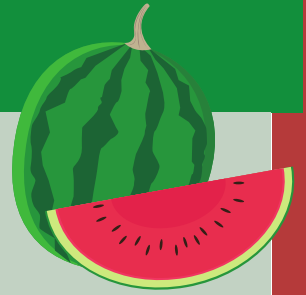


PILLARS OF ACTIVISM



TARGET

Who am I trying to influence?

TACTIC

What is the action I'm taking to move my target toward my goal?

TOOLS

What do I need to feel I can do this? What do I still need to learn?

PROS & CONS

What are the risks of doing this tactic? What might be achieved in doing this tactic? (e.g., Risk management; tension of values; sense of integrity; building community)

TARGET

Educate
my Zionist
best friend

TACTIC

Explain the
state of
Israel AND
Jewish
people are
different

Send them
documentaries
on Palestine

TOOLS

Practice speaking
on this issue with
another
friend who's also
invested
in Palestinian
liberation to
find my voice

Read more on
the conflation
of the state of
Israel and
Jewish people

Think about
mine and my
best friend's positionality
as psych graduate students
and how Palestinian
liberation is tied to social
justice

PROS & CONS

My best friend
and I
stopped
talking bc I
realized
we don't share
the same values

My best friend
and I can work
together on
resistance actions for
Palestine (going to
protests,
joining an
organizing group)

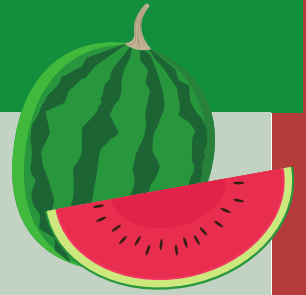
I don't have to feel
silenced and
inauthentic

Inspired from Aleia and
Adrianne's CrossLines activity
(Page 23 of the
[Cultural Playbook](#))

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PILLARS OF ACTIVISM



TARGET

Who am I trying to influence?

TACTIC

What is the action I'm taking to move my target toward my goal?

TOOLS

What do I need to feel I can do this? What do I still need to learn?

PROS & CONS

What are the risks of doing this tactic? What might be achieved in doing this tactic? (e.g., Risk management; tension of values; sense of integrity; building community)

TARGET

Talk about Palestine at my practicum site to address trainee distress from silencing

Bring up what is happening in Palestine generally at clinical site

TACTIC

Connect with my university's practicum coordinator to ask for support on bringing this topic into my site

Bring this topic up with a trusted supervisor and ask for advice on how to bring this topic into the training site

Host a teach-in at my practicum site and highlight the costs of silencing and student repression on mental health

TOOLS

Connect with mentors to discuss risks and fears of bringing in Palestine into the practicum site

Consider bringing in a guest speaker to talk about Palestine and its ties to Psychology

Organize and brainstorm with other trainees what they are experiencing around Palestine at the training site; any supervisors that seem open to discussing this

PROS & CONS

My practicum site supervisors may discriminate against me for bringing up Palestine

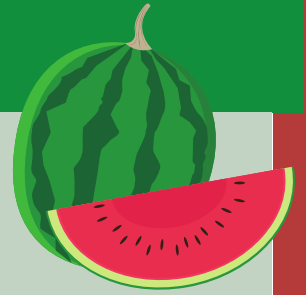
I would find solidarity with other colleagues at my site and feel I have agency

Support other trainees' clinical work bc now we can bring Palestine into group supervision and in relation to clients

Less guilt from complicity



PILLARS OF ACTIVISM



TARGET

Who am I trying to influence?

TACTIC

What is the action I'm taking to move my target toward my goal?

TOOLS

What do I need to feel I can do this? What do I still need to learn?

PROS & CONS

What are the risks of doing this tactic? What might be achieved in doing this tactic? (e.g., Risk management; tension of values; sense of integrity; building community)

TARGET

Have my university divest from companies and institutions complicit in colonization of Palestinians

TACTIC

Join my school's SJP (Students for Justice in Palestine) OR FJP (Faculty for Justice in Palestine) Chapter

Organize a student encampment at my university to non-violently protest toward divestment

TOOLS

Research which companies/ institutions my university may be financially tied to that are on the BDS Boycott list

Learn about what tactics SJP at my university has already tried in the past and what negotiations have looked like before to know context of university administration on this

Make friends with others already in SJP and build community and familiarity

Connect with other student orgs on campus to build a coalition and strengthen the encampments

PROS & CONS

Consider risk of expulsion from my university for joining the encampment

Less helplessness

More authentic relationships

Gain sense of solidarity and agency working toward structural change

Divestment of my university from Israeli apartheid; enact structural change

