

# RISE UP AND SING!

## HOW TO BE A VOICE FOR CHANGE



- 1. IDENTIFY YOUR PASSIONS.** When you look at the world around you, what fills you with hope? What makes you angry?
- 2. EDUCATE YOURSELF.** Do not just skim the surface, but truly dedicate yourself not only to understanding what is happening, but why it is happening.
- 3. LEAD BY EXAMPLE.** One of the simplest and most important forms of activism is practicing what you believe in, or “conscious activism.”
- 4. DO NOT BE UNSETTLED BY THOSE DETERMINED TO FLUSTER YOU.** Remind yourself that you have nothing to prove to anyone.
- 5. JOIN (OR START) AN ORGANIZATION.** Choose a group that supports your cause and volunteer your time or donate money or supplies.
- 6. REACH OUT TO FAMILY AND FRIENDS.** Tell your family and friends about your cause and invite them to get involved.
- 7. REMEMBER THAT YOU AREN'T ALONE.** It is easy to feel isolated in a divisive climate. Seek out people who affirm your beliefs.
- 8. HAVE ROLE MODELS.** You most likely have incredibly inspiring people in your community who are making a difference. Ask them how you can get involved, offer yourself and your abilities, and realize that opportunities are everywhere. Be like Pete and be a voice for change!

### THE GOLDEN THREAD A SONG FOR PETE SEEGER

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