading
 - a. Read this [article](#) about how protesters across the country are creating change in their own communities
2. Listening
 - a. [Being 12](#) is a podcast on personal and social issues for middle schoolers. This will allow you to hear the stories, perspectives, and ideas of students from across the country.
3. Watching
 - a. Look at the March For Our Lives [Going Into 2020: Our Work in Review](#) to understand what students have been able to accomplish
4. Writing
 - a. Find out who your local, state, and federal representatives are [here](#).¹
 - b. Watch or read the news and find one issue that makes you happy/sad/angry and write to your representatives about it.
 - c. [Here](#) are some letter writing tips and a guide to follow
5. Sharing
 - a. Check out how people are using platforms like TikTok to talk about injustice in their world [here](#)

¹ Action originally sourced from [Campaign Zero](#)