

2025

CLICK HERE FOR
TOOLKIT WITH
FULL SCRIPTS +
RESOURCES



Or go to tinyurl.com/equalitytoolkit

October

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

Civic Engagement Calendar
EQUALITY - ERA - NOW



#DoOneThingEveryDay

@EqualityEraNow

SUN MON TUE WED THU FRI SAT

28

29
Oct 6 Bonus Action:
Attend ACLU's
Protest Safety
Training @8pm ET

30

1 **Watchdog**
Wednesday
Call your rep to protect
healthcare during shutdown
negotiations

2 **Togetherness**
Thursday
Volunteer at or donate to a
local food pantry/mutual aid
organization

3 **5Calls Friday**
Use the 5 Calls app & pick
1 issue to call your reps
about!

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

5 **Spotlight Sunday**
Spread the daily action tools.
Share the calendar, grow the
movement.

6 **Monday for the ERA**
Contact Dem House staff
about HJ Res 80.- we only
need 3 more on board!

7 **Talk to Your Rep**
Tuesday
Demand Grijalva be sworn in
immediately - stop blocking
Epstein files vote

8 **Watchdog**
Wednesday
Demand investigation into
partisan government emails
blaming Democrats for shutdown

9 **Togetherness**
Thursday
Cancel 2 Amazon
subscriptions & find direct-
from-seller alternatives

10 **5Calls Friday**
Use the 5 Calls app & pick
1 issue to call your reps
about!

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

12 **Spotlight Sunday**
Follow 50501 on social media
+ find your local group

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

14 **Talk to Your Rep**
Tuesday
Call your rep to oppose military
aid to Israel - demand ceasefire
& humanitarian aid instead

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

16 **Togetherness**
Thursday
Make your plan to attend
Saturday's massive nationwide
call to action!

17 **5Calls Friday**
Use the 5 Calls app & pick
1 issue to call your reps
about!

18 **No Kings 2.0**
Find your local
peaceful protest +
bring a friend

19 **Spotlight Sunday**
Share know-your-rights
resources for immigrant
communities

20 **Monday for the ERA**
We're so close! Send an
email for ERA co-
sponsorship.

21 **Talk to Your Rep**
Tuesday
Call your rep to condemn the
exec order labeling political
dissent as domestic terrorism

22 **Watchdog**
Wednesday
Verify your voter registration
status + research upcoming
local elections

23 **Togetherness**
Thursday
Start or join a local buy-
nothing group - share one
item you can offer

24 **5Calls Friday**
Use the 5 Calls app & pick
1 issue to call your reps
about!

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

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

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

28 **Talk to Your Rep**
Tuesday
Call to condemn National Guard
deployment for domestic
immigration enforcement

29 **Watchdog**
Wednesday
Call your governor to refuse
National Guard deployment for
ICE raids

30 **Togetherness**
Thursday
Find and join your local
Indivisible group for community
organizing

31 **5Calls Friday**
Use the 5 Calls app & pick
1 issue to call your reps
about!

1

October Boycotts

Month-long boycotts!
Oct 1-31: No Amazon, Walmart, Starbucks, Disney

#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

Be on the lookout for bonus action items too!