

## Support Women's Rights and Reproductive Freedom

1. Donate clothing and material to My Sisters Place, Dress for Success
2. Become a clinic escort. **Clinic escorts** help provide a buffer between protesters and patients, like walking a woman from her car into the clinic. Many organizations provide training to be a clinic escort. Check out Planned Parenthood or NOW.
3. Call your state reps and encourage them to fight harder to support the Reproductive Freedom Act. Fighting this locally is key. Organizations like YouLobby can provide contact information and script examples.
4. Spread awareness about so-called "**crisis pregnancy centers**" which pose as legitimate healthcare facilities. They typically provide women with false information to stop them from getting abortions.
5. Shame is reproductive freedom's greatest enemy. More women than you think have had abortions and may need help to talk about it without stigma.
6. Donate to an organization that offers much-needed healthcare access, funding, lobbying, and education. Ex: **Planned Parenthood**, the **Center for Reproductive Rights**, **NARAL Pro-Choice America**, or the **National Network of Abortion Funds**

## Ways to Support LGBTQIA

1. Be aware of the heteronormative assumptions we make on a regular basis. Gently reframe for others who make those assumptions.
2. Call out **microaggressions** — or not-so-microaggressions — even when it's uncomfortable.
3. Look out for and speak out against workplace discrimination.
4. Ask for and use people's preferred pronouns
5. Provide Mom/Dad hugs — at pride events they provide hugs for those whose families have not accepted them.  
<https://www.freemomhugs.org/>
6. Find an organization that teaches you something new about LGBTQ life. Ex. [National LGBTQ Task Force](#), the [Sylvia Rivera Law Project](#), [Service & Advocacy for GLBT Elders \(SAGE\)](#), [Immigration Equality](#), [GLAAD](#), the [National Center for Transgender Equality](#), Keshet for LGBT equality in Jewish life.
7. Donate money, clothing, toiletries to dedicated LGBTQ homeless youth shelters like [The Ali Forney Center](#) in New York City or the [Ruth Ellis Center](#) in southeast Michigan.
8. Ask about having gender-inclusive restrooms at your workplace or community centers, libraries, etc.
9. Support marriage equality-GLAAD.org

# Ways to Help

(without emptying your wallet or all your time)



Created by Sharon DeLevie and Felise Milan  
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Service

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## Ways to Help the Planet

1. Cruise control saves gas!
2. Take only the napkins you need at a restaurant.
3. Go to a car wash instead of doing it yourself.
4. Net zero bags/reusable bags/reusable beverage containers
5. Recycle – paper, plastic bags, old printer cartridges, etc.
6. Food scraps box
7. Reusable wraps made out of beeswax, like saran
8. Print as little as necessary
9. Save Electricity:
  - a. Use energy-efficient light bulbs.
  - b. Turn off lights, TV, other appliances when not in use.
  - c. Lower your AC or heat when it's not necessary.
10. Save Water:
  - a. Turn off the faucet as you are brushing your teeth.
  - b. Don't turn your shower on until you're ready to get in.
  - c. Limit your water usage as you wash dishes

## Inside:

- ◆ Ways to Support Immigrants and Asylum Seekers
- ◆ Ways to Fight Racism
- ◆ Support Women's Rights and Reproductive Freedom
- ◆ Ways to Support LGBTQIA

# Ways to Support Immigrants and Asylum Seekers

1. Invite immigrants to events, even dinner at your home
2. Hire refugees
3. Sponsor a family as a group or temple
4. Connect with local community immigrant organizations (<http://www.pglip.com/>)
5. Demand local law enforcement does not collaborate with ICE
6. Offer physical sanctuary in your home
7. **Court Accompaniment** – Community support conveys an advantage to asylum seekers at their hearings.  
<https://www.uua.org/lovesists/accompaniment>,
8. **Let Your Representative Know What You Think:** [Immigration priorities in this Congress](#) (Center for American Progress)  
– [CAP Report on Migration Challenge](#) (Center for American Progress)
  - \* Oppose ICE Raids
  - \* Support the American Dream and Promise Act
  - \* Oppose Inhumane Treatment at Detention Centers--Call your elected officials. Senate switchboard: 202-224-3121, House switchboard: 202-225-3121  
Suggested script at Jewish Center for Justice:  
<http://jewishcenterforjustice.org/project/immigration/>
9. Help immigrants know their rights. **Immigrants' Rights American Friends Service Committee:** <https://www.afsc.org>,  
ACLU <https://www.aclu.org/know-your-rights/immigrants-rights/>
10. **Help local unaccompanied immigrant children separated from their parents** who are being housed at:
  - Children's Village in Dobbs Ferry [childrensvillage.org](http://childrensvillage.org)
  - Abbott House in Irvington [abbotthouse.net](http://abbotthouse.net)
  - Rising Ground [risingground.org](http://risingground.org)

## Ways to Fight Racism

1. Learn to recognize and understand your own privilege
  2. Examine your own biases, consider where they may have originated. Watch the PBS documentary, [Race: The Power of Illusion](#), it looks at social construct of race in the US.
  3. Validate the experiences and feelings of people of color. Learning about the ways that racism continues to affect our society. Watch documentaries, such as [13th](#), or reading books, such as [Americanah](#) or [Hidden Figures](#).\*
  4. Challenge the “colorblind” ideology. It is a pervasive myth that we live in a “post-racial” society where people “don’t see color.” Perpetuating a “colorblind” ideology [actually contributes to racism](#).
  5. Ask plenty of questions. Earnestly seek to understand people of color before trying to have your viewpoint understood.
  6. Call out racist “jokes” or statements. [Let people know that racist comments are not okay](#). Remember that not saying anything – or laughing along – implies that you agree.
  7. Find out how your company or school works to expand opportunities for people of color. Systemic racism means that there are [barriers – including wealth disparities, criminal justice bias, education and housing discrimination](#) – that stack the deck against people of color in the workplace or at school.
  8. Adopt an intersectional approach in all aspects of your life. For example, a person can experience prejudice because they aren’t heterosexual or wealthy, but still can exercise their racial privilege as a white person. All of those identities coexist.
  9. Learn about how racial inequality permeates our criminal justice system and what can be done about it.
- <http://www.racialequitytools.org/plan/issues/criminal-justice1>