



# Everyday Activism

FOLLOW ISSUES YOU'RE **PASSIONATE** ABOUT. REDUCE.REUSE.**RECYCLE**.SIGNPETITIONS.ADOPT,DON'T SHOP.TREAT OTHERS WITH **KINDNESS**.SUPPORT **SMALL BUSINESS** AND **SLOW FASHION**. VISIT AN ANIMAL SANCTUARY OR **SHELTER** TO SPREAD LOVE. VOLUNTEER. **DONATE**. START A WOMEN'S GROUP. **MARCH**. BUY **CRUELTY-FREE** PRODUCTS. REACH OUT TO YOUR REPRESENTATIVES. BE AN **ETHICAL CONSUMER** AND BOYCOTT COMPANIES WHOSE PRACTICES DON'T ALIGN WITH YOUR VALUES. **VOTE.SPONSOR** AN ORANGUTAN, FARMED ANIMAL, COMPANION ANIMAL, OR OTHER **VULNERABLE BEING** THROUGH A SANCTUARY, SHELTER, OR RESCUE. SUPPORT NON-PROFITS DOING WORK YOU LOVE. BE AN **ENGAGED** COMMUNITY MEMBER. **REFLECT** ON YOUR ACTIONS. MAKE **SMALL CHANGES**. VISIT THE **FARMERS' MARKET**. TOTE YOUR REUSABLE BAG, FORK, TEA THERMOS, AND WATER BOTTLE. **SKIP** PLASTIC STRAWS. STAY **INFORMED**. SHOP **SECONDHAND** AND VINTAGE. HOST A CHARITEA EVENT. **CONSUME LESS** ANIMAL PRODUCTS. **SMILE** AT STRANGERS.