# What to do after INFO6250?

- You are web developers
  - And have been for a while
- Easy to forget details
- Practice!
  - Write projects
  - Maintain over time
- Always more to learn
  - So much!
- Tap into info sources

#### **Practice**

Best way to improve as a coder is to code

- Experience tells you what is "right"
- Gain experience by doing it "wrong"
- Debugging skills are huge!

Make a public repo

- Contribute over time
  - Not a one-time dump!
  - Important difference!

#### Code changes over time

- Teach you more
  - "It depends"...on what?
  - Revisiting old code
    - Reveals poor communication
- Give you an interview topic
  - Not just "how", but "why"
- Show value to employers
  - Primary skill not taught in schools
    - Because "over time"
    - Did my best with revisit

#### Show, don't tell

- Have Code Repos
  - That are YOUR code
  - Changes over time
  - What can they easily see/understand?
- Have Deployed code
  - Websites someone can visit and use
  - Can they see you know something useful?

#### This was just one course

- We've covered a LOT of material
  - Industry is so much larger
  - Expect to never stop learning
  - But remember to enjoy!
- Here are topics as options
  - Some covered not well enough
  - Some not covered at all
  - You WILL NOT learn them all
  - Treat as a menu, not demands
- But first, what if you're not going into WebDev?

## **Not Doing Web Dev?**

"Knowing" web dev is still useful for:

- Dev, but Non-Web
- Project/Product Managers
- Management/Leadership
- Any other skill expertise

There are still some lessons to take from course

#### Lessons for non-web developers

- Debugging
  - Not Magical!
  - A methodical process
  - Find *where* it goes wrong
- Communication!
  - It's about people, not processors
- Code for Change
  - Change is the real problem we solve for
  - "Make it work" isn't the real ask

#### **More General Lessons**

- Abstract to manage complexity
  - DRY
  - Focus on "contract" (input/output)
- Abstraction has a cost!
  - YAGNI, AHA/WET
- Minimize coupling to allow easy changes
- Which concerns to Separate?
  - Role (MVC) vs Responsibilities (Components)
- Data Model (state) drives everything
- Data Model allows abstraction of concepts

# **Unit/Integration Testing - Wish I could squeeze in!**

- But isn't small topic
  - Particularly with Web UI
- Will be used everywhere
- Tests offer confidence about change

#### You should start writing tests!

- Server-side logic easier to start with
- Focus on "pure" logic, not integrated
  - Where you test input vs output
  - Functions/Methods
  - Don't test HOW a function works
    - Test WHAT it returns for given input
- Vitest/Jest/Mocha+Chai are most common
- Components are functions too!
- Remember your goal:
  - Input gives expected output

## What are you testing?

You want confidence about change

- Avoid "brittle" tests
  - Don't match exact output (for HTML)
  - Match impact of input on output

Unit tests are NOT integration

- Test the "units" in isolation
- Does this test add confidence?

## **Lots of Coverage Debate**

What percentage of code lines are tested?

- Much debate on target: 80%? 100%?
- Gets weird with 3rd party code
  - Already tested, but not by your tests
  - Don't recreate testing
- Focus on tests that give **confidence**

#### **Testing is Communication**

- Tests document the expected behavior
- Write tests to communicate
  - Strings in test code matter!
  - BAD: it('input', () => {...});
  - GOOD: it('validates input', () => {...});
- Balance abstraction in tests
  - Keep tests easy to understand and change
  - Keep tests as communicative
  - Delicate balance
    - Needs Practice!

#### There ARE integration tests

#### Tests combining units

- Slower, more brittle
- But closer to testing real product
- Don't repeat tests from units
  - Already tested!
- Test the assumptions when units integrated
- Test the flow of output to input
- Some argue we should do mostly integration
  - Common concept is to do mostly unit
  - https://kentcdodds.com/blog/write-tests

#### **Test Driven Development (TDD)**

Practice of writing tests, then code

- Red-Green-Refactor cycle
- Easier when covering a mostly-known interface
- Harder when doing exploratory code
- Builds good habits
  - Create code that is easily testable
- Takes time to adjust to
  - You will code slower for ~6 months
  - Very rough estimate!
  - Then you are as fast or faster!
- Generates a lot of confidence

## **Writing Tests After Writing Code**

- Fairly common practice
  - Write code until it mostly works
  - Then write tests
    - Check for all cases
    - Detect problems in the future
- Can have problems if your code is "hard to test"
  - Ex: uses hidden/private/internal methods
  - Ex: needs state only set by series of steps
- Allow time for this when estimating!
  - Most places: code not done until tested

#### **Accounts**

- We did simplified "create account on login"
  - I don't want to encourage poor security
  - Takes time
  - You have the theoretical skills
    - Build a user registration system
      - Good for final!
- But theory isn't practice
- Still avoid managing passwords use experts!
- If you must manage passwords, remember
  - Proper, modern, hash+salting
  - Never store passwords

#### Tokens other than cookies

- We covered session id cookies
- Didn't use other tokens
  - JWT, API keys, etc
- Can be sent as header in fetch()
  - NOT automatic like cookies are
  - You know how to set headers
  - Theory isn't practice
- Often hidden from client JS
  - Cookie with "Secure" flag
  - Not SPA friendly

## OAuth is an entire thing

- Redirect user to 3rd-party site for login
- They redirect back to your site with a code
  - You send code to 3rd-party to get the token
- You never see the password

#### Many libraries or do it directly

- Every OAuth Provider is a little different
- Great way to avoid user password management
- But work to set up

# Websockets for polling for changes

- You can do a lot without websockets
  - I've never written one outside of test code
  - b/c I haven't written apps that poll a lot
- But they are great for performant polling code
  - Vital if your app polls frequently

## **GraphQL**

- Popular!
- Simplifies backend endpoint design
  - Endpoints for data categories
  - Not endpoints for data interactions
- Increases network design concerns
  - Caching, versioning, etc
  - REST used HTTP conventions
- Often involves libraries/frameworks
  - Both frontend/backend

## We only skimmed Input Validation

- Deeply complex topic
- Done wrong more often than right
- Initial solutions often recreated (poorly)
  - Email addresses
  - Phone numbers
  - Names
- Timing of validation
  - Not before entered
  - As entered?
  - Field loses focus?
  - Form submit attempted?

# Input Validation is a big deal

- Both front end and backend
- Security concerns
- Privacy concerns
- User Communication/UX
- Important data
- Difficult!
  - User data is messy

#### Git deserves more attention

- git is a core tool
- It should be more than "type these commands"
  - On problem, wipe repo/branch and recreate
  - Instead, should understand, choose fix
- Very frustrating to learn while solving a problem
  - Learn in depth when NOT having a problem
- git is history of code!
  - Allows backing up and trying again
  - Allows multiple "what if" experiments
  - Allows you to find trends in errors
- You should be a master of your core tools

## We only covered CORS from front end

- CORS rules are defined by server response
  - Enforced by browser
- Many headers to control rules
  - Server has to emit them
- You can set headers on server
- You can define OPTIONS route
- But we didn't dive into the choices
- Commonly poorly understood!
  - Backend doesn't need it
  - Frontend can't change it

#### Other server-to-browser security features

#### **CSP - Content Security Policy**

- Response headers restrict browser load of JS/etc
- Can prevent the loading of external resources
- Can prevent the loading of unapproved resources
- Can prevent running inline JS

#### CSP is managed by the server

- Best defense against XSS
- Used with sanitizing input, not instead of

## **Javascript**

- We covered a lot of JS
  - Needed for frontend!
- But this isn't a Javascript course
- May need more for interviews
- Will want more if JS is primary language

## JS Topics to explore

- JS Prototypes
  - All inheritance is through prototypes
- JS Classes
  - Not fundamental like some languages
  - Common in some places + circumstances
- Closures
- await/async
  - Different syntax for promise management
  - Very, very popular!
  - Easier to learn well if you know Promises well
    - But still a new syntax

## We didn't touch TypeScript

MANY Employers are shifting to TypeScript

- And individual fans like it anyway
- Build-time check of type safety
  - Increases confidence of change
  - Improves hinting from IDE
- Expansion of JS syntax
  - Requires you know JS
- Additional build step to do/configure

# **Truly Understanding JS**

To learn more about how JS really works

- "You Don't Know JS Yet" by *getify* (Kyle Simpson)
- <a href="https://github.com/getify/You-Dont-Know-JS">https://github.com/getify/You-Dont-Know-JS</a>

## Automated e2e(end-to-end) testing

Mosts tests are unit or integration

- e2e testing is slow, brittle
- But e2e testing has a place

#### Different toolsets

- selenium, webdriverio, cypress, puppeteer
- They run browser
  - You talk to them, not to browser code
    - Mostly

#### We only developed and tested in Chrome

- Most popular browser
- We stuck to well behaved standards

#### I lived through the Browser Wars

- (long stare into the distance)
- We don't want that again
  - But it's a continuing risk
- You should validate against all major browsers
- Firefox is very popular among devs for DevTools

#### We only used Webpack as a bundler

#### ...and we didn't LEARN it

- Webpack has many options and plugins
  - Tree shaking
  - Code splitting + lazy loading
- Other bundlers exist
  - Rollup, Snowpack, Parcel
  - Vite uses Rollup

#### We haven't discussed copyright + licenses

Being on the web does NOT let you use it for free!

- Copyright is a legal protection
  - Details vary by country
  - In US: Automatic protection on creation
- Need permission to use
  - Even in private
- Covers "derived works" as well
  - Works based on other works
- "I'm not charging money"
  - Not a defense!

# A "license" is a permission to use

- Different licenses have different rules
  - How to give credit
  - Can you change/derive?
  - What license can YOU use on derived work?
  - Can you sell?
- Some common licenses
  - $\blacksquare$  GPL (v2 + v3)
  - MIT
  - BSD (a few)
  - Apache
  - Creative Commons licenses (multiple)

# You can "get away with" ignoring for a while

...but you risk a really painful experience

- You might be taking someone's livelyhood
- Or annoying a corp looking to make an example
- US Law allows for triple damages
  - "damage" is not limited by your profit!
- Employers really frown on problems
  - Costly, Embarassing, Frightening
- Can be very bad socially
- Better to learn, understand, and follow

# Other "Intellectual Property" (IP) Concepts

- Patents are a separate concept
  - Govern processes, not works
  - Turbulent recent history in tech
  - Companies LOVE getting patents
    - May push their devs to get some
- Trademarks are a separate concept
  - Govern identifying mark, name, look, etc
  - Don't copy the look of a site too much!
  - Avoid names that are "confusingly" similar
  - This is where enforcement is required
    - Not all "IP"

#### Your Employer Won't Teach You Copyright Law

- But they will expect you to follow it!
- Track where any external resources came from
- ...and what license allows you to use it
  - Images
  - CSS
  - JS libraries
- Companies \_do\_ check on this
  - Usually infrequent and irregular
  - What will you do when that happens?

#### We didn't discuss i18n and l10n

- i18n is "internationalization"
  - Because 18 letters between "i" and "n"
  - Programmers are really lazy :)
  - Providing multiple languages
    - Including orientation
- l1on is "localization"
  - Managing different dates/numbers
- Surprisingly complex!
  - Different pluralizations
  - Space for text
- Automatic translation is still garbage

## a11y is "accessibility"

- Usable with disabilities
  - Color blindness
  - Blindness
  - Poor fine motor control
  - Temp or lasting injury
  - Holding a baby/pet
  - Using phone while on bouncing bus
- Very important field
- Often neglected field
  - Opportunities!

# a11y has a lot of controls available in HTML/JS

- And a lot of ways to ruin the experience
  - Particularly with JS
- Devs need to learn how to do well
  - And what not to do
- Most general tutorials ignore this

# We didn't discuss Deploying

How to put the code on a "real" website?

- Need a "host"
- Static file hosting is easier/cheaper
  - Github pages
  - Amazon S3
- Server code is a bit more involved
  - Railway.app
  - Vercel
  - Render.com
  - Netlify
  - Cloudflare Pages

## Our examples for class are harder to deploy

Most free hosts don't have one or more of

- Stable memory (they shutdown and restart often)
- Filesystem access
- Ability to deploy server code

To show off work like ours, I recommend one of:

- Using render and accept frequent reset
- Use remote database for persistence (\$?)
- Use filesystem to persist data (\$)

#### Separating the parts

- We combined our static server and services server
- This impacts deployment!
  - Many hosts w/"React" only cover static side
    - But will build for you
  - Anything covering services covers static
    - But you need to arrange built files
      - Commit or ensure build step
- Consider if you want to separate to deploy
- Documentation for deploying has gotten worse?
  - My experience

#### We didn't use HTTPS

Using HTTPS on a host is usually easy

- They usually manage the certificate
- Code doesn't change
- But configuring the DNS is daunting
  - Also have to wait for changes
  - "TTL" = "Time To Live"
  - Frustrating if you make mistake

### A workplace may have CI System

CI = "Continuous Integeration"

- Means "Runs tests on merged code"
  - Before actual merge is allowed
- Many systems
  - Jenkins
  - Travis CI
  - Github Actions
- CI/CD is a step further
  - CD = "Continuous Deployment"
  - If tests pass and merge happens
    - So does deployment!

#### We didn't discuss Documentation

- Most devs want to "code", not "document"
- Programming is Communication
  - Poor documentation is poor programming
- Many docs based on audience
  - New devs to team? (Onboarding)
  - Users of the product (Product Docs)
  - Coders using the code (Functional Reference)
- Documentation is often neglected
  - This has a cost!
- Out of date documentation is worse than none!
  - Not an excuse not to document

#### **Documentation is one form of "Tech Debt"**

Tech Debt is resistance to change of code

- Updates that need to be made
- Fixing bugs
- Refactoring code
- Updating libraries
- Writing/Updating Docs
- Missing/failing tests

Tech Debt CANNOT be avoided

• But you CAN minimize

#### **Tech Debt accrues interest**

Over time, tech debt accrues "interest"

- Additional work necessary to stay where you are
  - Even MORE work necessary to improve
- Don't do the work, get MORE tech debt

Projects absolutely die from tech debt

- Rewrites are often not successful
- Why libraries aren't always a win

#### We haven't discussed Performance

#### Core questions:

- What are you optimizing for?
  - Projects often optimize for developer time!
- What is the major *real* slow down?
  - Never trust your instincts measure!
  - Easy to waste time/make things worse!

# **Optimizing for Dev Time**

No one WANTS to have sub-optimal performance

- But is a detail worth it?
- Developer time is very limited!
  - Much to code
  - Few (and expensive) devs
- Is the optimal code harder to change?

Is this performance a problem?

#### Benchmarking lets you know

- If something is actually slow
- If it is the slow that matters
- If a change is actually beneficial

Premature optimization is the root of all evil

- -- Donald Knuth
  - Your guess of inefficiency will often be wrong
  - Your guess of what impacts real world time also

Don't act on guesses, measure with a benchmark

## What to Benchmark on a web page/app

- TTFB (Time to First Byte)
- FCP (First Contentful Paint)
  - User is able to see useful data on the page
- TTI (Time to Interactive)
  - When the user can take meaningful action
- Load time When all assets are loaded

#### Each is impacted by different details

- Network, server, frontend code, images, etc
- Make sure you're trying to solve the right problem

# Most common performance problem is not code

Images are the most common source of slow loading

- Designers will often create unoptimized images
- Developers often just use any images they get
- You should size to actual size they will be used at
- You should optimize to balance filesize/quality
  - This is an entire skill

#### Where is the code issue?

One place I worked: ~15ms TTFB on service calls Another place: ~200ms TTFB on service calls

If we wanted a <1s TTI, that adds up!

- Services were much faster (~10ms)
- A network issue
  - No amount of coding would fix

# Even as code issue, don't trust your instincts

Benchmarking shows where time is really spent

#### Consider:

- function1() takes 10ms, called once
- function2() takes 2ms, called 1000 times
  - 2000ms total

Better to improve function2!

• Despite function2() being "faster"

## **Profiling the Page Load**

- Chrome Devtools has
  - Performance Insights
  - Performance
    - Generally useless with React code, as it benchmarks
      React itself

Use these to benchmark the page itself

- For non-code assets
- Or vanilla JS code

## **Profiling React**

#### React DevTools extension

- Adds "Profiler" for React pages
- Can get a flame graph of components
- Many options

#### **Options to improve React performance**

- "window" large arrays of data
  - Only render visible or near-visible rows
  - Reduces rerendering of data user can't see
- Prevent unnecessary rerendering
  - useMemo() and useCallback()
  - Don't use if not needed!
  - https://kentcdodds.com/blog/usememo-andusecallback
- Memoize pure components!
  - React.memo() (not same as useMemo())

## Service calls are often a source of delay

- Avoid repeated/unnecessary calls
- Perform in background after load
- Cache results
  - react-query/@tanstack/query
  - Separates Service Data from UI Data

#### **Other React Hooks**

- useRef()
- useMemo()
- useCallback()
- Several others at
  - https://react.dev/reference/react/hooks

# useRef()

- Stores a value like useState()
- Doesn't trigger rerender when value changes
- Often used to hold reference to an element
- We skipped to avoid overuse

#### useMemo()

- "memoizes" a value
  - Based on a function and other variables
  - Recalcs when other values change
- Used to avoid repeated expensive calculations
- We skipped to avoid overuse

#### useCallback()

- "memoizes" a callback
  - Based on variables
  - Recalcs when variables change
- Used to avoid unneeded rerendering
  - Functions defined in a component are NEW
    - Even if the same
    - Reads as new prop, triggers rerender
- We skipped to avoid overuse

# We avoided even common Reactcompatible libs

We avoided to learn core concepts

- Redux
- react-router / @tanstack/router
- react-query (@tanstack/query)
  - Used to manage service data
  - Highly recommended
- Many, many conditional libraries
  - Forms and validations
  - Page flows
  - Service interactions
  - UI features

## We avoided component-based styling

#### We used classical semantic CSS

- Many newer concepts exist
  - Ex: CSS Modules
  - Ex: styled-components
  - Ex: CSS-in-JS (losing favor?)
  - Ex: Tailwind, utility CSS
  - We avoided these to focus
    - Not because these are bad
  - Many opinions, few the same
    - Still being evaluated/argued over

### **Progressive Web Apps (PWA)**

- Can be installed like an app
  - May look more "native"
- Can operate with cached data
  - Work "offline"
- Browser/OS support varies
- Vite offers a plugin
  - https://vite-pwa-org.netlify.app/
  - Managing the offline aspect is intricate

### Electron allows actual apps

Electron wraps standalone Chrome with your app

- Slack is an Electon App
- Not great for performance
- Great to deploy for multi-OS mobile/desktop

# Client Side Rendered SPAs are not only option

Exciting developments in moving React to server-side

• Ex: Next.js, Remix

Better performance for client

- Static Site Generation (SSG)
  - Build HTML/CSS
  - No client side JS to render
- Server Side Rendering (SSR SPA)
  - Does bulk of rendering on server
  - Sends result to client-side JS

# Vite not only option

#### Example:

- create-next-app for Next.js
- create-wmr for WMR and Preact (React alternative)

## React is not your only Front End option

- Preact (React syntax)
- Vue
- Svelte
- Solid JS
- Angular

Web Components can be built in multiple languages

• Solving different problems than web frameworks

## Server Side has multiple benefits!

- SPAs load a lot into the front end
  - Narrow who/what can use the results!
  - Requires JS
  - Lots of frontend logic
- Server side pages, sites, and apps still useful!
  - Don't have to fix self-created problems!
  - Usable by a number of technologies
  - Reliable

# JS is not your only language option

- Front end still mostly just JS
  - A few "built" languages
    - Clojurescript
  - WebAssembly not for DOM interaction yet
- Non-JS Backend languages exist :)
  - Will have libraries/frameworks
  - Java, .NET
  - Python, Ruby, PHP
  - Go, Rust,
  - Perl, C++, C

## Front End Devs may need to run Backend

- Common to have to run "local webserver"
- Not coding the backend language
  - But have to run a server with it
  - Frequently "update" the local server
    - Pulling in changes from backend
  - And perhaps occasionally debug

### **Databases**

Backend may interact with different databases

- SQL vs NoSQL
  - ACID discussions
  - Backups, failover
  - Lots of SQL/NoSQL overlap nowadays
- Details can trip you up!
  - inner join vs outer join
- Huge performance impacts
- Data security, Data reliability

# We didn't use any Databases

- "Web doesn't change how programs use DBs"
- But database design/use is a whole thing!
  - That's why we skipped it
  - Better to give that dedicated study

## InfoSec is an entire field

Vast Persistence and Variety in flaws

# Quality Assurance is an entire field

More common for QA to become dev

- But Devs can move to QA
- A certain style of thinking
- Satisfaction counts for a lot
- A QA/Test Eng is a master of domain knowledge
  - Wide skill net

### **Information Sources**

Web Tech changes rapidly

- How do you learn about new options?
- How do you learn new best practices?

My experience: You have to CHASE this

- Easy to get bubbled into what you do now
- New devs generate a lot of intro "noise"
  - Great for newbie perspective
  - Often contradictory
  - Sometimes bad advice

## **Finding Good Sources**

- Sometimes good people get celebrity
- Other times you have to find them
  - Both tech and search engines have biases!
  - Keep your eyes open
- When you find someone good
  - How will you know their next bit of info?
  - Subscribe, follow, whatever
- "Curate" your sources often
  - Sources will get stale over time

### Previous best source was Twitter 🤡



#### Samples from Mastodon:

@sarajw@front-end.social @heydon@front-end.social @smashingmag@mastodon.social @leaverou@front-end.social @SaraSoueidan@front-end.social @b0rk@jvns.ca @Meyerweb@mastodon.social @girlgerms@infosec.exchange

@matuzo@front-end.social @shadeed9@front-end.social @geoff@front-end.social @aardrian@toot.cafe @5t3ph@front-end.social @A11yAwareness@disabled.social @mia@front-end.social

#### Samples from Bluesky (excluding repeats):

@geekgalgroks.bsky.social @cassidoo.co

@joshwcomeau.com

#### Bluesky Starter Packs

https://bsky.app/starter-pack-short/FfLUXeQ

https://bsky.app/starter-pack/piccalil.li/3kzombrxts22n

# **Blogs and RSS**

Longform content is still important

I use RSS to keep track of blogs

- <a href="https://overreacted.io/">https://overreacted.io/</a>
- <a href="https://www.joshwcomeau.com/">https://www.joshwcomeau.com/</a>
- <a href="https://css-tricks.com/">https://css-tricks.com/</a>
- <a href="https://adrianroselli.com/">https://adrianroselli.com/</a>

## Videos, Podcasts, and Streams

I'm a sucker for text, but others prefer other formats

• Same principles: Filter, Follow, and Curate

#### Samples:

- HTTP 203 Podcast
- <a href="https://www.youtube.com/kevinpowell">https://www.youtube.com/kevinpowell</a>
- <a href="https://youtu.be/wPcv9Rp4lHk">https://youtu.be/wPcv9Rp4lHk</a>

### **Conferences**

- A few days dedicated a common topic
  - Great sources of info and inspiration
  - So many topics!
  - So good for extroverts!
    - Networking and friends
- Many conferences stream their talks
- Many conferences later post them online for free
  - Even for those that didn't attend in any way
  - So good for introverts!

### **Good Source of Sources**

Annual "State of" surveys

- <a href="https://stateofjs.com/">https://stateofjs.com/</a>
- <a href="https://stateofcss.com/">https://stateofcss.com/</a>
- <a href="https://stateofhtml.com/">https://stateofhtml.com/</a>
- <a href="https://stateofreact.com/">https://stateofreact.com/</a>

See "trends" in industry

• Remember a "trend" isn't what's best or possible

Lists of popular sites/logs/podcasts/videos

# **Bumps Ahead**

- Imposter Syndrome
- Gatekeeping
- JS Hate
- Burnout

## **Imposter Syndrome**

- Too much to know
- The more you know
  - You recognize your ignorance more
- Cocky, overconfident people exist
- Real experts in an area exist

Easy to feel like you aren't worthy of respect given

• "when they find out, my career is over"

# Gatekeeping

Knowledge and expertise is a social currency

- Some max their value by putting others down
- Some improve the collective wealth
- "JS/HTML/CSS isn't a REAL language"
- "Web dev is trash programming"
- "You don't know X?"
- "You aren't cut out for programming"

Gatekeeping is about shutting out, not being right

### **JS Hate**

Not as prevalent as it once was

- Still very present
- Always a target

Margaret Hamilton saved the Apollo 11 landing

- When "software" was considered trash
  - not even science
- Part of group that named "software engineering"

"Haters" don't improve things

### **Burnout**

- Not talking about "need a week off"
- Traumatic mental experience
- Diminishes capability to do things
  - Can induce panic
  - Pushing through makes it worse

Caring more makes you more susceptible

### **Be Nice**

#### It can be nasty out there

- Particularly for non-cis men, non-whites
  - But no one is totally safe
- Protect yourself
- Never think it is deserved
- Don't add to it
  - But still stand up for yourself
    - And for others
      - Esp if you're not marginalized