

A STARTER SURVIVAL GUIDE TO A TRUMPED AMERICA FOR TEENS & EMERGING ADULTS

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REBEL WELL:

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WHY WE MADE THIS GUIDE

“What makes the desert beautiful, ’ said the little prince, ‘is that somewhere it hides a well. . . ” — Antoine de Saint-Exupéry, The Little Prince

Almost 20 years ago, young people found me and asked me for direct and truthful help, advice and information about sex, intimate relationships and other complex parts of life. So, I started Scarleteen to do just that. Being real with you about the hard stuff is a responsibility I've taken seriously ever since. I always aim to honor the trust young people have placed in me and do the job of being helpful and honest with you as well and as much as I can.

Sometimes, the truth is a bummer, so it stinks to be real with people because you know they're going to feel disappointed. Sometimes, the truth is wonderful: you know it's going to be great news to the person you're telling it to, so it's easy and feels really good to tell.

Then there are times like these, where it's as hard as it gets. Times where what we are dealing with and facing is awful. Times when the truth literally hurts to tell. The last thing I want to do is tell any anyone awful, scary things are happening, and will probably get a lot worse before they get better; that awful scary things not yet happening are probably on the way. I've woken up every day I've worked on this and raced to read the news in the hope that we don't actually need to do this at all. Sadly, every day when I've done that, it's only been made more clear that we do.

But again, I take my responsibilities to you seriously. I take your lives seriously, and have a highly vested interest in doing what I can to value your lives and help you live them as safely and wholly as possible.

So, here is the awful truth: Our rights, our safety and our civil liberties are currently and broadly at risk to a degree they've never been in my lifetime, even though some of them, especially for some of us, have already been tenuous or partial at best. Before the election, the Trump campaign intentionally stoked and escalated racism, sexism, xenophobia, ableism and a host of other ills; further normalized and enabled discrimination, abuse, assault and other violence as part of its strategy to win. That strategy, tragically, worked.

Even though the United States is technically a democracy, what Donald Trump and Mike Pence have promised and already begun doing to set up their administration looks, and will likely function, more like an autocracy or plutocracy.

Donald Trump has no political experience, and a well-documented record of engaging in abuse, including sexual abuse, fraud, harassment and intimidation throughout his life. His life history seems solely defined by a quest for power and personal gain, built on the backs of others. There have been, in years past, as there are right now, endless instances where he has threatened or lashed out at anyone he feels is in the way of what he wants for himself. He keeps showing us we can expect all that to continue; his actions and words so far suggest he intends to abuse the power of the presidency the same ways he's abused power before he was elected.

Mike Pence's record as a politician when it comes to the rights and safeties of many people is abysmal, particularly when it comes to women, sexual health and LGBTQ people: we have every reason to believe it will remain so. The Republican Party has yet to give any indication it will refuse or resist the dangerous policies or harmful social attitudes Trump and his campaign have promised, suggested or enabled.

This is, unfortunately, not a drill. This is real, big bad. Under a Trump administration many of us are going to hurt, get hurt or struggle, or find our existing struggles are made even more difficult. Many of us will need to protect ourselves; many others will need what help, protection and solidarity we can offer them.

Our aim with this guide is to provide information to help you protect yourself and others, and to cope with the bad stuff as best anyone can, so that you feel less scared in facing it and, hopefully, come out of it okay. But the fact that anyone needs this is all by itself really scary, and reading it may make you feel scared.

Please know we aren't trying to scare you. We're being realistic based on the facts at our disposal and trying to do what we can to help everyone reduce risks of harm and take care of themselves and each other. We have decades of shared experience across continents, genders, sexualities, races, and lives. Some of us grew up surrounded by people with numbers on their arms, in or near authoritarian regimes, in the aftermath of the Jim Crow South, in abusive households. Many of us already know what it's like to fight for our lives, and that it's important to stay calm in the face of danger, but equally important to look it in the face.

A pragmatic view might seem intimidating, or, to some of you, it might seem like overkill, but others are nodding along, already sadly aware of the dangers and very familiar with some of the things we're suggesting here. Some of you may find this is the first time you feel very unsafe in your world. Some of you have already known that feeling for as long as you can remember.

People already vulnerable in our country are now more so, and will likely become more vulnerable. That includes: children, women and the elderly; trans people and queer people; black and brown people; Muslim, Jewish, Arabic, Asian, Latinx, Native and other Indigenous people; young or single

parents; disabled and chronically ill people; abuse or assault survivors or those still in abuse; those who are homeless, transient, or in the foster system; pregnant people, poor people, sex workers, any people engaging in any kind of political resistance and more. As some of you know or may even have personally experienced, even just in the week after election day, vulnerable people have already been hurt. Sources like the FBI, the Southern Poverty Law Center and the Anti-Defamation League have all reported unprecedented increases in hate crimes, threats and intimidation.

If you're not someone in that list and reading this makes you uneasy, think about why. Talk to people who are in those groups. Let them know ways you are willing and able to help them if they want or need your help. Be the change. Don't look the other way: remember that liberation for some is justice for none.

I wish I could just tell you it's not that big of a deal, it's all going to be okay, and the people saying this is really bad and likely to get worse are being paranoid. But, when I look at all the long-gathered facts at hand, history, and our current realities, I can't truthfully do that. This is really bad, it is likely to get worse and it is a very big deal. Some people might do alright throughout, while others won't, including some who might not get through it at all. My hope is this guide helps you and others to be more okay than you might without it.

Know that there is little in this guide that isn't a good idea to be doing, no matter what. If more people were already doing many of these things, we may not have wound up in this spot in the first place, or at least would have been better equipped to more strongly reject it and resist it from the front. All of the things here are good ideas in or out of crisis, which is why we suggest most of them all the time in our work at Scarleteen already.

In the wonderful event we're wrong about what may be coming, I can assure you none of these things will be a waste of your time. Most of the things listed here make it more likely, whatever the circumstance, that we and others will be okay. Some of them are the only way we can keep what's awful now from getting worse and start changing things for the better, not just now, but so we never wind up dealing with something like this again.

Trump and his administration are very powerful and, for many of us, very dangerous. But just as powerful — if not more so — and just as dangerous, is our own populace, and what we do, or don't do, for ourselves and for each other. Our resistance, which includes caring for ourselves and others, can get us through this but also has the capacity to turn this awful mess around and create the kind of world all of us can coexist in safely and fully, no matter our government.

— *Heather Corinna*
November 19, 2016

HOW TO USE THIS GUIDE

- **Make a to-do list for yourself.** Look through the table of contents to locate sections that directly apply to you or your family. Generate a to-do list, with the most pressing and time sensitive items first. As you develop a concrete plan, ask for help and cultivate a support network.
- **Make a to-do list to help others.** Use sections of this guide that don't apply to you for inspiration to create an action plan for helping others. Reach out to people who might need help to find out how you can support them.
- **Practice self care.** There's a lot of scary stuff to digest here; just thinking about these issues can be traumatic or trigger past trauma, let alone actually taking steps to protect yourself. Break this guide into chunks. Take breaks. One step at a time. You cannot help yourself or others if you're feeling overwhelmed and defeated.
- **Keep this guide handy and share it around.** Make yourself a print copy (or three) to refer to, share with a friend, leave at the library/coffee house/community center, or pass along to a teacher. This guide was made for free distribution, so spread it far and wide!
- **Take advantage of resources.** Draw on some of the resources we list, call hotlines for information or emotional support as you need to, and come use Scarleteen's direct services as much as you need. Even though we're primarily focused on sex and relationships, we are always glad, in this case like any other, to simply advocate for you as a young person and be there to emotionally support you. If we can't help with something you need help with, we are glad to help you find someone who can.

FOR EVERYONE

- **Take your own safety and the safety of others very seriously right now**, and get safe before helping others. Know how on planes they say to secure your mask first before securing the mask of the person next to you? The same goes here. Your own safety not only matters, but to ably and sustainably help anyone else, you need to first assure your own safety, otherwise you can put others at more risk instead of less. Develop a clear, actionable safety plan now, incorporating details discussed in specific sections of this document. Be safe for other people. No matter how scared or angry you're feeling, by all means, do not assault or otherwise intentionally do others harm or hurt.

- **Get and save copies of all documents you may need** to prove a case in court, document eligibility for a program or service, or demonstrate a pattern of behavior, like abuse on a social networking platform. Consider installing a cloud service like Dropbox and turning on “camera upload” to automatically upload to the cloud — if someone orders you to delete material on your phone, you can safely do so to end a confrontation while knowing that you have backup copies. You can take advantage of apps like TapeACall to record phone conversations as well (check on your state's laws about whether you need to tell people you are recording). Keep everything somewhere safe, alongside your birth certificate/naturalization certificate, Social Security card, banking records, identifications, and any other important legal or government information.

- **Be smart about media.** Don't blindly trust any media. Use multiple sources to verify reported information, and include print media when possible. Don't assume any one story means you're getting the whole story, and be especially wary of what's trending on Facebook and what's showing up in the top search results on search engines, as purveyors of fake news and information are learning to game the algorithms that are designed to keep them down. Snopes is a great online resource for quickly debunking problem stories and your local library is another excellent tool; if you're struggling, a librarian can help you locate useful information and provide you with tips on vetting the news for yourself.

- **Out or stealth? What's best for you?** One difficult issue people with less visible marginalizations are going to be facing in the coming months and years is a decision about whether to go (or stay) stealth or not. You may hear it's “cowardly” for people to minimize or hide their gender, orientation, immigration status, disability status, or race (for people who are sometimes forcibly passed as white). That is incorrect: there is nothing cowardly about doing what you feel is best in this respect for your safety and survival. You need to make the decision that is safest FOR YOU right now, and if that means remaining in hiding because that keeps you out of harm's way, that is absolutely okay. Similarly, you should respect the choices other people make around this issue.

• **Create an on-call crisis team. Pick at least:**

- One trusted and capable adult (minors have little to no power in justice systems, so having someone with adult rights is important) who you know in person, who is easy to get a hold of, and who'd have your back no matter what and would respond quickly if you needed help. That could be someone like a family member, a teacher or coach, or a neighbor or member of your religious community. Check with them to assure they would do this for you.
- One advocate or advocacy organization you can reach by phone, such as a lawyer, legal aid group, or an advocacy group that provides in-person help for any special needs you have or for a vulnerable group you are the member of, such as a transgender rights advocate or a youth rights group. That advocate or advocacy organization doesn't have to be local, but they need to be able to be local or connect you with a local advocate. Parents can be advocates, but if your parents or guardians aren't people you trust to advocate for you, choose someone else.
- One public service agency you feel safe contacting in an emergency. That may be the police, or the police may be the last people who feel safe for you in crisis. In that case, a local hospital, fire department, embassy, community center or community service organization may be a better fit.

Save the contact information for your three choices in a mobile device if you have and use one, and also write them down on a small card you can fit into a wallet, purse, or pocket and have with you. Try to always keep this information with you or memorize some of it.

• **Save Up:** As best you can, try to keep or start to create some kind of emergency savings you don't dip into for non-emergencies. You or someone you care about may need funds for contraception, travel to services, legal help or other things that won't wait and cost money. At the very least, try and be more frugal than usual and limit spending on non-essentials.

• **Physical Safety:** Sexual abuse and physical assault, as well as domestic violence, are likely to increase and escalate in nations led by leaders who have done or do the same, and diminish these as crimes. That's horrible to know, but it's important to be aware. For those in targeted groups, including women, people of color, Natives, Muslims, immigrants, LGBTQ people, and disabled people, this danger is real. While it shouldn't be on us to protect ourselves, learning self-defense and using a buddy system can empower you and make you safer, in addition to being a cathartic release of energy and a way to build friendships. Many communities offer self defense classes that are run as safer spaces, so you can spend time with people who share your lived experience. Learning self-defense can also help us feel safer and more empowered, even if we never have to use it.

- **Emergency Medical Services and You:** Medical emergencies that involve an element of the illegal, like drug overdoses or underage alcohol poisoning, are a scary reality. You should know that EMS aren't law enforcement and that with some rare exceptions (gunshot wounds, child abuse, elder abuse), they do not report what they see to police. If you or someone else has an emergency like an overdose, call for help or take them to the hospital: their life is too important to risk. If you or a loved one has a difficult relationship with narcotics, it's also a good idea to keep Narcan on hand: it can save a life. Medical services will not call police in the case of rape or sexual assault unless specifically requested, or the patient is a minor.

- **Digital Safety:** Take advantage of encrypted communication apps, like Signal by Open Whisper Systems, to create a secure, confidential line of communication now that can be ready if you need it. Pick strong passwords for all your stuff that's passworded, keep an offline list of them, and update them often. Get in the habit of turning GPS stuff off, and out of the habit of posting your location to things like Tweets and Facebook posts. Lock your phone with a code, not a thumbprint.

- **Reject Gaslighting and Tokenism:** Don't do it to other people, and try not to fall for it yourself. You will see individuals who represent every vulnerable group defend or justify Trump and Trumpism, and you will hear them pointed to as evidence that your fears or your active oppression are not real or are nothing to worry about. Don't believe it. Pay attention to actions and impacts, not to whether one token individual has decided to throw their lot in with someone engaging in oppression. Hitler had a few Jews he liked. Misogynists usually have one or two women they say are "good" women, rare exceptions to the rule. Racists will often tell you they have "a black friend," so they can't be racist. Tokenism is often used to paper over or disguise oppression.

- **Take Care:** For as much action as you take, be it about yourself, others, or both, try to give yourself equal downtime to recharge and regroup. Rest and self-care are necessary in the best of times. Figure they're doubly important right now.

- As Sarah Kendzior recently wrote, "**Never lose sight of who you are and what you value.**" She suggested writing an essay now about your life so far, your best memories, your personal values; about the good person you are and want to always be. These kinds of times in history have often changed people for the worse, and usually so gradually, they don't realize it until it's too late. In the event you ever have moments where you feel like you're losing yourself, she suggests you reference that essay, and use it to remember. (*"We're heading into dark times. This is how to be your own light in the Age of Trump"*, The Correspondent, November 18th, 2016)

"Sometimes we have to do the work even though we don't yet see a glimmer on the horizon that it's actually going to be possible." — Angela Y. Davis

HEALTHCARE

Insurance: If you don't know what kind of insurance you have and what it covers (or if you have it at all), ask your parents, or call the member services number on your insurance card to get information. Your insurer should provide you with a brief description of benefits that quickly reviews what is covered and the amount of your copay. You are also entitled to view your actual health insurance contract, which includes a detailed summary of benefits. If you have a specific question ("Which doctor can I use?" "What is my copay for non-specialist doctor's visits?") you can ask. Your insurer is currently required to cover a minimum of one preventative care visit a year, and at least one sample of every major birth control method (pills, implants, IUDs, etc.) must be available for free.

Changes to the health coverage through the Affordable Care Act ("Obamacare"), Medicaid, and Medicare are unlikely to set in before 2018 or 2019, although we will see substantial activity in Congress in 2017. Until we know exactly what's going to happen, it's hard to know how best to prepare, but it is wise to assume you may lose some or all of your health care coverage. Take advantage of the coming months to get all your routine examinations and testing done, get fitted with a long-acting reversible contraceptive if that applies to you, and stock up on medications and supplies. Request "vacation fills" from your care provider so your pharmacy can override medication limits, and if necessary, call around to find a pharmacy that carries your meds in bulk. Because others are also racing to do this, it may be you can only get an appointment weeks or even months from now: make that appointment anyway. If you're in school and about to graduate, take advantage of student health while you can! If you aren't currently insured, explore your options, which may include a state or federal healthcare exchange, private insurance, or joining a parent's insurance policy if you are under 25.

If at any point you lose health coverage or your plan is drastically modified: Community clinics — including free and low-cost clinics for the public at colleges, teaching hospitals and nursing schools — can be an excellent resource for basic health care needs. Some public health departments also operate clinics that may offer services you can use. If you are LGBTQ, check up on clinics before going. Those affiliated with the Catholic Church may be hostile and unwilling to meet your health care needs, and other organizations may also have a history of LGBTQ discrimination. (Try Googling for the name of the clinic and "controversy" or "LGBTQ" to see what comes up.) You may also be able to obtain low-cost catastrophic insurance that will cover major accidents, though not preventative care and day-to-day health issues, and it will include a high deductible.

Talk to your doctor's office now about what will happen if you lose your insurance or your insurer refuses to cover some services. Paying cash can be expensive, but some doctors' offices offer discounts to cash patients or are willing to help with payment plans.

Sexual healthcare: Get current with your STI screenings and general sexual healthcare and ask any sexual partners to do so as well. These services may become more costly, more sparse or harder to access. In addition, if you or a partner have an STI, treatment as soon as possible not only is always a good idea, it's ever more important when healthcare may become more difficult to access or more costly, particularly for serious infections like HIV or complications like cervical cancer. Get up to date with your vaccinations now, too, including for HPV and Hepatitis.

With sexual healthcare services — including STI diagnostics and treatment — potentially becoming harder to access or less affordable, safer sex is all the more important. If you and your partners don't already use barriers to reduce the risk of STIs, now is a very good time to take that more seriously and start.

If you or your sexual partners can become pregnant and you do NOT want to parent, or know you are or will be unable to parent in some way (such as being unable to afford it):

Long-acting methods of contraception, like IUDs or the implant, are currently covered by all insurance providers under the stipulations of the Affordable Care Act, whether you have private, group, or subsidized insurance, so if you do not want to become pregnant, and parent, in the next four years, at a minimum, now is the time to go and get those methods. They soon may not be covered, and abortion access has already become very limited before now. It is very likely to become even harder to access soon. If you do not want to use methods like IUDs or implants, but want to get a method now you may be able to use for a few years, ask your healthcare provider about cervical barriers.

Emergency contraception pills have a shelf life of around three years, and are also covered by most health plans and much public health. Stock up if you can, for yourself and/or others.

Find out the names of the abortion providers closest to you currently. In the event abortion services shut down or become even more limited, knowing those names can give you a place to start in seeking that healthcare or help.

“Because love is an act of courage, not of fear, love is a commitment to others. No matter where the oppressed are found, the act of love is commitment to their cause – the cause of liberation.” — Paulo Freire

RELATIONSHIPS & SEX

Meeting each other where we are: The ways that people feel and the ways that they want to be close to others during this time may vary a lot. Some people want more space when they're scared or in crisis: some never want to be alone. Try and find happy mediums as best you can, and accept and understand differences between yourself and others. If you're someone who wants a lot of time and attention from others who don't have that much to give — or don't want to — diversify and widen your circles so no one feels suffocated or like they aren't being given room for their own needs.

Be mindful about who you're dumping on or looking for help or support from. People with the least to lose should always be listening to those with the most to lose. If you're white, for example, your Black friends aren't here to support your racial anxiety. If you're trans, cis people should be supporting you first. Those with more hard stuff — who may be in greater danger, suffering more hardship, or have more traumatic life histories — should be given more support and asked for less than those with less hard stuff. Try to listen without composing a response in your head or thinking about how what they're saying affects you. Listen without judgment or trying to fix their issue. Be fully present. Some people just need to vent, and it's always better to ask if they want help rather than give unsolicited advice.

Hurting together: Sometimes being scared or angry or hurting together can feel wonderful and be safe for everyone. Sometimes it is upsetting, highly uncomfortable or doesn't feel safe, especially if everyone in a relationship isn't feeling the same ways, or we aren't scared about the same things, at the same risks or coming from similar places. How introverted or extroverted you and others are may also play a part in how much everyone wants to be together in their hurt or fear or how separate. Check in with each other about what feels right, be extra mindful about how you interact, ask for what you need and listen to what others tell you they need. Find middle ground when need be. Set, hold and respect limits and boundaries, and remember that no one person can be everything for everyone. It's okay to ask for space, and no one can or should be anyone's sole support system.

New relationships borne in crisis: Any you find and forge at this time may feel extra intense, and you may get close super fast. You may also find yourself deeply connecting with people, or in kinds of relationships, you might not have before. That's all okay, and can even be wonderful. People can very deeply connect in times of crisis, and times like these can also expand our worldview and how we interact with other people in excellent ways. Just be sure not to lose sight of your emotional and physical safety: if these relationships or interactions either aren't themselves safe, or have you so distracted you can't do what you need to take care of yourself right now, either take some steps back so you can get better grounded, or reconsider them altogether. Healthy limits and boundaries are excellent emotional protection for everyone, and an easy way to be assured something's a good thing, now as always.

This may be a time when social groups or close relationships change. You may fall out with some friends and fall in with others, particularly if your opinions about what is happening greatly differ, your vulnerabilities are not similar, or if friends or social groups no longer feel or are as safe as they were before to you or others. It's okay to move away or separate yourself from people or groups you no longer feel safe with, whether that's temporary or permanent. It is also okay for others to do that with you, so try to be understanding, even if it is upsetting or you don't fully understand why someone doesn't feel safe with you or your social group. Be aware that sometimes in times of great stress we can feel or get really hostile with the people closest to us, or get very critical of them, because we feel totally out of control and we are looking to create a feeling of control. If you find that happening, take a step back, or ask others to take a step back, get a breather, then come back when you've all had a little space to reconnect in a better headspace. Make amends if and when you need to.

Breaking up may feel even worse than it did before: Breakups are often hard enough as it is, but will probably feel about a million times worse now, when so much already feels so uncertain, unstable, and scary. Whether a breakup happens in a romantic or sexual relationship, or a platonic friendship, at least one person involved is probably going to feel extra rough. Don't go through these alone. Seek out support. It's also okay to feel more upset than you expected: be gentle with yourself.

If you are in the midst of big family conflict: Being in the midst of family drama, especially when you feel trapped at home, is not comfortable. This is even more true when society is in turmoil and it's adding to an already highly stressful dynamic. Assess your situation now to determine how safe you feel, how that might change, and what you plan to be doing in the coming years. If your family tension feels intractable and escalating, you may want to consider emancipation, which is an extreme option, but one that will allow you to get out from under the legal control of your family.

Less drastic measures for short-term survivability include: Find your allies. Band together. As best you can, limit your exposure and vulnerability to family members who are not safe for you in any way, and instead share your vulnerabilities more or only with those who are. During the holidays, find out if you can stay at home or with a friend rather than attending a big family event, even if you need to stretch the truth a bit (examples: “I have a big project.” “There’s a lot of reading over the break.”).

Find what local shelters are near you now, for youth, if you are a minor; and for adults if you are a legal adult. Determine whether they are trans-friendly, child-friendly, and/or pet-friendly if any of these things are relevant issues for you. Write that information down and keep it somewhere you can find it in case you need it.

Sometimes it’s not your family that’s the problem: It’s your friends, or their families. It’s okay to take a break from a friendship to protect yourself, and to seek out supportive community elsewhere. While give and take in friendships isn’t always perfectly even — sometimes you need a little extra support, sometimes your friend does — if you find yourself feeling drained by a friend who takes but never gives, never checks in on you but always seems to need something, or always has a good excuse for not being there when needed, that’s an unequal and unhealthy relationship. If you see a friend struggling with a toxic family dynamic, you can offer to be that supportive community, especially if you have space for them to stay.

Spiritual or religious community: In times of crisis, people with spiritual or religious communities often go to them to find community, organize and feel safer. If your spiritual or religious community is not acknowledging the current realities, is supporting or dismissing any kind of discrimination or oppression, or otherwise is no longer a place that feels safe for you, know you can likely still find that kind of community elsewhere. Unitarian Universalist communities are inclusive, theologically diverse and welcome those of all faiths, including atheists, agnostics, and humanists, so finding a UU community/church near you may be a good place to start. Other broadly welcoming faith traditions and communities include: Liberal Quakers, Liberal Christianity, Reform Judaism, Islamic Modernism, Catholic Modernism, Buddhism, and Ethical Culture. Newcomers and longtime members alike sometimes have the misconception that they are supposed to bring their best selves to faith communities, but they are also places where people bring their brokenness and their deepest despair. Finding that place where you feel safe takes courage, trust, and well ... faith. Our reserve of such things is often deficient in times of crisis, so asking a friend to come with you may help ease your way in.

SEX

Changes: Times of crisis and fear often result in changes with our sexualities. For example, some people may find that their desire for sex with others, or masturbation, seems to dry up completely or become more narrow, while others may experience increased desire or a wider sphere of people they want to be sexual with. These changes may be more profound for sexualities targeted for or experiencing greater discrimination. For example, it's harder to feel proud about a queer orientation when our danger in being out has increased. A sexual life that may have been a fit for you before may not feel like such a great fit now.

Any or all of these changes are okay, you'll just need to figure out what works for you with these new changes, especially if they're sudden or radical for you. For example, if you now find yourself seemingly wanting to have sex with anything that moves, but in the past have been highly selective or even not felt safe having sex with anyone at all, you can honor the feelings you're having but still figure out what to do with those feelings that works for your own needs, abilities, beliefs and big-picture wants.

Partners who have been safe for you before, or safe enough, may not be or feel that way now, like partners who aren't fully on board with gender or racial equality. You may need to reevaluate who is safe for you as a partner and ditch anyone who doesn't feel safe anymore.

If you have not previously been sexual with others, but feel a strong desire to do that now, be sure you're equipped with what you need for that quick change to be safe for you, including safer sex barriers and contraception, if needed.

The great escape: Sex, whether by yourself with masturbation, or with partners, can be an excellent escape from bad realities. There's absolutely nothing wrong with that, but just pay attention to make sure that you're keeping the realities in mind — like risks of STIs or pregnancy, and the need for clear and active consenting — and also paying attention to your own emotional well-being and that of any partners. Sometimes it's easy to get caught up in an escape and stop paying attention to the things that make it a good one for everyone involved.

"On the outside, babies, you've got a hundred years here. There's only one rule that I know of, babies: 'God damn it, you've got to be kind.' " — Kurt Vonnegut

CONFLICT RESOLUTION BASICS

1) Take a minute (or even better, a few): If we're hurting or upset with someone, we may feel a strong urge to react to them or the situation immediately, like we just want to get those hard feelings out of us before we implode. Sometimes whether we react doesn't even feel within our control — but it is. Exploding isn't any better than imploding, especially when someone else is in our direct line of fire. When conflict arises and you're running hot, center yourself for a sec: take a few breaths, remind yourself of who you are and who you want to be at your best, and cool down your upset at least enough to take control of your emotions and behavior.

2) In before out: Try and internally process before you speak or act. Check in with your feelings and thoughts. We can always ask someone to give us a minute and can step outside or away for a little bit to get that space. If anyone refuses you time or space and tries to force you to stay in conflict, they aren't ready — or don't want — to resolve the conflict with you. It's time to run, then, not walk, to get the space and emotional safety you need.

3) Use “I” statements: It's important during conflicts to stick to our thoughts and our feelings and to own and express our experience of things rather than to focus totally on the other person or to assign them motives. So, for example, say, “I have a hard time feeling heard when you talk at the same time I do” instead of “You don't listen to me.” Sometimes conflict is simply one person not getting the impact of their behavior on someone else, so now and then an “I” statement can solve the whole issue.

4) Where and when: Resolving conflict is often thorny and takes real energy and focus from everyone involved. Pick environments for working through conflict that make room for that fact. Trying to resolve a conflict through texting, with a bunch of other people around, when someone is in the middle of something else, or when you're really tired isn't the way to go. Choose mediums for communication where no one has to shortcut or be multitasking. Set things up so everyone involved has the time, energy, and ability to pay very close attention to each other.

5) Patience, grasshopper: If both people are doing their best to resolve it and be cool with each other, a minor conflict can often be squared away in one talk, sometimes even within a couple minutes. The big stuff, not so much. When a conflict is major, complex, or requires more negotiation or when someone involved is really struggling with managing it, resolution is an ongoing process and project that we work on over time, with a series of talks and agreements, not just a chat, a hug, and a “No worries, we're cool.”

6) Be accountable: Just taking responsibility, clearly and earnestly, for our own stuff goes a long way in resolving conflict. Acknowledging life history that has nothing to do with the other person but that's bogging us down, ways we may have intentionally or carelessly created conflict, or areas we know we're not good with conflict and need to work on are kinds of accountability that can put you and someone else in space where you're ready to solve it.

FOR THOSE SUFFERING HARASSMENT ONLINE, AT SCHOOL OR WORK

Just like with family or intimate partner violence, political leaders who enable, support or themselves engage in harassment embolden citizens to do the same. In addition, it is likely that some legislative and judicial gains to fight harassment will be rolled back in coming years, leaving you with less ground to stand on when you are harassed. Even if you are secure now, things might not always be that way.

- **Create a support team, ideally in advance.** Sit down and make a list of people you know absolutely have your back should you suffer any harassment, and who you can ask for practical help, emotional support, or both. Then talk to those people and verify they'd do that for you (you can also offer to do the same for them). Save their contact information somewhere you can easily access it. You can also use the crisis team mentioned on page 9.
- **At school or work, find out about your existing policies** when it comes to any kind of harassment, or kinds of harassment you might suffer as the unique person you are, like policies about workplace discrimination of disabled people or sexual harassment, or bullying of LGBTQ students at school. Figure out who you'd go to for help in the case any of these happened to you. That might be a boss or school principal, or, if you know those people can't be counted on or just don't feel safe with them, another person or group with power or influence, like a teacher or manager, GSA or union. At work, the Equal Employment Opportunity Commission (EEOC) may be able to help you — though some protections may be weakened in coming years, local offices are often filled with dedicated staffers who are employees, not appointees, and they care about your rights.
- **If your school or job doesn't have a strong anti-harassment policy, pressure them to write one.** www.projectinclude.org has detailed guides on drafting such documents, and while they focus on the tech industry, much of their information is broadly universal.
- Online harassment is a growing reality, not least because at least one prominent member of the incoming administration engages in it on a weekly basis. **Take advantage of reporting systems** to report and block harassers and ask for support from your online community if you're struggling with a troll storm or persistent harasser. If this is a person you know from school or work, you may also be able to leverage anti-harassment policies to seek assistance. Read and use these in-depth guides to help decrease your vulnerability to online harassment: <https://onlinesafety.feministfrequency.com/> and <http://tiny.cc/trollstorms>

FOR THOSE IN ABUSIVE OR CONTROLLING INTIMATE OR FAMILY RELATIONSHIPS

Get out ASAP if you can. When we think something, we get more secure and bold in that thinking when we feel supported in it. White male supremacy, and supremacy, period, has been more emboldened now, and is now literally legitimized in one of the most powerful ways it possibly can be. A known abuser is entering the White House to lead this nation and influence the world. That sends a powerful message to other abusers, one that is likely to cement abuse as well as escalating it. However unsafe you are in this now, you are likely to soon, if you have not already, become more unsafe.

Know that if you are in an abusive relationship, it is not your fault. You are not responsible for your abuser's actions — and even if there are “honeymoon” periods where things feel great, it doesn't mean earlier abuse didn't happen. Sometimes it takes a while to recognize abuse — don't feel like you have to stay in a relationship just because things are going well now. It's common to feel guilty or complicit in your own abuse, because that's an isolating tool abusers use. Don't be ashamed to speak up, and while some people may downplay what you are saying, others are listening, and are willing and ready to help. If you're having a tough time talking, anonymous hotlines are a great place to start, and remember: You define your own experience. Not other people. If something feels wrong, it's not okay, no matter who tells you otherwise.

If you need advice about getting out and making a safety plan — whether this is about someone you live with or don't, and is someone who is a romantic or sexual partner or a family — visit: <http://tiny.cc/safetyplan>. If you need information on what abuse is, visit: <http://tiny.cc/blindersoff>.

If you could become pregnant within this relationship, see the section on preventing pregnancy. Pregnancy not only ups your risk of harm from an abuser while pregnant, if you bring the pregnancy to term and have a child, you and that child are then even more stuck there than you were, as well as that child now being at risk.

FOR THOSE WHO ARE HOMELESS, TRANSIENT, OR IN THE FOSTER CARE SYSTEM

If you are currently homeless, or live in a home where you are often kicked out, or are concerned you may become at risk of being kicked out: Find out where the closest youth and/or general homeless shelters are available near you. A hostile political climate may make the world less safe for you, especially if you are also marginalized in other ways, and bad family dynamics could get worse under stress. If you have a local YMCA or YWCA, find those locations and numbers as well. Write this information down somewhere or print it out. You can also talk to

friends' families, or ask a friend to talk to theirs, to see if you can make sure you have at least one safe home with an extra bed or couch you can go to if needed.

Running away: It may become harder to find safe places to go to if you run away now and in the future, as many of those services will likely be in greater demand, particularly youth or domestic violence shelters. If your home is currently abusive or otherwise unsafe, do your research now about your options and build networks now so you can act quickly if you need to. When possible, reach out to organizations or known, vetted people for help — some people attempt to take advantage of runaways. That may include doing research into filing as an emancipated minor (legal aid services can help you with this). If your home isn't great, but is safe and okay, it is likely in your best interest to simply figure out how to cope your best there until you can legally move out.

If you are in the foster system already, and your current foster placement is okay, but not great, so long as it is safe for you, stay put. As you may already know, not all foster homes or families are safe, and youth additionally marginalized beyond being in the foster care system (like LGBTQ, disabled or Black youth) may find it even harder to find safe homes now or in the coming months or years as some of those homes may be with families who agree with biased or discriminatory attitudes or policies of the Trump administration.

FOR THOSE WHO ARE LGBTQ

Social policies and attitudes hostile to LGBTQ (lesbian, gay, bisexual, queer, questioning or trans) Americans are likely to increase, including rollbacks on previous civil rights gains, brand-new hurtful policies, harassment and discrimination. That can be dangerous and scary, but you should know that most of these changes cannot happen overnight. And depending on where you live, your state may protect you: For example, "conversion therapy" may be popular in the conservative camp, but many states explicitly identify it as torture and have banned it.

If you currently live in a home where things like conversion therapy or boot camps have already been threatened: They may be more likely if and when those things are further legitimized by our national government. If this is your reality, have an exit plan. Much like someone living in other kinds of abuse may do, keep all the most important things for your life in one easy to access bag or within easy reach, including all your identification. Figure out — and verify — a safe place or two you could go to and be allowed into without having to make arrangements first.

Find your safe people, those who will be there for you if you need a place to stay, need help accessing medical care, or need someone to back you up in a dispute with school administration. Cultivate strong networks and ties now so that they're ready for you when you need them. Check the resources at the end of this guide for more help, especially if you need legal help or advice.

FOR THOSE WHO ARE TRANS

As with the LGBTQ community, the trans community is likely to face more oppression in coming years, including legislation like bathroom bills, harassment, and discrimination.

If you plan to transition and haven't yet: You are facing a difficult and pretty terrible choice: Stay closeted for the next 4-8 years, or opt to move forward. If you are in a relatively liberal area, pursuing transition and keeping the option of going stealth if you move may be a good choice. If you are in a conservative region with limited access to options, you may want to think carefully about your next move — but you may also be surprised by the amount of support available if you decide to continue pursuing medical transition, or take smaller, more accessible steps with social transition (like using and asking for your wanted name and pronouns name, wearing a binder or otherwise dressing in the way that fits your gender identity). If you're nervous and want to take a pause, it doesn't have to be permanent; when you feel comfortable, seek out providers and talk about your options, stressing the need for confidentiality. If you want to keep moving forward, discuss your concerns for the future with your care providers. Conduct an honest threat assessment about your physical safety, employment prospects, access to education, and relationship with your family.

If you have transitioned or are in the process of doing so: Update your documents IMMEDIATELY if you have not already done so, with the help of your parents if you are a minor. Currently, updating your passport and Social Security record requires just a doctor's note and your court-ordered name change. This could change depending on who heads these agencies in the future, so do it now. Likewise, update your state ID if it's easy to do.

Groups like Lambda Legal and the ACLU are working very hard to protect state-by-state civil rights gains including protections in schools. Many are based on federal and state laws and cannot be easily repealed or reversed. You should also stock up on hormones and supplies over the course of 2017 in case you lose health insurance or your insurer stops covering them. For loads more on the variety of transition options available to you, and how to get support, check out Scarleteen's Trans Summer School: <http://tiny.cc/transresources>.

FOR THOSE WHO ARE OF COLOR

It's highly likely that significant civil rights gains of the last 50 years are about to be pushed back, as has already happened with voting rights. You may encounter not just difficulty voting, but also increases in workplace harassment, housing discrimination, unequal treatment at school, and other prejudicial treatment. In some of these cases, people may be violating the law, emboldened by the white supremacists in Washington D.C. and convinced they can get away with it. Take advantage of resources at civil rights organizations that can provide you with information

when your rights are violated on your best options; historically government agencies like the Department of Justice were responsible for protecting civil rights but changes in their administration may make them less reliable. When in doubt, document the basics of the incident(s) and keep it in a safe place. If you are in the process of pursuing a discrimination case, fast track it.

Dangerous encounters with law enforcement — already a problem — are likely to get worse and more frequent, and our law enforcement guide below has more information on handling police encounters. You are entitled to the same civil rights as anyone else in a police encounter, including the right to record, ask officers for their names and badge numbers, request information about why you are being stopped or held, and ask for an attorney if you are under arrest. If witnesses are present, make sure they can clearly see and hear what is going as well.

Racism, already a powerful part of the fabric of society, on both a micro and macro level, is also getting worse. You deserve dignified treatment and have a right to speak up when you aren't receiving it. Finding community can help you build support networks to deal with racism. When you receive racist treatment from a teacher, bus driver, clerk, or anyone else in a professional context, file a complaint with the details of the incident — you are not an acceptable target for hatred because you are a young person of color.

*“Protest is when I say I don’t like this.
Resistance is when I put an end to what I don’t like.
Protest is when I say I refuse to go along with this anymore.
Resistance is when I make sure everybody else stops going along too.”*
— Ulrike Marie Meinhof

FOR THOSE WHO EXPERIENCE RELIGIOUS INTOLERANCE

You may have heard threats that the incoming presidential administration intends to compel all Muslims to register, or deport Muslim immigrants and refugees, while many members of the Jewish community are facing anti-semitic harassment. These threats come from a place of hatred, and the civil rights community is already working on strategies to address them should they become a reality.

Set up a plan for what to do if you need to go underground — hopefully you won't ever need it, but it will help you locate resources and genuine supporters in the community even if you only wind up using them for emotional or other less dire support. Start looking now for interfaith groups, which often have a strong social justice bent, and get involved with their work, building support along the way.

Find your people: Whether you live in a big city or a small town, find your people, starting with the local synagogue, mosque, temple, or meeting. If there isn't a youth or young adult group, start one. If there is, join it. If it's bad, make it better. Your house of worship may also offer smaller, more dedicated groups for people of all ages talking about various issues that can provide you with more intimacy. Develop networks in your community so you have backup if you have problems at home or at school. If you have a small or unsupportive faith community, online groups can provide a space for talking about issues of importance and seeking help.

National advocacy groups like the Anti-Defamation League, Council on Islamic-American Relations, Sikhs for Justice, Hindu American Foundation, Friends Committee, and more are committed to tracking and acting on hateful acts, while the Southern Poverty Law Center and American Civil Liberties Union are interested in your civil rights as a person of faith. If you want to resist/take progressive action in the company of other Jews, look up Bend the Arc. Both state and federal law include a range of faith-related provisions that specifically outlaw against discrimination in housing, employment, education, and more, and these laws are unlikely to face repeal in the near future.

FOR THOSE WHO ARE UNDOCUMENTED CITIZENS

With aggressive crackdowns on immigration promised by the incoming administration and some states, undocumented people risk government action and harassment from people emboldened by institutionalized racism.

If you have protected status under Deferred Action for Childhood Arrivals: Talk to an immigration attorney or resource group RIGHT NOW about how to handle the situation. You may lose legal protections, and your presence on the DACA list could make you a target. If you have not filed for DACA, immigrant rights groups are advising against doing so now.

Develop a safety plan now: Find three local and trustworthy people to stay with, and keep their contact information with you at all times. Have a getaway bag that includes basic necessities for several days along with all of your most important documents, along with readily available cash for emergencies.

Connect with local agencies and organizations that are available to help you, also in advance — keep their numbers handy and if you have a relationship with a staffer there, list that person's name as your advocate if you have an encounter with law enforcement. This can include churches, some of which are offering sanctuary for immigrants. In the long term, these groups can help you explore options for protecting your immigration status.

You may be entitled to special immigration protections if you are the victim of a crime.

This includes cases where people are engaged in illegal practices and threatening you with deportation in an attempt to silence you.

“Until the great mass of the people shall be filled with the sense of responsibility for each other’s welfare, social justice can never be attained.” – Helen Keller

FOR THOSE WHO ARE DISABLED

Many disabled people are very concerned about threatened changes to the Affordable Care Act, Social Security, Medicare, and Medicaid, as well as state programs that subsidize aides, medical equipment, and other needs, alongside potential changes to the IDEA Act and other legislation that protects disabled students.

If you have concerns about your health care: Check in on the healthcare section earlier in this guide. But disability is more than the sum of its parts, and you may be worried about the risk of being forced into a nursing home, facing discrimination at work or school, being harassed on the basis of your disability status, and other civil rights violations as a result of a disablist administration that could roll back important civil rights gains.

If you haven’t found your people yet, do it now. Disability can be very isolating in the best of circumstances and disabled youth are often kept out of the loop. Find organizations for people who share your disability. Join or start a group in your area. Take advantage of the internet! Reach out to nondisabled people around you to build a support network. Be clear and honest about your needs and make sure they understand that you may be counting on them and they shouldn’t take it lightly. Make a plan: If your aide’s hours are cut back or canceled, how will you accomplish tasks of daily living? If your parents can’t assist you, who is your fallback?

In the event of any pending Individualized Education Programs or rulings on benefits and services you need, expedite. Start following a state disability rights organization to learn about pending legal issues that may affect you.

If you haven’t officially been diagnosed or you’re seeking legal disability status to access benefits you need, think carefully. It may be to your advantage to have a formal diagnosis as you could obtain Americans with Disabilities Act (ADA) protections, which are unlikely to be repealed. However, it could also work against you if you need to buy private insurance or leave the country.

FOR THOSE INTERACTING WITH THE JUSTICE SYSTEM

If you find yourself involved with the legal system (including ICE or at protests), here are the most important and basic things to know:

1. Know your rights, ideally in advance. To the best of your ability, do your homework about your rights NOW so that you can consider them in your decisions. Ignorance of the law is not a legal defense: we're responsible for abiding by laws whether we know about them or not. It's also easier to feel empowered instead of intimidated by legal systems or other related agencies when you know your rights and to insist on those rights. Be aware that police are not required to be honest with you, and may lie or make deceptive statements to pressure you to confess to something you did not do, which is another good reason to refuse to talk without an advocate.

2. Utilize your on-call crisis team (page 9).

3. Listen instead of talking. Listen to what law enforcement officers and people from any other related agencies say to you very carefully; that way you can know what is going on and be sure not to miss anything important. Do your best to keep quiet or say very little until you have a lawyer or other advocate there. If you say anything at all, let it be to ask for that person. After they arrive is when it's in your better interest to talk, based on their advice.

4. Ask for legal representation. No matter what, let this be your mantra: "I want a lawyer." Or, in the event that your parents or guardians hired a lawyer for you and you do not want that one or a lawyer assigned to you, say, "I want my own lawyer." You have a right to a lawyer, and your own lawyer. Say it as many times as you need to until you get one.

5. Always assume that you have rights, power, and agency, and always ask for them.

Sometimes you won't have some rights, power, or agency, and sometimes when you ask for any of these things you will be declined. But operate from a place of assuming you have all the rights, and gently but firmly insist on them.

6. Be patient. Impatience can seriously mess you up in any part of the legal system. When we get impatient, we tend to get more reactive, more irritable, less careful; most often we tend to start behaving more and more badly. This isn't about judgment: behaving badly here can really endanger you. Feeling upset or frustrated with the justice system or about a crime is certainly understandable, but do your best to try to stay (or at least act) patient.

Reporting crimes: If you are marginalized, figuring out whether or not to report may be even more complicated than in the past. This is especially true in the case of crimes you think law enforcement may be dismissive about, like sexual assault, abuse, or hate crimes.

The basic question to ask yourself is really just this: *do I feel I will be safer if I report, or if I don't?* If it's clearly one or the other, go with the one that flashes "safety." If you're on the fence, do a quick pros and cons list, or ask someone you trust. Remember: reporting should be about what you feel is best for you and what you can handle. You are not required to report crimes against you, nor are you ever responsible for what your attacker does to someone else.

If you do report, ask for a victim's advocate from the start, no matter what. That will always increase your safety. You can also ask for a contact with a victim's service of specific crimes, such as calling or asking for a representative from a local rape crisis center, DV shelter, religious community, or queer or trans organization. You can wait to file a report until an advocate arrives.

Know that if you don't report, you may still be able to get care and support through services for victims. What won't likely change in the coming months or years is that organizations made of and to serve vulnerable people totally understand the choices people make around decisions to report.

FOR THOSE ENGAGING IN ACTIVE PROTEST

The First Amendment guarantees citizens of the United States the right of free speech, which includes engaging in peaceful (nonviolent) assembly or protest in public forums by yourself or with others. You also have the right to film law enforcement activities as long as you aren't deemed an "interference." Police can ask you to step back, but not to stop filming.

If you are stopped by police or arrested: Don't run and keep your hands where police can see them. Follow the guidelines for dealing with the justice system. You can make clear — ideally, calmly — that you are protected in your right to peacefully protest by the First Amendment and ask if you are free to leave. If they say you can, quietly walk away; the ACLU's protest guide (<http://tiny.cc/protestrights>) has full details.

If your rights are violated: As soon as you can, write down everything you remember, including badge and patrol car numbers, which agency the officers are from, and any other details. Get contact information for witnesses, especially if a legal observer is present. Organizations like the National Lawyers Guild dispatch volunteer LOs to big protests — look for the people in bright hats and/or vests. If you are injured, take photographs of your injuries (but seek medical attention first). Once you have this information, you can file a written complaint with the agency's internal affairs division or civilian complaint board; in many cases, you can file a complaint anonymously if you wish. You can also seek the assistance of an attorney or the ACLU.

“It is necessary to remember, as we think critically about domination, that we all have the capacity to act in ways that oppress, dominate, wound (whether or not that power is institutionalized). It is necessary to remember that it is first the potential oppressor within that we must resist – the potential victim within that we must rescue – otherwise we cannot hope for an end to domination, for liberation.” — bell hooks

PROTEST SAFETY

- **Dress plain and comfortable:** Pants, flats, and layers, glasses and not contacts, and a hat for shade. Keep long hair pinned and tucked away. Consider facial protection: A painter's mask, safety goggles, or even a bandana can help.
- **First aid basics:** If chemicals land on your clothing, remove the layer and discard it. The gold standard for getting stuff out of your eyes is cold water. Use cold water and mild soap to clean your skin. A vinegar-soaked rag can help remove chemical agents (and makes a good improvised face protector as well). Don't use milk or antacids in your eyes — they aren't sterile and can cause infection.
- **Take supplies:** Cold, sealed water; any medications you need, contact numbers written on your arm. Leave identifying information behind if you want to be anonymous in the event of arrest. If you take your phone, install an app like the ACLU's "Mobile Justice" for recording law enforcement interactions, and always check with bystanders before snapping or posting photographs.
- **Bring a friend:** Protesting is always safer with a buddy to look out for you.

WHEN EVERYTHING FEELS TERRIBLE OR NOWHERE FEELS SAFE

There are safe places in the world, and there are good things, many within easy reach. Go to or spend time in the safe places. Think about and seek out the good things. These are important parts of how we survive whatever we're struggling with, whether it's our government or a breakup.

WHAT ARE SOME SAFE PLACES?

- Libraries
- Hospitals
- Places of worship
- Daycare centers
- Book stores, coffee shops or cafes
- Your friend's house with that family you wish you had
- Grocery stores, family markets and food courts
- Embassies
- Community or youth centers, including YMCAs and YWCAs
- LGBTQ centers
- Domestic violence shelters
- Public health clinics
- Staffed public transit stations
- Assisted living facilities

WHAT ARE SOME GOOD THINGS?

- Baby animals
- Cookies
- Your favorite song you know by heart
- Street vendors and farmer's markets
- Your favorite book from when you were a kid
- Your best friend (human, canine, feline or otherwise)
- Cereal
- Hot cocoa with those tiny marshmallows
- That the Cubs did win the World Series before everything went to hell
- A blanket when you're cold
- Petrichor (both that there is a word for the scent of dirt after the rain and the smell itself)
- Cooking with friends
- Your body, feeling alive
- A wanted hug or hand-hold
- A nap
- Otters
- The best dream you ever had
- You

HOW TO HELP EACH OTHER & IMPROVE THIS GODAWFUL MESS

“When I was a boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’” — Fred Rogers

- **Stand up for other people. Period.**

- **Be a safe haven.** When you have to pick a seat on the bus, and see a woman sitting alone in hijab, sit next to her since you know you're safe, and someone else might not be. If you see a woman alone in a group of men looking at all cagey, go stand next to her, or walk near her until they vamoose, something you can do without even interacting with her or bothering her at all.

- **Don't enable or ignore hate.** Call it out whenever and wherever you can (with the understanding and given that sometimes it is too risky to one's personal safety to do so). Call it out when it's casual, call it out when it's intense. CALL IT OUT. And if you can't do any of that, do not actively contribute to it.

- **If you're white, you have white privilege** — power, advantages, and benefits given to you by society because of the color of your skin. This is just one kind of privilege, and you can have white privilege while still being marginalized in other ways: For example, you might be a white woman, a white disabled person, a white queer person, a white trans person, a white Muslim! Privilege plays a very important role in how we interact with each other and we all have to be careful with our privilege, whether we are using it for good or being careful to avoid taking advantage of it.

Please understand that people of color do not owe you jack. They aren't here to do your own emotional labor, or to be called or compelled to action by you (actions they were probably already doing before you saw a need for them, no less). White people have more to do with this current nightmare than anyone, and some of you may be feeling bad, especially those who didn't do anything to help prevent this, or, worse still, did things that got us here in the first place. You're likely to start feeling worse as things get worse and your guilt amplifies. You will be looking for others to help you feel better and assuage your guilt. It's up to you to manage that on your own time. Don't expect or ask people of color to be your educators, handholders, or mentors — they need to take care of themselves right now. It's on you to do extra work, not them.

The same applies to other privileged relationships. Marginalized people are fighting hard for their survival right now, and remember the ring theory when you interact with people, whether they're people of color, Native or Indigenous, disabled, LGBTQ, trans, Muslim, poor, or any number of other things. If you want information and you want to help, that's great! Take advantage of resources like Google to learn more about what communities are doing and how to help. Try searching for things like "how to help [community]" or "things [people like me] can do for [community]," or read books, websites, and columns like some of those we list below to learn more about what communities are experiencing and what they need. Attend community meetings when they are open to all. Volunteer with community organizations. Build trusting relationships, but be prepared to own your privilege, and don't make promises you can't keep.

"The likelihood that your acts of resistance cannot stop the injustice does not exempt you from acting in what you sincerely and reflectively hold to be the best interests of your community." — Susan Sontag

YOU MAY HAVE SOME SKILLS OR ACCESS TO PRIVILEGE THAT CAN HELP OTHERS:

Privileged? Be a listener. Marginalized people often feel the need to self-censor or suppress their thoughts after a lifetime of being silenced. Be a person who is happy to sit and actively listen, without commenting, judging, or arguing. Be friendly, encouraging, and supportive to affirm someone's humanity.

Bilingual? Offer to help monolingual immigrants navigate bureaucracy, schools, and other needs. Assist local groups with translation to ensure all their resources are available in multiple languages, and consider volunteering on hotlines or with direct service groups to ensure they always have someone bilingual on staff.

Experienced with kids? Offer to babysit so parents can accomplish critical errands or just get a little break.

Good at cooking? Organize a food or soup exchange so people in your community can take advantage of batch cooking to make nutritious, affordable food inexpensively by working in bulk, and trade it around so they're not stuck with 10 gallons of bean soup at the end of the day.

Have a room to spare? Offer shelter to someone who doesn't have one, whether driven out by transphobic family, fleeing a homophobic home, or seeking refuge in the wake of an immigration action. Or offer up the room for storage, a workspace, or temporary meeting place.

Have money? Pick a local community organization and donate to their work.

Have time? Volunteer for community organizations and local networks — drive people to abortion or other healthcare appointments, help parents pick up their kids from school, go on grocery runs for elders in your community. Consider making yourself a presence at government and community meetings, too, so you can advocate directly with the people who set policy.

Have a loving, safe family? Talk with them about what you can do together. Ask them to get on board with things like being willing to offer up a safe place for more vulnerable people, or to pitch in with your volunteering. Ask if they'll provide respite for friends or neighbors hit harder by this change with something as simple as bringing by the occasional meal, a ride to a healthcare appointment, or walking someone feeling unsafe to or from school or work.

“Unless someone like you cares a whole awful lot, nothing is going to get better. It’s not.” — Dr. Seuss, The Lorax

RESOURCES

I 800-Runaway: www.1800runaway.org
ACLU: www.aclu.org
Anti-Defamation League: www.adl.org
Asian-Americans Advancing Justice: www.advancingjustice-aajc.org
Black Lives Matter: www.blacklivesmatter.com
Bend the Arc: <http://www.jewishaction.us/>
Council on American-Islamic Relations: www.cair.com
Fair Immigration Reform Movement: www.fairimmigration.org
Friends Committee: www.afsc.org
Gay and Lesbian Alliance Against Defamation: www.glaad.org
Hindu American Foundation: www.hafsite.org
Immigrant Youth Justice League: www.iyjl.org
Independent Living Research Utilization: www.ilru.org
Lambda Legal: www.lambdalegal.org
Latino Justice: www.latinojustice.org
Leadership Conference: www.civilrights.org
Muslim Alliance for Sexual and Gender Diversity: www.muslimalliance.org/
NAACP: www.naACP.org
NARAL Pro-Choice America: www.naral.org
National Black Justice Coalition: www.nbjc.org
National Disability Rights Network: www.ndrn.org
National Immigration Project: www.nationalimmigrationproject.org
National Network for Immigrant and Refugee Rights: www.nnirr.org
National Network of Abortion Funds: www.abortionfunds.org
Planned Parenthood: www.plannedparenthood.org
RAD Remedy: www.radremedy.org
Sikhs for Justice: www.sikhsforjustice.org
Scarleteen: www.scarleteen.com
Scarleteen Textline: (206) 866-2279 (text only)
Southern Poverty Law Center: www.splcenter.org
Standing on the Side of Love: standingonthesideoflove.org
Transgender Law Center: www.transgenderlawcenter.org
Unitarian Universalists: questformeaning.org/clfu/#
Women on Web: www.womenonweb.org

SOME BOOKS FOR YOUNG ACTIVISTS

Halpin, Mikki; *It's Your World — If You Don't Like It, Change It: Activism for Teenagers* (Simon Pulse; 2004)

Herman, Edward S., Chomsky, Noam; *Manufacturing Consent: The Political Economy of the Mass Media* (Pantheon; 2002)

Dunbar-Ortiz, Roxanne; *An Indigenous Peoples' History of the United States* (Beacon Press; 2015)

Charlton, James; *Nothing About Us Without Us: Disability Oppression and Empowerment* (University of California Press, 2000)

Kuklin, Susan, Ed.; *Beyond Magenta: Transgender Teens Speak Out* (Candlewick, 2014)

Jenkins, Henry, Shresthova, Sangita, Gamber-Thompson, Liana, Kligler-Vilenchik, Neta and Zimmerman, Arely; *By Any Media Necessary: The New Youth Activism* (NYU Press, 2016)

Constanza-Chock, Sasha; *Out of the Shadows, Into the Streets!* (MIT Press, 2014)

Moraga, Cherríe and Anzaldúa, Gloria, *This Bridge Called My Back, Fourth Edition: Writings by Radical Women of Color* (State University of New York Press; 2015)

Solnit, Rebecca; *Hope in the Dark* (Haymarket Books, Updated Edition, 2016) Currently available for free download at: https://www.haymarketbooks.org/books/791-hope-in-the-dark?discount_code=FREEHOPEINTHEDARK

Zinn, Howard; *A Young People's History of the United States: Columbus to the War on Terror* (Triangle Square; 2009)