

# How to Protest: In The Streets

## Find Your Cause

If you could change anything, what would it be?

Everyone cares about something. Will you rally for racial equality? Chant for children? Demonstrate for disability access? Pick something that matters to YOU!

1

Check out Volunteer Match's list of categories to care about at [www.volunteermatch.org](http://www.volunteermatch.org)

Now that you've got the what, it's time to find the when.

## Find An Event

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Find a local organization and see if they maintain a rally calendar, or you can search directly for protest near you.

Protesting in Portland? Look at the Portland Mercury calendar on [www.portlandmercury.com/events/resistances-and-rallies](http://www.portlandmercury.com/events/resistances-and-rallies)



## Learn the Rules

Protesting may be about disobedience, but there are still rules to follow

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Does the protest have a permit? Can I bring a backpack? Will there be counter-demonstrators? Look into this information beforehand!

Learn more about free speech at [www.aclu.org/free-speech](http://www.aclu.org/free-speech)

## Make Your Sign

Your Sign Is a Statement.

Keep it readable and memorable. Try to stick to 7 words or less. You can go for humor or emotional appeal, whatever feels right for you!



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## Show Up

Time to raise your voice! Show off your sign, participate in chants, and introduce yourself to fellow protesters.

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Come prepared! Wear comfortable shoes, dress for the weather, bring your ID and a small first aid kit, and familiarize yourself with proper safety precautions.