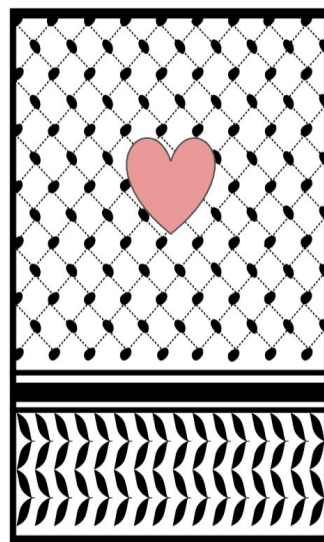


HOW CAN I HELP



THE HUMANS OF GAZA?
7 THINGS TO DO

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

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

A lot of us feel paralyzed, guilty, or unsure what's enough. The truth is: none of us can do everything. But all of us can do something. And together, that adds up. Here's a list of concrete, actionable things you can do to support Gaza and Palestinians today, this week, and long-term.

"We know too well that our freedom is incomplete without the freedom of the Palestinians"
Nelson Mandela

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*.

A copy of this
zine, and other
stuff



FREE PALESTINE



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

<https://www.cm2g.org>



Palestine Children's Relief Fund (PCRF)

Medical aid, food, trauma care.

<https://www.pcrf.net>



Direct Mutual Aid
Gaza Survival Crowdfunding (via Pleasure Pie)
Help a Gaza sex-ed educator and family survive

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

6. Make a sketch of a weekly schedule

- ☐ Mon - *Donate \$5–50 to a charity (see list on earlier page)*
- ☐ Tues - *Read one Palestinian story or watch a short documentary*
- ☐ 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.*



2. Join Direct Action / Advocacy Groups

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

Jewish Voice for Peace
> <https://www.jewishvoiceforpeace.org>

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

US Campaign for Palestinian Rights
> <https://uscpr.org>

International Solidarity Movement
> <https://palsolidarity.org>

Boycott, Divest, Sanctions (BDS) Movement
> <https://bdsmovement.net/>

Find local chapters or online events near you.

3. Center Solidarity in Daily Life

Make it visible and shareable

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

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

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

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

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

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.