

# HOW TO SUPPORT (& RAISE) YOUNG ACTIVISTS CHEAT SHEET

courtesy of *Wake, Rise, Resist* (on Amazon, or ask your local bookstore!!)

## What do young people offer?

You know how we have all been working hard to raise brave, caring, and committed kids who are upstanders against injustices and outspoken when they see a wrong? Well, it's worked! Our young people are amazing—and are ready to put their skills, creativity, and passion to good use.

## What are their issues?

Young people care deeply about progressive issues. According to a recent poll\* of 1,027 young people age 15–34, respondents felt **generally pessimistic** about the future of the United States and overwhelmingly believed Trump is unfit to be president. When asked for an open-ended response about the most important pressing issues, they responded **gun control**, **economic fears**, and **social inequality**. When asked about specific issues, they ranked **student debt**, maintaining the **DACA** program, addressing **climate change**, raising the **minimum wage**, protecting **LGBT** citizens, and combatting **Islamophobia** as the most worrisome. (Note: Respondents were not asked specifically about sexism, racism, police violence, etc.)

\*MTV/AP-NORC Youth Political Pulse, March 2018

## What can you do? How can you help? Where to begin?

- Ask young activists what help they'd like or need before making suggestions. Actively listen (not just wait to speak) and consciously shift focus away from your perspective and on to theirs.
- Resist adultsplaining. Experience is valuable. Don't be too quick to offer yours, but rather help them develop *theirs*. When possible, let young people set their own agenda, forge their own paths, and take their own knocks so they can then feel ownership over their own victories.
- Intentionally cultivate your own growth mindset. Be open to new ideas and possibilities. Examine your own rigidity in your thinking and in your worldview.
- Actively reflect, challenge, and update your understanding of privilege and intersectionality as they relate to social justice. Start here: Clay Rivers "You Can Not Have Your Privilege and Equal Rights, Too" (on [crossinggenres.com](http://crossinggenres.com)) and Ali Kirkham "When White Feminists Respond to Anti-Racism Like Men Respond to Feminism" (on [everydayfeminism.com](http://everydayfeminism.com)) Actively seek out diverse opinions, read diverse books, and listen with an open mind to experiences that differ from your own.
- Show you value youthful voices. Use your privilege of age to champion young people's ideas and agendas among your peers.
- Resist out loud. Model compassionate, thoughtful activism, as well as appropriate reactions to frustrations and setbacks.
- Seek out creative ways to be politically and socially active together.

## SOME ESSENTIAL READING

*Mindset: The New Psychology of Success*, Carol Dweck

*My Sisters' Voices*, Iris Jacob

*The New Jim Crow*, Michelle Alexander

*Dear Madam President*, Jennifer Palmieri

## ESSENTIAL SITES THAT CENTER TEENS

[www.sustainus.org](http://www.sustainus.org)

[www.voicesofyouth.org](http://www.voicesofyouth.org)

[www.womensmediacenter.com/fbomb](http://www.womensmediacenter.com/fbomb)

[www.teenvogue.com](http://www.teenvogue.com)

[www.byp100.org](http://www.byp100.org) (Black Youth Project)

[www.advocatesforyouth.org](http://www.advocatesforyouth.org)

[www.amplifyyourvoice.org](http://www.amplifyyourvoice.org)

[www.youthradio.org](http://www.youthradio.org)

[www.unitedwedream.org](http://www.unitedwedream.org)

[www.liveoutloud.info](http://www.liveoutloud.info)



For more on teen activism, visit [wakeriseresist.com](http://wakeriseresist.com) (or find us @wakeriseresist) and buy the book:

*Wake, Rise, Resist: The Progressive Teen's Guide to Fighting Tyrants and A\*holes*