



# Standing Together

You are never alone—millions stand with you,  
unseen but united. Your voice may feel small,  
yet together, we have power.

In communities across this nation,  
people share your convictions,  
your fears, and your hopes.

You are democracy's enduring promise—  
and together, we are its unyielding strength.

**STAND. SPEAK. SUSTAIN.**

# EVERY ACTION COUNTS

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- Choose quality news sources. Avoid doom-scrolling
- Practice self-care for a sustained resistance
- Commit to one civic action, no matter how small
- Share your skills with others - every talent counts
- Volunteer one hour for a cause that matters to you
- Invite one friend to join you in helping democracy
- Join a civics group or attend a community meeting

**WE ARE WITH YOU!**