

2025

CLICK HERE FOR
TOOLKIT WITH
FULL SCRIPTS +
RESOURCES

Or go to tinyurl.com/equalitytoolkit

August

#DoOneThingEveryDay

Find your reps:
<https://www.congress.gov/members/find-your-member>

Civic Engagement Calendar
EQUALITY - ERA - NOW
@EqualityEraNow

EQUALITY
ERA NOW

SUN

MON

TUE

WED

THU

FRI

SAT

3 **Spotlight Sunday**
Learn about the General Strike. Sign your [Strike Card](#) then send to 2 friends.

4 **Monday for the ERA**
Email Dem House staff for ERA co-sponsors. Check toolkit for fresh targets!

5 **Talk to Your Rep Tuesday**
Condemn Trump's firing of Bureau of Labor Statistics Commissioner

6 **Watchdog Wednesday**
Spread the daily action tools. Share the calendar, grow the movement.

7 **Togetherness Thursday**
Share [know-your-rights](#) resources for immigrant communities

8 **5Calls Friday**
Use the 5 Calls app & pick 1 issue to call your reps about!

9 **Self-Care Saturday**
Call or text a fellow activist just to check in on them

10 **Spotlight Sunday**
Amplify media literacy orgs like [News Literacy Project](#)

11 **Monday for the ERA**
Contact Dem House staff about HJ Res 80. - let's get 5 more Dems on board!

12 **Talk to Your Rep Tuesday**
Demand due process for all immigrants.

13 **Watchdog Wednesday**
Submit FOIA requests for ICE raid planning documents

14 **Togetherness Thursday**
Shout out a small business that aligns with your values

15 **5Calls Friday**
Use the 5 Calls app & pick 1 issue to call your reps about!

16 **Self-Care Saturday**
Take a "digital detox walk" - leave your phone at home for 30 minutes

17 **Spotlight Sunday**
Check out the work being done by the [Trans Law Center](#). Follow, amplify, donate

18 **Monday for the ERA**
Keep the pressure up! Contact Democratic staff about HJ Res 80.

19 **Talk to Your Rep Tuesday**
Demand release of the Epstein files.

20 **Watchdog Wednesday**
Defend vaccine science! Submit CDC complaints

21 **Togetherness Thursday**
Amplify trans voices! Follow 3 new trans activists/creators + share their posts

22 **5Calls Friday**
Use the 5 Calls app & pick 1 issue to call your reps about!

23 **Self-Care Saturday**
Read poetry or fiction by authors from communities you're fighting for

24 **Spotlight Sunday**
Share resources about whose land you're on using [Native-Land.ca](#)

25 **Monday for the ERA**
End the month strong! Email Dem house staff for ERA co-sponsorship.

26 **Talk to Your Rep Tuesday**
Demand oversight hearings on ICE detention conditions

27 **Watchdog Wednesday**
Submit FOIA requests demanding transparency from DOGE

28 **Togetherness Thursday**
Promote immigrant-owned businesses and mutual aid funds

29 **5Calls Friday**
Use the 5 Calls app & pick 1 issue to call your reps about!

30 **Self-Care Saturday**
Practice "activist mindfulness" - 10 min focusing on why your work matters

31 **Spotlight Sunday**
Highlight banned book authors or orgs like [PEN America](#) fighting censorship



August
Boycotts



Month-long boycotts!

Aug 1-31: No Walmart,
Lowes + McDonald's

Clickable Links



Link to Scripts
+ more info



Peaceful
Protest Info

Questions?

Email us at
info@equalityeranow.org

Follow Us on
Social Media
for Important
Daily
Updates:

@EqualityEraNow



Be on the
lookout for
bonus action
items too!