

# 101 things you can do.

## We are all responsible...

for ending violence, bullying, and discrimination of all kinds. You can start today with these concrete suggestions.

**#1** Embrace difference **#2** Listen to others **#3** Confront people who tell discriminatory jokes **#4** Offer a shoulder **#5** Speak up **#6** Laugh together **#7** See difference as an asset, not a deficit **#8** Interact, even with conflicting views **#9** Treat loved ones with respect **#10** Treat everyone with respect **#11** Give support **#12** Commit random acts of kindness **#13** Learn new things **#14** Share tears **#15** Open doors (literally and figuratively) **#16** Allow young people to be who they are (not who you want them to be) **#17** Learn to tolerate discomfort **#18** Do the right thing, not the easy thing **#19** Learn emotional regulation skills **#20** Offer a hand **#21** Read books **#22** Accept help **#23** Foster creativity **#24** Be aware of intersecting “isms” **#25** Welcome silence **#26** Apologize if you’ve hurt someone’s feelings **#27** Attend workshops on anti-violence, bullying, harassment **#28** Ask your library to carry LGBT books, DVDs and magazines **#29** Reach out to others to join a community group you belong to **#30** Learn conflict resolution skills **#31** Pick up an LGBT newspaper (and read it!) **#32** Write a letter to the editor **#33** Volunteer **#34** Broaden the inclusion policy of an organization you are part of **#35** Attend your workplace’s diversity group **#36** Donate money to an organization providing direct services for LGB and/or transgender people **#37** Chose love over violence **#38** Go to a film on LGBT issues **#39** Preach or speak at a local synagogue, church or mosque **#40** March with PFLAG or another contingent of your LGBT pride parade **#41** Vote **#42** Believe in your own superpowers – compassion, love, kindness, resilience – and share them with others **#43** Say “tell me more” (and then listen) **#44** Become a big brother or mentor **#45** Blog **#46** Pursue restorative justice **#47** Know what support services are available in your area – be able to share them with those who might need them **#48** Take care of yourself **#49** Have coffee with an LGBT friend, co-worker, student, young person **#50** Dance together **#51** Keep firearms and weapons locked up (or don’t have them in your home/office at all) **#52** Open your home (for a meal or housing or safe refuge) **#53** Befriend a young LGBT person **#54** Hug more **#55** Get to know an LGBT elder **#56** Be vocal about your pro-LGBT opinions/beliefs **#57** Send supportive letters to LGBT youth groups – even if you don’t know anyone **#58** Take it seriously when someone talks about being depressed or suicidal **#59** Proactively advocate for LGBT youth who are being bullied at school **#60** Offer hope **#61** Write your Congressperson to support the Safe Schools Improvement Act **#62** Organize vigils and rallies **#63** Share your experiences with discrimination to let others know they are not alone **#64** Donate to organizations that make a difference **#65** Don't give up (on yourself, LGBT individuals, our community) **#66** Start a Gay Straight Alliance (or be an adult advocate/sponsor) **#67** Stick your nose into other peoples’ business (if you see abuse or bullying, take action) **#68** Get political **#69** Avoid epithets that stigmatize people living with depression or suicidal thoughts **#70** Take 10 minutes every day to just listen (to yourself, to nature, to others, to silence) **#71** Make love, not hate **#72** Help others find what they are passionate about **#73** Share your experiences about thriving after experiencing discrimination **#74** Get involved –however you can **#75** Advocate **#76** Contribute a video to the It Gets Better Project (or to Make It Better) **#77** Tell someone you appreciate them **#78** Tell your Senator to pass ENDA (Employment Nondiscrimination Act) **#79** Reach out **#80** Reinforce an expanded definition of who makes up a family **#81** Validate feelings and experiences **#82** Tell people in your life that you love them **#83** Welcome your family members, friends and lovers into your home and into your life **#84** Develop a plan with a person to help them get to a safer place **#85** Remind others that feelings change **#86** Share your compassion **#87** Talk about issues directly, even when it’s tough **#88** Stop the victim/perpetrator cycle **#89** Accept other peoples’ feelings as they are **#90** Consider your beliefs about guns and gun laws (take action if necessary) **#91** Report violence when you see it **#92** Express your concern **#93** Remind others that people can change **#94** Take a stand **#95** Send postcards **#96** Create a village **#97** Take photos of happy times together – bring them out to remember that life can be good **#98** Show up **#99** Create art or music together **#100** Push for equality for ALL people **#101** Believe

What can you do?



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