

# AMNESTY INTERNATIONAL



**Organize. Educate. Inspire.**

## 100 Ways to Take Action for Human Rights

### How Can Your Group Organize, Educate, and Grow?

1. Adopt a Prisoner of Conscience
2. Host a Write-a-Thon
3. Table at fairs, festivals, farmer's markets
4. Hold an "Awareness Week"
5. Host a well-known speaker
6. Have regular informational meetings for new members
7. Join the Urgent Action Network
8. Attend an AI regional conference or Annual General Meeting
9. Campaign for a city or campus resolution
10. Hold a membership recruitment challenge
11. Organize a panel discussion on a priority campaign
12. Host a teach-in on a human rights issue
13. Write solidarity and support letters
14. Submit a resolution to an AI regional conference
15. Sponsor a student to attend a regional conference
16. Organize a group tabling practice session
17. Visit foreign consulates/embassies to advocate on an issue

18. Hold an anti-oppression training
19. Create a public art display with a human rights message
20. Hold a letter writing contest with local schools
21. Write Letters to the Editor of your local newspaper
22. Participate in annual "Get on the Bus" solidarity actions
23. Pen Pal with other AI groups in the world
24. Start a letter writing challenge within your group
25. Connect with your field organizer in your regional office
26. Barbeque or picnic in a public place to draw new members
27. Visit someone at an immigration detention center

### How Can Your Group Bring Human Rights Issues Home?

28. Visit your legislators and participate in an AI Lobby Week
29. Make calls to your elected officials
30. Thank your officials when they act for human rights
31. Go to a town hall meeting
32. Work with reporters to write a human rights story
33. Meet with other AI groups to share ideas and network
34. Build relationships with like-minded groups
35. Co-sponsor events with community partners
36. Sell AI merchandise at a festival in your area
37. Form an AI team in a march or walk (Pride, AIDS Walk)

### How Can Your Group Use the Internet?

38. Make a facebook profile for your group
39. Develop a webpage for AI in your area
40. Take AI actions online
41. Publish a human rights blog
42. Twitter about urgent actions
43. Participate in or organize a Tweet-in
44. Make a Youtube video or public service announcement
45. Gather and post photo and video petitions
46. Read @amnestywest and share widely
47. Visit other AI websites to see what different sections are doing

48. Look for resources/ideas on other AI country websites

### **How Can YOU Become Involved?**

49. Become an AI Volunteer Leader in your state or nationally
50. Help start a local or student group
51. Become a card-carrying member of AIUSA
52. Help plan an AI statewide activist meeting
53. Practice your AI "elevator pitch"
54. Publish an op-ed in your local newspaper
55. Canvass for signatures in a public place
56. Volunteer for an AI concert event
57. Organize or attend a demonstration, rally, or silent protest
58. One-on-one time: Reach out to new members of your group
59. Paint a human rights- or justice-themed mural in your area
60. Help a struggling AI group with ideas and support
61. Pen Pal with a POC or death row inmate
62. Borrow a book or video from the WRD library
63. Design a t-shirt for your group
64. Connect with Country Specialists and other volunteer leaders
65. Chalk sidewalks with a human rights message
66. Organize a human rights book club
67. Research a priority campaign you are less familiar with
68. Share a human rights issue you are passionate about with a friend
69. Create an archive or living history of your AI group

### **What Can Your Group Do to Hold A Creative Event/Action?**

70. Hold a candlelight vigil
71. JAMnesty music event or concert... Work with local musicians for a human rights concert
72. Organize a Human Rights Day event on December 10th
73. Take part in an annual human rights film festival
74. Amnes *tea* tea/coffee house event
75. Open mic night
76. Presentations to students, community groups or churches

77. Throw a "Protect the Human" party
78. Host a human rights happy hour
79. Organize a die-in to raise awareness
80. Project an image of a POC on the outside wall of a well-known building in your community
81. Plan a 5K/10K run or walk
82. Hold a film screening
83. Develop a QR code for your group and share it in your materials
84. Organize a Banned Books Week action highlighting imprisoned journalists and bloggers
85. Organize a window drop with an action message
86. Community essay/video/art contest
87. Salsa/Ceilidh/Banghra dance night for human rights
88. Educate local business about fair trade and conflict-free products
89. Volunteer for a local community event or rebuilding (i.e. post-Katrina)
90. Create a public display of the UDHR
91. Organize a "percentage night" with local restaurants/bars
92. Host a Country-specific dinner party
93. AI carnival with booths for each campaign
94. Host a spoken word event
95. Hold an AI group yard sale
96. Create a quilt for human rights
97. Silent auction with art or other items
98. UDHR art competition
99. Bake sale or spaghetti dinner fundraiser
100. Host a human rights trivia night

**Questions? Ideas? Contact your Field Organizer!**