

LOVE is ACTION

Love is a way to fight hatred.
Action is a way to fight despair.

The world needs your brilliance right now. It needs your joy, your truth, your creativity and your commitment to justice. It needs your fierce and unapologetic demand for equality and opportunity and freedom for all. It needs your attention and your energy and your most tenacious effort.

The world also needs your faith, your hope, and your recognition that we really are all connected; that we really are interdependent with one another and absolutely dependent upon the earth, the water, the air, and the life force of the entire planet. Reaching out, speaking up, listening, asking for help, and most importantly, offering it—this is how we build community, and deepen understanding and compassion.

Take good care of yourself.
Take extra care of those around you.

Make yourself uncomfortable to make someone else safe.

Stand up to hatred in every way. Speak up to those who are dishonest or cruel, and protest every infringement on civil rights and human decency. Find your calling as protector of those whose lives are not as fortunate as your own.

Seek out ways to get involved with the things you care about. Learn more about things you may have not cared so much about until now, and find opportunities to support those doing necessary work. Question your assumptions. Recognize your biases. Offer your leadership with humility and your allyship with grace.

Open yourself to possibility no matter how improbable it may seem. Challenge yourself to be braver and more generous than you have ever been.

Love with all of your heart.
Act with all of your soul.

loveisaction.us



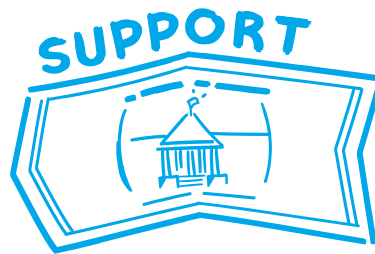
LOVE

#LeadWithLove
leadwithlove.vision

SPCL—Ten Ways to Fight Hate:
A Community Response Guide
goo.gl/iC5ued

Movement Strategy Center
movementstrategy.org

Dream Corps #LoveArmy Project
thedreamcorps.org



LEARN

Climate Solutions
climatesolutions.org

NARAL Pro-Choice America
prochoiceamerica.org

National Center for Trans Equality
transequality.org

National Immigration Law Center
nilc.org

Safe Schools Coalition
safeschoolscoalition.org

CARE

Center for Reproductive Rights
reproductiverights.org

Disability Rights Education and Defense Fund
dredf.org

Lifelong Aids Alliance
lla.org

Planned Parenthood
plannedparenthood.org

SHOW UP

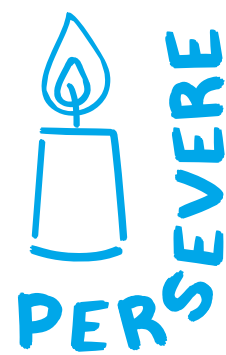
Black Lives Matter
blacklivesmatter.com

Campaign Zero
joincampaignzero.org

Stand with Standing Rock
standwithstandingrock.net

Showing up for Racial Justice
showingupforracialjustice.org

togetherlist
togetherlist.com



ASK

Center for Diversity and the Environment
cdeinspires.org

El Centro de la Raza
elcentrodelaraza.org

Legal Voice
legalvoice.org

LGBTQ Allyship
allyship.org

King County Sexual Assault Resource Center
kcsarc.org

Refugee Women's Alliance
rewa.org

The Trevor Project
thetrevorproject.org

Washington State Coalition Against
Domestic Violence
wscadv.org



SPEAK UP

Contact Federal Elected Officials
usa.gov/elected-officials

Equal Rights Washington
equalrightswashington.org

Injustice Boycott
injusticeboycott.com

Southern Coalition for Social Justice
southerncoalition.org

Natural Resources Defense Council
nrdc.org



RESPECT

Council on American Islamic Relations
cair.com

OneAmerica
weareoneamerica.org

Pride Foundation
pridefoundation.org

HELP

Center for the Working Poor
centerfortheworkingpoor.org

National Association for the Advancement of
Colored People
naacp.org

Support.fm
support.fm

LISTEN

#Green for All
greenforall.org

Indigenous Rising
indigenusrising.org

Shelf Life Stories
shelflifestories.com

The Center for Investigative Reporting
revealnews.org

SHARE

Fare Start
farestart.org

Food Line
foodlifeline.org

Northwest Harvest
northwestharvest.org

Real Change
realchangenews.org

PROTECT

350
350.org

American Civil Liberties Union
aclu.org

Amnesty International
amnestyusa.org

AntiDefamation League
adl.org

Border Angels
borderangels.org

Children's Alliance
childrensalliance.org

Coalition to Stop Gun Violence
csgv.org

Committee to Protect Journalists
cpj.org

Indigenous Environmental Network
ienearth.org

Northwest Immigrant Rights Project
nwirp.org

Southern Poverty Law Center
splcenter.org

The League of Women Voters
lwv.org

Trans Relief Project
transrelief.com

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