



Ways to Take Action

Resist Tyranny

1. Don't comply with nonsensical or unlawful orders
2. Avoid wearing a mask every chance you get
3. Encourage others to do the same or set an example
4. [Avoid Big Tech](#)

Spread the Word

5. Put up signs or stickers
 - a. Check out [The White Rose](#) and get some stickers!
6. Attend rallies & demonstrations
 - a. [We list some!](#)
 - b. Check out [The Patriot Calendar](#)
7. Hand out flyers/cards or post them in public
 - a. [We have some that are free to download](#)
 - b. [So does The Healthy American](#)

Build Community

8. Have as many positive human-to-human interactions as possible. Spread positivity & happiness to counteract the fear
9. Connect with or join local militia
10. Get to know your local police and sheriff

11. Get to know your neighbors and join or form a neighborhood watch, look out for each other
12. Join or organize communal homeschooling
13. Start or contribute to a community garden
14. Set up barter/trade networks with people who repair, grow, or create things
15. Get involved in local politics, run for office yourself if you can, it's surprisingly easy to win local elections
16. Host watch parties of documentaries or other videos
17. Find like-minded groups and meet in person, develop a cooperative network
18. Gently and slowly bring up non-mainstream narratives to friends and family, don't lead with your tinfoil hat!

Talk With Your Wallet

1. Favor barter/trades and second-hand sales
2. Shop at small, local businesses as much as possible
3. Avoid corporate chains and online giants like Amazon
4. Use local credit unions instead of big corporate banks
5. Patronize farmers markets or buy direct from farmers, direct bulk meat is cheaper and healthier than the supermarket!

Avoid Physical Tracking & Surveillance

6. Limit phone use to avoid phone location tracking - even on airplane mode your phone knows where you are because it can triangulate using cell towers. It must be turned off and/or left behind to avoid being tracked
7. Avoid contact tracing apps
8. Don't "check in" on Facebook or other websites
9. Use cash instead of check or card so there is no record
10. Reject smart meters & all smart devices, they monitor and log your activity
11. Don't use Alexa, Google Home, or similar devices, they collect huge amounts of data on you

Increase Self-Sufficiency

12. Learn canning/preserving
13. Learn survival skills - making snares, shelter, and campfires, butchering animals, etc.
14. Learn carpentry/repair, and automotive skills
15. Learn to defend yourself, your home, and your family

16. Have your own garden and plan what to grow with your neighbors, then share crops
17. Raise chickens, ducks, or turkeys and eat their eggs. They're quite easy to feed and they forage well on their own
18. Learn some self-defense, get a defensive weapon or two (pepper spray, pen, handgun, whatever)
19. Eat well and take care of yourself, avoid harmful chemicals, build personal resilience
20. Make an effort to do something that makes you happy every day, don't be dependent on other people or the internet to be happy
21. Homeschool your children ([see resources here](#))

Unplug as Much as Possible

22. Avoid future techs like VR, AI, integration with machines
23. Avoid comics, video games, and mindless entertainment
24. Don't spend all day on your phone! Learn to be handy and resourceful, get used to entertaining yourself and being productive

Make Emergency Plans

25. Set pre-arranged meeting points in case of disaster
26. Plan for loss of cell service/internet
27. Have a bug out bag or emergency kit with food and supplies
28. Get a CB or ham radio and learn how to use it
29. Keep a first aid kit
30. Keep flashlights, lanterns, and blankets ready
31. Keep oil and tools in your car
32. Stock up on survival supplies, tools, and food
33. Figure out what to do if your power goes out for 1-2 weeks