

2025

CLICK HERE FOR
TOOLKIT WITH
FULL SCRIPTS +
RESOURCES

Or go to tinyurl.com/equalitytoolkit

June

#DoOneThingEveryDay

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

Civic Engagement Calendar
EQUALITY - ERA - NOW
[@EqualityEraNow](https://twitter.com/EqualityEraNow)

EQUALITY
ERA NOW

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1 Spotlight Sunday
Support Planned Parenthood or local abortion fund – follow, donate, or share reproductive health resources

2 Monday for the ERA
Email Democratic House staff to urge ERA co-sponsorship of HJ Res 80.

3 Monthly Webinar:
Join our nationwide call at 9pm ET/8pm CT

4 Watchdog Wednesday
Call strategic GOP Senators and demand they vote NO on the “Big Beautiful Bill”

5 Togetherness Thursday
Support trans-owned business! Shop, review, or share at pinkrobinshop.com

6 5Calls Friday
Use the 5 Calls app & pick 1 issue to call your reps about!

7 Self-Care Saturday:
Practice digital wellness – unfollow accounts that spike anxiety, follow uplifting activists

8 Spotlight Sunday
Learn about the General Strike. Sign your Strike Card then send to 2 friends.

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

10 Talk to Your Rep Tuesday
Call your rep– protect trans youth healthcare + sports.

11 Watchdog Wednesday
Submit Dept of Education public comment opposing DEI, SEL cuts.

12 Togetherness Thursday
Amplify trans voices! Follow 3 new trans activists, artists, or educators + share their posts.

13 5Calls Friday
Use the 5 Calls app & pick 1 issue to call your reps about!

14 Self-Care Saturday:
Meditate or do deep breathing for 5 minutes

15 Spotlight Sunday
Amplify Immigrant Legal Resource Center (ILRC) – share their know-your-rights resources

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

17 Talk to Your Rep Tuesday
Call your rep to demand due process protections for all immigrants.

18 Watchdog Wednesday
Email state Attorney General demanding due process for ALL immigrants, incl legal residents

19 Togetherness Thursday
Read a book by a trans author or watch trans-created content

20 5Calls Friday
Use the 5 Calls app & pick 1 issue to call your reps about!

21 Self-Care Saturday:
Read something inspiring – book by a marginalized author or success stories from our movements

22 Spotlight Sunday
Highlight banned book authors or orgs like PEN America fighting censorship

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

24 Talk to Your Rep Tuesday
Call your rep to urge support for federal reproductive health protections.

25 Watchdog Wednesday
Defend vaccine science! Submit CDC complaints demanding evidence-based recs

26 Togetherness Thursday
Share trans-positive resources (healthcare, legal resources, support groups) in your community

27 5Calls Friday
Use the 5 Calls app & pick 1 issue to call your reps about!

28 Self-Care Saturday:
Reflect on your June actions and celebrate your impact – you've made a difference!

29 Spotlight Sunday
Amplify media literacy orgs like News Literacy Project

30 Monday for the ERA
End Pride Month strong! Email Dem House staff for ERA co-sponsorship.

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June Boycotts

June 3 – 9: No Target

June 24 – 30: No McDonalds



Tesla Takedown: Saturdays at dealerships nationwide



NEW #FoxTakedown find out more [here](#)



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](https://twitter.com/EqualityEraNow)



Be on the lookout for bonus action items too!