

Resources for Citizen Activism 101– Making Change Happen [Oregon and generic]

Strategies and Tactics

Becoming a Citizen Activist: Stories, Strategies & Advice for Changing Our World. Licata. Sasquatch Books. 2016

How We Win: A Guide to Nonviolent Direct Action Campaigning. George Lakey. 2018.

You're More Powerful than You Think: A Citizen's Guide to Making Change Happen. Eric Liu. 2017.

Community Tool Box <http://ctb.ku.edu/en>

All, but, especially, Conducting a Direct Action Campaign <https://ctb.ku.edu/en/table-of-contents/advocacy/direct-action>

New Rules for Radicals: 10 Ways to Spark Change in a Post-Occupy World. Robinson. Feb 1, 2012. Useful as general advice for any serious social change endeavor. <http://www.truth-out.org/opinion/item/6482:new-rules-for-radicals-ten-ways-to-spark-change-in-a-postoccupy-world>

What's It Like to Be the Target of A Book Banning Effort? School Librarian Martha Hickson Tells Her Story.

Hickson. School Library Journal. Feb 03, 2022 https://www.slj.com/?detailStory=from-the-breaking-point-to-fighting-anew-school-librarian-martha-hickson-shares-her-story-of-battling-book-banning-censorship&fbclid=IwAR3WLVd_ULY0t0h9okAFI4PJAQg6oj-oWSkS_2RsIxLlpFlsZhC6bEt5n0U

Civil Disobedience and Non-Violence

Civil Resistance: What Everyone Needs to Know. Erica Chenoweth. 2021

The Methods of Nonviolent Protest and Persuasion List of 198 strategies

https://commonslibrary.org/198-methods-of-nonviolent-action/#The_Methods_of_Nonviolent_Protest_and_Persuasion

Civil Resistance Tactics in the 21st Century: Report and Webinar. International Center on Nonviolent Conflict

ICNC, Michael Beer. <https://commonslibrary.org/civil-resistance-tactics-in-the-21st-century/>

Nonviolent resistance proves potent weapon. [Interview with Chenoweth] Nicholasen. Harvard Gazette. Feb 4, 2019

<https://news.harvard.edu/gazette/story/2019/02/why-nonviolent-resistance-beats-violent-force-in-effecting-social-political-change/#:~:text=Recent%20research%20suggests%20that%20nonviolent,with%20a%20story%20behind%20it> .

Opinion: Mass civil disobedience is our best tool for climate fight. Zuckerman. Oregonian. 3/11/20.

<https://www.oregonlive.com/opinion/2020/03/opinion-mass-civil-disobedience-is-our-best-tool-for-climate-fight.html>

This is an Uprising. Engler and Engler. 2016. <https://thisisanuprising.org/>

Links to articles, a Study Guide and Resources: <https://thisisanuprising.org/resources/>

A Guide to Effective Non-Violent Struggle. Centre for Applied Nonviolent Action and Strategies. CANVAS (Serbia). 2007.

https://www.nonviolent-conflict.org/wp-content/uploads/2016/04/CANVAS-Core-Curriculum_EN4.pdf

How Violent Protests Change Politics. Chotiner. New Yorker. 5/29/20.

https://www.newyorker.com/news/q-and-a/how-violent-protests-change-politics?utm_source=facebook&utm_medium=social&utm_campaign=onsite-share&utm_brand=the-new-yorker&utm_social-type=earned&fbclid=IwAR16O6-aHknQfWwFD6N2ImEIXGqOVh_veOWFV6TTQRzSLavtxGwKeb-Vn68

Know Your Rights. ACLU. [See more on immigrants' rights below]

<https://www.aclu.org/know-your-rights/>

Lobbying Advice / Communication with Legislators

Former Georgia House Minority Leader, Representative Stacey Abrams, on Effective Advocacy. 2011.

<https://www.youtube.com/watch?v=r1-np2iYxOY>

How to Most Effectively Contact Your Representative. Kal. Daily Kos. Nov. 14, 2016 [7 min.]

<http://www.dailykos.com/story/2007/11/14/410611/->

What Calling Congress Achieves. Schulz. New Yorker. March 6, 2017
<http://www.newyorker.com/magazine/2017/03/06/what-calling-congress-achieves>

A Guide to Working with Members of Congress. American Hospital Association. 2019.
<https://www.aha.org/system/files/media/file/2019/12/Guide-working-with-congress.pdf>

“Making a Difference” A Citizen’s Guide on How to Testify Remotely. Video from Oregon State Legislature. This video is good instruction for testifying at any government hearing, although some will be less formal than this.

https://www.oregonlegislature.gov/citizen_engagement/Pages/How-to-Testify.aspx

Oregon State Legislature Citizen Engagement Page. https://www.oregonlegislature.gov/citizen_engagement

Government - Federal

Congress.gov Find and track bills, legislators, committees <https://www.congress.gov/>

The Legislative Process. Videos of 9 areas of how Congress works. “Overview” gives a nice, well, overview!

<https://www.congress.gov/legislative-process>

USA.gov Basic citizen-oriented federal government site <https://www.usa.gov/>

LLSDC Legislative Sourcebook [Law Librarians’ Society of Washington, DC]. Research guides

<http://www.llsdc.org/sourcebook>

My Congressional District – from the Census Bureau. Quick and easy way to find demographic and economic stats about your district. <https://www.census.gov/mycd/>

Government - State

Oregon State Legislature Main Page <https://www.oregonlegislature.gov/> [Feature to find your legislators, too.]

OLIS [Oregon Legislative Information Service]. The best way to: find bills, track bills, provide testimony.

<https://olis.oregonlegislature.gov/liz/202111>

State of Oregon Boards List [Governor] <https://www.oregon.gov/gov/pages/board-list.aspx>

How an Idea Becomes Law. Oregon State Legislatures. [Classic cartoon showing the process.]

https://www.oregonlegislature.gov/citizen_engagement/Documents/idea2LawEnglish.pdf

Oregon Government Ethics Commission also has a database of lobbyists

<https://apps.oregon.gov/OGEC/EFS/Records> **State of Oregon** also has a manual on lobbying for lobbyists.

Initiative and Referendum Process

State of Oregon has manuals on the I&R process for those planning to do this.

For state I&R: <http://sos.oregon.gov/elections/Documents/stateIR.pdf>

For City, County and District I&Rs: <http://sos.oregon.gov/elections/Documents/countycitydistrictir.pdf>

Government – Local Examples [each city and county will have something similar]

Multnomah County Commissioners <https://multco.us/elected>

Multnomah County Code <https://multco.us/info/multnomah-county-code>

Portland City Council <https://www.portland.gov/council>

Portland City Code <https://www.portland.gov/code>

Metro [Tri-County-Portland area] Elected Officials <http://www.oregonmetro.gov/regional-leadership/metro-council>

Metro Advisory Committees <http://www.oregonmetro.gov/regional-leadership/metro-advisory-committees>

Public Policy Guides

Oregon Policy Directory Find analysis and advocacy from all perspectives on Oregon public policy. [For Oregon government agencies, see the [Oregon Blue Book](https://researchguides.uoregon.edu/oregon-blue-book).] <https://researchguides.uoregon.edu/oregon-policy-directory>

American Policy Directory Find analysis and advocacy from all perspectives on US national public policy.

<https://researchguides.uoregon.edu/american-policy-directory>

Resources on Racial Equity

Community Tool Box Justice Action Toolkit

<https://ctb.ku.edu/en/justice-action-toolkit>

Merriam-Webster to Revise The Definition Of Racism After Receiving Recent Graduate's Letter. Mosley. 6/20/20
<https://www.wbur.org/hereandnow/2020/06/12/merriam-webster-racism-definition>

Equal Justice Initiative. Goal: committed to ending mass incarceration and excessive punishment in the United States
<https://eji.org/>

Bloody Sunday in Selma Shaped the Life of Rep. John Lewis. WAKA Action News. July 18, 2020.

<https://www.waka.com/2020/07/18/bloody-sunday-in-selma-shaped-the-life-of-rep-john-lewis/>

How Selma's 'Bloody Sunday' Became a Turning Point in the Civil Rights Movement. Klein. 5/28/2025.

<https://www.history.com/articles/selma-bloody-sunday-attack-civil-rights-movement>

Historical Perspective

The 28th Amendment to Restore the American Promise. Referenced in the workshop. Created to support an Amendment against Citizens United, the first part is a wonderful, succinct narrative of all the Amendments passed in the 20th Century. 2016.

<https://www.youtube.com/watch?v=K6igolnTvqA>

The Woman Who Took on the Tycoon. King. Smithsonian. July 5, 2012. [About Ida Tarbell taking on Standard Oil]

<http://www.smithsonianmag.com/history/the-woman-who-took-on-the-tycoon-651396/>

Jacob Riis: Revealing "How the Other Half Lives" co-presentation of the Library of Congress and the Museum of the City of New York. <https://www.loc.gov/exhibits/jacob-riis/riis-and-reform.html>

His Photos helped abolish child labor. Jessica Contrera. Washington Post. Sept 3, 2018. About Lewis Hine, another documentarian of conditions during the Gilded Age. [Access via library database.]

Theodore Roosevelt, Health Care Progressive. Patricia O'Toole. NY Times. Jan 6, 2019.

A good review of Roosevelt's policies in the first decade of the 20th Century. [Access via library database.]

[Note: Articles not available on the web can often be acquired via your public library's free research databases.]

Histories of Work and Working Peoples. National Park Service.

<https://www.nps.gov/subjects/labor/index.htm?fbclid=IwAR1AqilMBy8QmoXdoalRimyM1c3Fa266WuEH1Rgyxubv8diFHSYQ435mwqo>

Immigration Resources

You have the right to film ICE detentions. Here's how to do it safely and effectively

Julia Barajas. LAist. Published Jun 27, 2025

https://laist.com/news/politics/first-amendment-right-film-ice-detentions-bystander?utm_source=facebook&utm_medium=social&utm_content=&utm_campaign=LAist

Portland.gov Know Your Rights Page

<https://www.portland.gov/civic/immigrants/federal-resources#toc-know-your-rights>

Portland Police Chief statement about Portland's sanctuary status:

<https://www.portland.gov/police/news/2025/1/28/ppb-chief-addresses-immigration-enforcement-community-letter>

State Sanctuary Promise Violations Hotline <https://www.doj.state.or.us/oregon-department-of-justice/civil-rights/sanctuary-promise/reporting-sanctuary-promise-violations-to-the-hotline/>

The handy **"red cards"** about rights for immigrants interacting with law enforcement

<https://www.ilrc.org/red-cards-tarjetas-rojas>

Portland Immigrant Rights Coalition: <https://pircoregon.org/> PIRC Hotline - 1-888-622-1510

Immigration resources from Latino Network <https://www.latnet.org/immigration-legal-navigation-services>

Oregon for All – “advances immigrant justice to build a more welcoming and prosperous state through education, research, organizing, and policy advocacy.” <https://www.oregonforall.us/>

ACLU – Know Your Rights <https://www.aclu.org/know-your-rights>

ACLU - Immigrants Rights <https://www.aclu.org/know-your-rights/immigrants-rights>

Video: Immigrants' Rights: What To Do If Stopped <https://www.youtube.com/watch?v=lj48MJoBUCs>