**HOW CAN I HELP?**

**Virginia Organizing is a non-partisan grassroots organization that brings people together to work on issues that affect their lives and their local communities. We hope this information is helpful for you to learn more about what you can do in your Chapter and in your community to develop as a skilled grassroots leader.**

**LISTEN UP!**

- Practice active and responsive listening by giving the speaker your full attention and not interrupting.
- Ask questions to make sure you fully understand what another person is saying and ask for help if you don’t.
- Encourage others to share their personal stories.
- Learn how to give and receive constructive feedback.
- Be respectful of everyone’s time; start and end on time.

**SHOW UP!**

- If we are going to do the work, we have to show up. Come to meetings, participate in actions, and get your friends to do the same.
- Create a welcome environment for everyone! We are all in this together.
- Come to statewide events and meet other leaders across Virginia.

**SPEAK UP!**

- Help leaders make connections across the issues. All oppression is related.
- See a leader doing good work? Let him or her know! Celebrate strengths and growth.
- If you need more support, ask for help. No one can solve injustice on their own.
- Share power and make decisions as a group.
- Invite others to be a part of Virginia Organizing!

**ACT!**

- Do one-to-ones with people in the community. Practice with other Chapter leaders!
- Volunteer to facilitate a Chapter meeting or take the lead on a Chapter event, action, or workshop (and rotate leadership roles).
- Mentor a new Chapter member.
- Propose a workshop for your Chapter to learn new skills and develop your existing skill set.
- Help make posters for the next protest in your local area and recruit friends to attend a rally, protest, or direct action.
- Call other leaders to check in. We all need support!
- Ask how you can share in the workload.
- Maintain transparency in the decision-making process. Be democratic!
- Do a local power analysis to assess and update your work.
- Fundraise! Plan your own fundraiser, ask your family and friends for donations, become a monthly sustainer, and help with Chapter fundraising efforts.