



# WAYS TO MAKE IMPACTFUL CHANGE

- SUGGESTIONS FOR HOW TO SUPPORT THE  
GLOBAL BLACK LIVES MATTER MOVEMENT -

## 1. REFLECT

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### Prioritize Your Healing

Making change is a marathon, not a sprint. To show up to the cause at your best take your time, manage your mental health, set boundaries, learn to respond and not react, hydrate, and rest. We all must prioritize our self-awareness and healing. Check out these black healers inclusive to all:

-<http://www.alexelle.com/>

-<https://loveoffering.co/>

-<https://www.fleurdelisspeaks.com/>

## 2. UNLEARN

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### Do the Work

The history we learned in school does not tell the stories of the BIPOC. Our stories are erased, inaccurately told, or villainized. All seeking to make an impactful change must be dedicated to unlearning. Hear the stories, facts, and accounts of history directly from the people or descendants who experienced it. Check out these black teachers:

-<https://makingthebodyahome.thinkific.com/>

-<http://blairimani.com/>

-<https://www.patreon.com/m/thegreatunlearn>

## 3. SUPPORT

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### Use your time, energy, money, and voice.

No support is too small but there is always more we can do. Signing petitions, calling your governing bodies/representatives, interacting with the social media platforms of black creators to amplify their voices, (truly) listening, learning, and celebrating are all things we can do to support the black lives matter movement for FREE. Donating to black-serving and black-led organizations, shopping from black creators, taking a class on black history from a black educator are all ways we can use our money to make significant societal changes.

Check out these resources for more guidance (USA based):

-FIND YOUR GOV. REPRESENTATIVE <https://www.house.gov/representatives/find-your-representative>

-FIND YOUR LOCAL GOV.: <https://www.usa.gov/local-governments>

-FIND BLM PETITIONS: [https://www.change.org/t/blacklivesmatter-en-us?source\\_location=topic\\_page](https://www.change.org/t/blacklivesmatter-en-us?source_location=topic_page)

## 4. GET INVOLVED

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### Volunteer, Protest, Organize

Performative activism is a growing topic of concern for any movement seeking to make societal change. We can avoid participating in performative displays by making sure we are engaging in actionable change by getting involved with our local communities and leaders to volunteer, peacefully protest, and organize events to bring awareness and momentum to a cause. We must get organized. Taking ACTION and INITIATIVE is the only way we can manifest long-lasting change.

#### FIND A VOLUNTEER PROGRAM:

[HTTPS://WWW.VOLUNTEERMATCH.ORG/](https://www.volunteermatch.org/)

#### FIND A PROTEST:

[HTTPS://INDIVISIBLE.ORG/EVENTS](https://indivisible.org/events)

#### GET INVOLVED WITH BLM:

[HTTPS://BLACKLIVESMATTER.COM/](https://blacklivesmatter.com/)

