

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

Rights [see separate Resource List on Rights for Rights / Immigrant Rights]

General Strategies and Tactics – Books and Writings

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.
Civil Resistance: What Everyone Needs to Know. Erica Chenoweth. 2021. [scholar of civil wars and nonviolence; head of Harvard Kennedy School Nonviolent Action Lab <https://ash.harvard.edu/programs/nonviolent-action-lab/>]
This is an Uprising. Engler and Engler. 2016. <https://thisisanuprising.org/>
How Democracies Die and other books/writings and videos by Levitsky and Ziblatt [scholars on democracy]
On Tyranny and other books/writings/videos by Timothy Snyder [scholar on authoritarianism]
Autocracy, Inc. and other books/writings/videos by Anne Applebaum [scholar on authoritarianism]
Books/writings/videos by Ruth Ben-Ghiat [scholar of authoritarianism]
Scholars/writers/thinkers on Law and Elections: Steve Vladeck, Rich Hasan, Joyce White Vance

General Strategies and Tactics

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_ULY0t0h9okAFI4PJJAQg6oj-oWSkS_2RsIxLlpFlsZhC6bEt5n0U

The introverts' guide to fighting for democracy

October 15, 2025. <https://protectdemocracy.org/work/the-introverts-guide-to-fighting-for-democracy/>

Civil Disobedience and Non-Violence

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

Gene Sharp How to Start a Revolution Movie [who originally created the 198 Methods of Nonviolent Protest]

<https://www.youtube.com/watch?v=EKnUbDlpjo> How to Start a Revolution is a BAFTA Award-winning British documentary film about Nobel Peace Prize nominee and political theorist Gene Sharp.

Canvas – Center for Applied Nonviolent Actions and Strategies <https://canvasopedia.org/>

Canvas 2024 Report <https://canvasopedia.org/wp-content/uploads/2024/10/Protection-Resilience-Strategies-for-Nonviolent-Activists-Web-1.pdf>

Canvas **Tactics for Change** database <https://www.tactics4change.org/about-us/>

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

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>

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 also **Rights** handout]

<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/2026R1>

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-policy-directory).] <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=IwAR1AqiIMBy8QmoXdoalRimyM1c3Fa266WuEH1Rgyxubv8diFHSYQ435mwqo>

Some Labor History

Bread and Roses: The Lawrence Textile Strike. LaborEd Minnesota. Excellent 6 min. video about the strike.

<https://www.youtube.com/watch?v=2xKnqhGpc8M>

The Strike That Shook America

A landmark victory for American workers: **the 1912 Lawrence, MA, Bread and Roses Strike.**

Christopher Klein. History.com May 28, 2025.

<https://www.history.com/articles/the-strike-that-shook-america>