

TIPS ON HOW YOU CAN GET INVOLVED

by [Nicole Katzman](#), February 20, 2025, 9:44 AM, Facebook

Addressing concerns about fascism or authoritarian tendencies in government is a serious and complex issue. In a democratic society, citizens have several peaceful and legal avenues to resist and counteract such tendencies. Here are some steps you can take:

1. Stay Informed

- Educate Yourself: Understand what fascism and authoritarianism are and recognize their signs. Knowledge is power.
- Reliable News Sources: Follow reputable news outlets and fact-check information to avoid misinformation and propaganda.

2. Engage in Civic Activities

- Vote: Participate in all elections, including local, state, and federal. Voting is one of the most powerful tools citizens have to influence government.
- Support Candidates: Back candidates who uphold democratic values and oppose authoritarianism.

3. Advocate and Protest

- Peaceful Protests: Join or organize peaceful demonstrations to raise awareness and show opposition to authoritarian policies.
- Petitions: Start or sign petitions to advocate for policies that protect democracy and human rights.

4. Support Civil Society Organizations

- Non-Profits and NGOs: Support organizations that work to protect civil liberties, human rights, and democratic institutions.
- Community Groups: Get involved with local groups that promote democratic values and community engagement.

5. Legal and Political Actions

- Contact Representatives: Write to or call your elected officials to express your concerns and demand accountability.
- Legal Challenges: Support or initiate legal actions against unconstitutional or authoritarian policies.

6. Promote Education and Dialogue

- Public Discourse: Engage in conversations with others about the importance of democracy and the dangers of authoritarianism.

- Educational Programs: Support or participate in programs that educate the public about civic responsibilities and democratic values.

7. Strengthen Democratic Institutions

- Checks and Balances: Advocate for the strengthening of checks and balances within the government to prevent the concentration of power.
- Transparency and Accountability: Push for greater transparency and accountability in government actions and decisions.

8. International Solidarity

- Global Networks: Connect with international organizations and movements that fight against authoritarianism and promote democracy worldwide.
- Diplomatic Pressure: Encourage your government to support democratic movements and oppose authoritarian regimes globally.

9. Personal and Community Resilience

- Build Networks: Create and strengthen community networks that can support each other in times of political crisis.
- Mental Health: Take care of your mental health and support others in your community to stay resilient.

10. Stay Vigilant

- Monitor Government Actions: Keep an eye on government policies and actions that may undermine democratic institutions.
- Report Abuses: Report any abuses of power or violations of civil liberties to appropriate authorities or watchdog organizations.

Creative and impactful ways to make a difference beyond traditional methods like voting and protesting. Here are some additional strategies, including symbolic actions like wearing red lipstick, getting involved in local politics, and building communities:

1. Symbolic Actions

- Wearing Red Lipstick: This can be a form of silent protest or solidarity. For example, during World War II, red lipstick became a symbol of defiance and resilience. Choose symbols that resonate with your cause and use them to raise awareness.
- Clothing and Accessories: Wear specific colors, ribbons, or accessories to show support for a cause. For instance, pink ribbons are associated with breast cancer awareness.
- Art and Music: Create or support art, music, and performances that convey messages of resistance, unity, and hope.

2. Getting Involved in Local Politics

- Attend Town Hall Meetings: Participate in local government meetings to voice your concerns and stay informed about local issues.
- Join Local Boards and Commissions: Serve on local boards, such as school boards, planning commissions, or neighborhood councils.
- Run for Office: Consider running for local office to directly influence policies and decisions in your community.
- Volunteer for Campaigns: Support candidates who align with your values by volunteering for their campaigns.

3. Building Communities

- Organize Community Events: Host events like potlucks, workshops, or discussion groups to bring people together and foster a sense of community.
- Create Support Networks: Establish networks for mutual aid, such as food cooperatives, childcare swaps, or emergency assistance funds.
- Community Gardens: Start or join a community garden to promote sustainability, provide fresh produce, and create a space for community interaction.
- Local Clubs and Groups: Form or join clubs based on shared interests, such as book clubs, sports teams, or hobby groups, to build connections and solidarity.

4. Education and Awareness

- Workshops and Seminars: Organize or attend workshops on topics like civic engagement, civil rights, and community organizing.
- Social Media Campaigns: Use social media to spread awareness, share information, and mobilize support for causes you care about.
- Teach and Mentor: Educate others, especially young people, about the importance of civic engagement and democratic values.

5. Economic Actions

- Support Local Businesses: Patronize businesses that align with your values and contribute to the local economy.
- Boycotts and Buycotts: Participate in boycotts of companies or products that support harmful practices and buy from companies that promote ethical practices.
- Co-ops and Collectives: Join or form cooperatives and collectives that prioritize community benefit over profit.

6. Direct Action and Civil Disobedience

- Peaceful Sit-Ins: Organize or join peaceful sit-ins to protest unjust policies or practices.

- Marches and Rallies: Participate in marches and rallies to show collective strength and demand change.

- Letter Writing Campaigns: Organize campaigns to send letters to elected officials, businesses, or organizations to express concerns and demand action.

7. Leverage Technology

- Online Petitions: Create or sign online petitions to advocate for policy changes or raise awareness about issues.

- Crowdfunding: Use crowdfunding platforms to raise money for causes, community projects, or individuals in need.

- Digital Advocacy: Use digital tools to organize, communicate, and mobilize support for your cause.

8. Personal Actions

- Lead by Example: Demonstrate the values you wish to see in your community through your actions and behavior.

- Self-Education: Continuously educate yourself about social, political, and economic issues to be a more effective advocate.

- Mindfulness and Self-Care: Take care of your mental and physical health to sustain your activism and community involvement.

Making a difference can take many forms, from symbolic gestures to direct political involvement and community building. The key is to find actions that resonate with you and align with your values, and to engage consistently and collaboratively with others. By combining individual efforts with collective action, citizens can create meaningful and lasting change in their communities and beyond.

Combating authoritarian tendencies requires sustained effort, vigilance, and collective action. By staying informed, engaging in civic activities, supporting democratic institutions, and promoting education and dialogue, citizens can play a crucial role in safeguarding democracy. Remember, the strength of a democracy lies in the active participation of its citizens.