bracelets and stickers ready too. pag. Give them out when people ask questions. Have Make a few printouts or sticker packs to carry in your

pleasurepie.org/articles/free-zines-about-palestine Free PDFs from Pleasure Pie: Distribute zines + pamphlets:

https://www.etsy.com/search?q=palestine+solidarity Bulk stickers and keffiyeh gear:

wearthepeace.com/products/palestine-bracelet Palestine map bracelet (donates meals):

the diaspora that they're not alone. ofhers to ask questions. They also reassure allies and permission to care about this, and they encourage actually make a difference. They give people Bumper stickers, pins, bracelets and keffiyehs

> Make it visible and shareable 3. Center Solidarity in Daily Life

Find local chapters or online events near you.

\fips:\\bar{\text{bdsmovement.net/\}}

Boycott, Divest, Sanctions (BDS) Movement

> https://palsolidarity.org

International Solidarity Movement

> https://uscpr.org

US Campaign for Palestinian Rights

<u>https://www.ifnotnowmovement.org</u>

MONJONJI

https://www.jewishvoiceforpeace.org

Jewish Voice for Peace

bublic solidarity:

governments, delaying arms shipments, and showing Support or join groups putting pressure on

2. Join Direct Action / Advocacy Groups



https://www.pleasurepie.org/gaza.html

Help a Gaza sex-ed educator evacuate with family Gaza Evacuation Crowdfunding (via Pleasure Pie) Direct Mutual Aid:



> https://www.pcrf.net

Medical aid, food, trauma care.

Palestine Children's Relief Fund (PCRF)



https://www.cm2g.org

Food, water, and shelter from Christian families in Christian Mission to Gaza (CM2G)

1. Give (Even Small Amounts Help)

Nelson Mandela

"sneinitesle["]

incomplete without the treedom of the "We know too well that our freedom is

and long-term.

to support Gaza and Palestinians today, this week, Here's a list of concrete, actionable things you can do

dn sppe

But all of us can do something. And together, that enough. The truth is: none of us can do everything. A lot of us feel paralyzed, guilty, or unsure what's

refusing to look away. That matters. You care, you're asking questions, and you're

If you're reading this, you're already doing something

4. Educate Yourself And Others

Read Palestinian writers and journalists.

Ask real questions. Embrace what you don't know.

Follow Gazan voices on IG, TikTok, or BlueSky.

Host or attend a teach-in, film screening, or study group.

5. Show Up in Real Spaces

Bring it up in churches, mosques, synagogues, schools, and work. Go to these places.

Join community center events or start one.

Share a zine. Wear a bracelet. Ask a question.

You might feel awkward. That's okay. Discomfort is small compared to what others are enduring.

6. Make a sketch of a weekly schedule

Mon - Donate \$5–50 to a charity (see list above)

Tues - Read one Palestinian story or watch a short

Wed - Wear a bracelet or keffiyeh + carry a zine to give someone

Thurs - Call/email a rep. Ask them to support ceasefire or end arms shipments

Fri - Share a post, zine, or quote from a Gazan voice

Sat - Go to a protest, vigil, or community discussion

Sun - Reflect, rest, and plan next week. Encourage one friend

7. Be Kind to Yourself

Some days you'll be fired up. Other days, exhausted That's normal.

If all you can do is read a post, pray, share a link, or donate \$5 — that counts.

Lean on others. Encourage friends. Celebrate each action, no matter how small

YOU DON'T HAVE TO DO IT ALL

THANK YOU FOR DOING SOMETHING.







THE HUMANS OF GAZA? 7 THINGS TO DO