



## Things **you** can do for Palestine **Today**, **Tomorrow**, and **Ongoing...**

Compiled by Quinne Salameh, a Palestinian American living in Portland Oregon. To add resources or calls to action, please reach out Via e-mail at [salamehq@gmail.com](mailto:salamehq@gmail.com). May Peace grow with you as you plant it with your actions, feed it with your intentions, and fund it to counteract your tax money that funds violence against Palestine.

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### **Political Action:**

- **U.S Government Action:** Take action **now** with this script and guidance from JVP:

<https://act.jewishvoiceforpeace.org/a/tell-congress-stop-funding-apartheid?sourceid=1001473&emci=4e02e96e-4eb7-eb11-a7ad-0050f271b5d8&emdi=570d02eb-51b7-eb11-a7ad-0050f271b5d8&ceid=233830>

- **Local Government Action:** Find your local legislators contact info here:

<https://www.usa.gov/elected-officials>

\*You can use the same steps, and similar scripts as above to call your local Governors, Representatives and Mayor's office. Add a personal statement of who you are and why you care to really be effective-your vote counts and this issue matters to you!

### **Donate to Palestinian centered organizations:**

**My Palestinian family donates often to the following organizations** because they meet our criteria for funding that goes directly to Palestinians who need support to access basic human rights and offer opportunities to thrive and grow in an oppressive internment environment. Please send additions and endorsements as well:

- **House of Hope, Palestine;** <https://houseofhope.vision/>

This school fosters peace and opportunity for Palestinian children and families caught in the crossfire. They even break-down exactly what your donation covers. This directly supports the human right to education and see future opportunity and community.

- **MAIA Clean Water Project and MECA For Peace:** <https://www.mecaforpeace.org/meca-projects/maia-project-bringing-clean-water-to-the-children-of-palestine/#:~:text=The%20Maia%20Project%20provides%20safe,schools%20throughout%20the%20Gaza%20Strip.>

There is a growing water crisis in Palestine. In Gaza, 95% of water is unfit for human consumption.

- **Palestinian Children's Relief Fund;** <https://www.pcrf.net/> focusing heavily on medical aid for Palestinian children and families which is crucial **RIGHT NOW!**

- **Medical Aide for Palestine;** [https://www.map.org.uk/donate/donation-details/354?currency=USD&gclid=EA1alQobChMI3vWH9c\\_T8AIVkx6tBh1qrwBIEAAYASAAEgLDQfD\\_BwE](https://www.map.org.uk/donate/donation-details/354?currency=USD&gclid=EA1alQobChMI3vWH9c_T8AIVkx6tBh1qrwBIEAAYASAAEgLDQfD_BwE)

## Ongoing Action:

- **BDS!!**

**In addition to the above,** one of the most impactful, ongoing actions you can take for Palestine is how you spend your money in your daily life. Supporting the BDS (Boycott Divest and Sanction) effort is to refrain from supporting companies and organizations based out of Israel that are on Palestinian land, supporting the apartheid and oppressive practices towards Palestinian human rights and labor. People like to complicate this action, however it is the most effective non-violent daily action we can take, so it's simple really, just do it 😊.

**Read more about the BDS mission and products you can avoid supporting here:**

<https://bdsmovement.net/>

- **Educate yourself and your loved ones:** We are out of time for neutrality and to continue to ease people into understanding the violence and genocide against Palestinians. People often ask for the Palestinian calls for help to sound more palatable, peaceful or calm-my question to us all is: "Would you ask someone drowning to call for help more politely?" No. So don't. Read more about how you can support through conversation and education here:

<https://www.dazeddigital.com/politics/article/52785/1/it-is-not-a-conflict-how-to-talk-about-palestine-israel>

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*Thank you for taking the time to support Palestine, to counteract the United States funding of the violence against Palestinians trying to survive and live their daily life, and for taking anti-racist/anti-colonialist action. **Please also center** Black Lives Matter movements and confront Anti-Blackness, we are all connected to the struggles of our most oppressed and we cannot find any peace or relief from trauma until we irradicate Anti-Blackness which is very much also at play in the Palestinian oppression by Israel.*

**Reach-out to Quinne to offer additions, questions, conversations at [salamehq@gmail.com](mailto:salamehq@gmail.com)**

