

# Do One Thing

Here's how you can get involved:

- Check up on a neighbor
- Write a Letter To The Editor
- Contact a local public official to get updates or make suggestion
- Contact a municipal employee
- Thank a public employee doing great work
  - Thank a teacher
  - Visit a local library
  - Read a book on a topic of advocacy
  - Go to a protest or attend a rally
  - Attend a Town Council meeting
  - Attend a School Committee meeting
  - Attend a Human Services sponsored event
  - Track state legislation you care about
  - Speak at a TC or SC meeting
  - Volunteer on a local commission or board

- Donate to a local food pantry
- Email your congressperson
- Call your congressperson
- Call your state representative
- Check in on a federal worker or
- Write a letter/make a social media post about a government-funded benefit you enjoy or receive
- Testify at the state house on a legislation you support or oppose
- Support a local clean up (April 22nd)
- Craft something to support a cause
- Create art to advocate on an issue
- Plant seeds
- Share this DOT message with 5 friends
- Start a weekly newsletter to stay in touch with friends and share your actions
- Deliver a meal to a friend
- Boycott a business/ unsubscribe from a service you don't want to support
- Promote a local business

- Support a local business
- Take a social media break
- Fight against imposter syndrome and know that you are a valuable part of this fight
- Share a resource or action with us!
- Suggest a Community Conversation or State Leader topic with the RDTC
- Have a conversation with someone who you disagree with about something
- Volunteer at a local non-profit or in a school
- Mentor a student
- Subscribe to a journal or newspaper that is doing great work
- Combat disinformation by sharing one piece of verified accurate information.