BEGINNING YOUR JOURNEY
What causes are you passionate about?

Cause I’m choosing to support:

READING & SHARING THE NEWS
Media Literacy

Find an online article about your chosen cause that you think is worth sharing. After you find the article, complete the following steps:

- **Consider the source**: Is this a well-known or trusted news outlet, and are they reputable for the subject at hand?
- **Triple check the source**: Sites designed to spread false information often try to mimic legitimate news sources. Check the name, logo, and “About” section to verify.
- **Identify the author**: Misleading and false articles often do not include authors. If authors are listed, do a quick search to see if they are trusted sources.
- **Inspect the URL**: Webpages that notoriously spread disinformation often have odd web domain names that try to imitate real sources (e.g. nbcnews.com.co)
- **Examine spelling and punctuation**: Webpages with misspelled words, unnecessary ALL CAPS, poor grammar, and excessive punctuation are often unreliable.
- **Seek alternative viewpoints**: Search for other articles and sources on the same topic. If there are limited or no results, or you find contradicting information, you may want to do further research and fact-checking.
- **Think before you share**: Damaging disinformation spreads quickly via shared posts. Emotional and sensitive topics are often used to manipulate readers into sharing without thinking. Review the above steps and be wary of content that seeks to sow discord and provoke audiences.

**List the article and your thoughts as you complete each step:**

Article:

Thoughts:

After completing the steps, do you still consider this article worth sharing?  Yes  No
EMAILING YOUR ELECTED OFFICIALS & MAKING AN IMPACT THROUGH SOCIAL MEDIA

Who Represents Me?

Go to https://myreps.datamade.us/#/?results_level=local, county, state, federal and locate your elected officials. List their names, positions, party affiliation, and their social media handles:

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<th>Name</th>
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To email your Representative, you will need to go through their website form. Using House.gov or an internet search engine, locate your Representative's website, the website will end in house.gov, and look for a contact section. Does your Representative have a website with a contact section?  Yes ☐  No ☐

USE DIGITAL ADVOCACY TO BECOME A BETTER ADVOCATE

You can also email your Representative from your phone using Resist Bot. Go to https://resist.bot/ to learn more about Resist Bot and the helpful keywords. Text “resist” to 50409 or to Resistbot on iMessage or Telegram and follow the directions. Did you get conformable using Resist Bot?  Yes ☐  No ☐
JOINING ONLINE ADVOCACY GROUPS

There are many different advocacy groups. Using an internet search engine, find an advocacy group working on the cause you are passionate about and list them below.

____________________________________________________

____________________________________________________

____________________________________________________

Do these groups provide information, tools, or alerts for the cause? Yes ☑ No ☐

Did you sign up for information, tools, or alerts for the cause? Yes ☑ No ☐

CONGRATULATIONS ON TAKING THESE STEPS TOWARD ADVOCATING ONLINE!

List three friends/colleagues you can tell about your journey and your cause!

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SPEAK GRATEFULLY ACKNOWLEDGES THE SUPPORT OF THE SIMMONS SISTER FUND AT TEXAS WOMEN’S FOUNDATION. FOR MORE INFORMATION ON SPEAK VISIT GO.UTA.EDU/SSWSPEAK