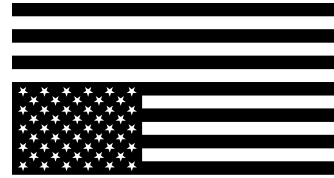


# 30 DAYS OF ANTI-FASCIST MICRO-RESISTANCE



You don't have to organize a march, write a manifesto, or go viral to fight fascism.

You just have to show up: consistently, creatively, and in community.

This 30-day challenge is designed to help you resist in ways that are sustainable, empowering, and real. Each action is small. But together? They build momentum. They shift culture. They protect each other.

You can go in order, pick one a week, or repeat your favorites. Just keep moving.

Day 1: Post a photo or quote that speaks truth to power.

Day 2: Call or email a local official about an issue that matters to you.

Day 3: Donate \$5 to a mutual aid fund.

Day 4: Share an article that counters disinformation.

Day 5: Rest intentionally—because burnout is a tool of oppression.

Day 6: Ask someone what they need right now. Listen deeply.

Day 7: Write a note of encouragement to a frontline activist or educator.

Day 8: Learn about a marginalized group you're not part of—and don't ask them to teach you.

Day 9: Refuse to laugh at a fascist joke. Say why.

Day 10: Create something—art, a playlist, a poem—that helps you feel powerful.

Day 11: Say "I believe you" to someone telling the truth.

Day 12: Host or attend a teach-in, book club, or dinner table conversation.

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Day 13: Start using Signal or another encrypted app.

Day 14: Share a story from history that reminds you fascism can be defeated.

Day 15: Tell a friend why you believe in collective liberation.

Day 16: Put a poster or sticker in a public space (safely).

Day 17: Register someone to vote—or help them get ID.

Day 18: Revisit your personal safety plan. Update it.

Day 19: Write to a political prisoner or someone targeted by fascist policies.

Day 20: Say no to something that drains you. Say yes to something that restores you.

Day 21: Support a queer- or Black- or disabled-owned business.

Day 22: Interrupt disinfo in your family group chat (kindly, firmly).

Day 23: Print and post a Know Your Rights flyer in a community space.

Day 24: Uplift a BIPOC, disabled, or LGBTQ+ voice on your platform.

Day 25: Start a “resistance journal” to track your wins, worries, and wonderings.

Day 26: Text three friends: “What do you need to feel safer this week?”

Day 27: Read one article on digital security—and take one action.

Day 28: Leave a supportive comment on someone’s brave post.

Day 29: Set up a recurring donation—even \$1—to a justice org.

Day 30: Reflect: What have I learned? What will I keep doing? Who can I invite in?

Optional: Use this as a printable tracker or digital calendar.

Mark what you do. Write about what you feel. Share with friends.

This isn’t about perfection—it’s about participation.

You’re not just surviving fascism. You’re building the future beyond it.



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