



WHAT ON  
EARTH  
CAN WE  
DO

A FIELD  
GUIDE  
TO  
RAGE

**YOU BROKE THE CONTRACT, SO  
FUCK YOUR TARGET. FUCK YOUR  
HALL OF FAME! THEY CAN BURN  
THIS BITCH TO THE GROUND AND  
IT STILL WOULDN'T BE ENOUGH.  
THEY ARE LUCKY THAT WHAT  
BLACK PEOPLE ARE LOOKING FOR  
IS EQUALITY AND NOT REVENGE**

KIMBERLY JONES





**WHAT  
COULD  
WE  
HAVE  
DONE**

**A WORD**

This zine is dedicated to those  
who have no choice

but to take to the streets.

To those who have no funds to donate,  
no privileges to exercise,  
no social resources to exhaust.

This is for those who died.

This is for those  
who have nothing to give  
but their lives.





JOIN  
THE FIGHT

# ALL YOU CAN DO IS ALL THAT YOU CAN

## **DONATE**

Find national and local chapters of organizations such as ACLU and NAACP for specific initiatives to donate to. Support protesters by donating to your local bail funds and medical fundraisers.

## **CONNECT**

Compile lists of allies that either need support or can serve the community, including local businesses, church groups, and pro bono lawyers. Know who is on your side and share with others.

## **PROVIDE SUPPLIES**

Look up local drop off locations for protest supplies, where you can provide water, masks, food, goggles, and more. Contact your own friends and family and pick up supplies from other donors without transport.

## **SUPPORT LOCAL BUSINESSES**

Familiarize yourself with local black-owned businesses that are politically and financially affected. Become a permanent, consistent patron of these businesses rather than large corporations.

Begin to think about who runs and owns all of the businesses and services you frequent and make a change when you can.

## **SUPPORT PROTESTERS**

Start a group chat with your friends and family on the frontlines. Make yourself available if someone is in need of shelter, transportation, or support. Check in with your friends. Listen to police scanners and warn frontline protesters who may be in danger.

## **SIGN PETITIONS, WATCH VIDEOS**

Keep an eye out for various petitions and content made for the cause. Content creators have been using the YouTube monetization model to make videos of black creators and musicians to educate the public and support creatives.

## **MAKE & SELL**

Make or sell goods online and use the proceeds to donate to organizations in need. Use online marketplace apps like Depop and Etsy, who are also known to donate portions of funds to various causes.

## **VOLUNTEER**

Look for upcoming events that may need volunteers. Be available to clean up after events and protests. Find out if local businesses affected need helping hands.

## **USE SOCIAL MEDIA**

Use social media to provide links, share content, and spread awareness. Mute racist channels by spamming them. Refrain from performative, viral movements and sharing branded content from corporations or individuals looking to profit.

Hold brands and influencers accountable when they abuse social media.

## **START WITH YOURSELF**

Take matters into your own daily life. Listen to your marginalized friends, let them speak and have space. Distance yourself from anyone trying to silence you or others. Observe your own behaviors and relationships, every day. If you're an ally, remember that it's not about you.

## **BECOME A RESOURCE WHEN YOU HAVE NONE** Photo: Mike Von



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# The fight isn't just in the streets; **it's at home.** It's at work. It's at the dinner table. It's in your friends list.

Though taking to the streets feels substantial and immediate, the **war is waged every day.** Justice has no curfew and isn't a simple matter of signing on a dotted line. Change comes in all sizes. For many, signing a petition or marching among strangers can be easier than confronting a bigoted family member or friend.

One of the most troubling observations I've made through recent events is the number of people I've seen who are quicker to jump to the nearest protest than unfriend their racist uncle on Facebook.

There's many reasons for this: fear of confrontation, aversion to stirring the family pot, outright exhaustion. As valid as these reasons are for leaving the matter alone, it's these moments that matter most. It's these moments that extend beyond transparent motivations and into true solidarity.

In these moments, a person has to ask themselves if any of those aforementioned motivations is bigger than the cause.

**True activism is not convenient or comfortable,** nor is the price of entry solely paid in time and donation. For many of us, it really is easier and less inconvenient to donate money than drop your problematic friend.

**Don't go quietly.** If someone in your life is losing you due to their prejudices, say so. Give them the opportunity to understand your view and reconsider.

Don't just go through the list and unfriend without making yourself known. Hold people accountable. **Anyone in your life that condones racially motivated murder and injustice is not someone worth keeping.**

The opposite is also true; those who cannot "deal" with your point of view and threaten to unfollow or dissociate are not worth keeping.

Reconsider your friendships with anyone who polices your words, tells you to calm down, or threatens to end your relationship over your views.

Margareta Nguyen  
Purveyor of this zine



**IS THIS WHAT YOU THINK IS  
PROTECTING AND SERVING?  
BECAUSE I THINK IT'S BULLSHIT!  
FUCK YOU, MICHAEL MOORE. I  
REFUSE TO CALL YOU AN OFFICER  
OR A CHIEF BECAUSE YOU DON'T  
DESERVE THOSE TITLES. YOU ARE  
A DISGRACE. SUCK MY DICK AND  
CHOKER ON IT! I YIELD MY TIME,  
FUCK YOU**

JEREMY FRISCH





# HOW TO PACK FOR THE REVOLUTION

## THE BASICS:

### BAG OR BACKPACK

Lightweight with a high contrast interior to see better at night

### WATER BOTTLE

in a plastic squirt top bottle to drink and clean your skin & eyes

### SNACKS

granola bars, fruit, etc

### MONEY

For food, water, and transportation

### FACE PROTECTION

N95 Mask, bandana, shatterproof swimming goggles. A bandana soaked in water can help with breathing. A hat to protect from sun and further contamination

### MEDICATION

Inhalers, insulin, labeled prescriptions. Bring several days worth in the event you are detained. Bring menstrual pads rather than tampons.

### PHONE & BACKUP POWER

Use a passcode rather than fingerprint or face ID for added protection. Only use your phone when absolutely necessary

### FIRST AID KIT

With towels, tissues, bandages, duct tape, saline solution

### NOTEPAD, MARKER, WATCH

To record badge numbers, names, and keep emergency contact and lawyer info

### CLOTHING

A jacket or sweatshirt that covers as much skin as possible, an extra change of clothes in a plastic bag in case yours are contaminated. Comfortable running shoes

### PHONE NUMBERS

Keep phone numbers for emergency contacts and lawyers in your notebook in case your phone is compromised

## AVOID:

### MOISTURIZERS

Vaseline, mineral oil, oil-based sunscreen, and moisturizers can trap chemicals

### CONTACT LENSES

Can trap chemicals and irritate the eyes. Wear glasses with goggles.

### LOOSE CLOTHING & JEWELRY

Can be easily grabbed while you're running. Tie up long hair and bring extra hair ties.

### GOING ALONE

go with an organization or friends

Source: [amnestyusa.org](https://www.amnestyusa.org)

Photo: Mike Von

# WHAT YOU GONNA DO WHEN THEY COME FOR YOU?

**The police will take advantage of a person's ignorance of the law and their personal rights. Stay safe. Stay informed.**

**STAY CALM.**

Keep your hands visible. Don't argue, resist, or obstruct the police, even if you believe they are violating your rights. State that you are being peaceful and ask why you are being accosted.

**KNOW YOUR RIGHTS.**

You reserve the right to ask why you're being arrested and on what charge. You reserve the right to ask for a lawyer and refuse to speak to an officer until your lawyer is present. Do not sign anything or say anything without a lawyer present.

You are allowed a local phone call. Police are not allowed to interfere with any calls to your lawyer.

You do not have to consent to a search of your body or your belongings. A pat down does not constitute as a search.

An officer cannot confiscate or demand to view any photo or video you have taken without a warrant, nor can they force you to delete anything you have captured under any circumstances.

**COLLECT EVIDENCE.**

If you have been harassed by the police, take down their names, badge numbers, and plates.

Take down contact information of anyone who witnessed the harassment. Establish contact if any witnesses can provide photo or video of the incident.

Take photos of your injuries. Recall the time, date, and location of the incident to the best of your ability.

Once you have gathered proper evidence to create a claim, file a complaint with the proper agency.

Source:  
[ACLU.org](http://ACLU.org)



**MY NAME IS** \_\_\_\_\_.

**IN THE EVENT OF AN**

**EMERGENCY, PLEASE CALL:**

**NAME** \_\_\_\_\_

**PHONE** \_\_\_\_\_

**RELATIONSHIP** \_\_\_\_\_

**OR**

**NAME** \_\_\_\_\_

**PHONE** \_\_\_\_\_

**RELATIONSHIP** \_\_\_\_\_

**IN THE EVENT OF MY ARREST,**

**I RESERVE THE RIGHT TO**

**SPEAK TO A LAWYER:**

**NAME** \_\_\_\_\_

**PHONE** \_\_\_\_\_

**NAME** \_\_\_\_\_

**PHONE** \_\_\_\_\_

**NAME** \_\_\_\_\_

**PHONE** \_\_\_\_\_

**XEROX ME!**

**I HAVE WITNESSED  
MISCONDUCT FROM THE  
FOLLOWING OFFICERS:**

**NAME** \_\_\_\_\_

**BADGE #** \_\_\_\_\_

**VEHICLE #** \_\_\_\_\_

**DATE/TIME** \_\_\_\_\_

**OFFENSE** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**I HAVE WITNESSED  
MISCONDUCT FROM THE  
FOLLOWING OFFICERS:**

**NAME** \_\_\_\_\_

**BADGE #** \_\_\_\_\_

**VEHICLE #** \_\_\_\_\_

**DATE/TIME** \_\_\_\_\_

**OFFENSE** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**AND YOU SO NUMB YOU WATCH  
THE COPS CHOKE OUT A MAN LIKE  
ME / AND 'TIL MY VOICE GOES  
FROM A SHRIEK TO WHISPER, 'I  
CAN'T BREATHE' / AND YOU SIT  
THERE IN THE HOUSE ON COUCH  
AND WATCH IT ON TV / THE MOST  
YOU GIVE'S A TWITTER RANT AND  
CALL IT A TRAGEDY**

**RUN THE JEWELS  
WALKING IN THE SNOW**

WHAT YOU CAN DO

**RESIST**  
**THE URGE**  
**TO MAKE**  
**IT ABOUT**  
**YOU**

//  
**Performative social media allyship is, in essence, akin to cultural appropriation.**

Much like being an avid hip hop music consumer who dips in and out of Black culture when convenient is unacceptable, to post online but avoid the work of activism is to culturally appropriate this movement **to feel like a good person** or, especially for those who were noticeably late to show support, **avoid being labeled a bad one**. To be silent altogether is even more troubling.

Nicole Rovine  
Cornell Daily Sun

This performative ally stuff is not helping, and this really catered to the people who want to show that they care," Jones says. "They thought this little black box was going to be solidarity. I'm like, **This is not how movements work**. This is not how we're supposed to be using social media." And people fell for it because it takes minimal work and minimal effort.

Anthony James Williams  
Vox

Right now, the biggest thing is not necessarily making a watercolor Black Lives Matter sign or doing an interpretive dance. **That's not really helping out people on the ground**. If someone's doing that in addition to other actions, cool. But if that's all that you are contributing to the struggle right now, there's a lot more you can do, even if it's just literally making phone calls to your local police department to tell them to release people who've been protesting.

Feminista Jones  
Vox



WHITE WOMAN  
REACHES HER ARM  
DOWN MY THROAT /  
TUCKS HER CONFES-  
SION IN THE LINING OF  
MY STOMACH /  
ABSOLVES HERSELF OF  
HER SINS

CHARLOTTE ZHENG

# SUPPORT

# PISSED

## A PLAYLIST

- 01 Plead, Abuse of Power
- 02 United Step, Step 4 Change
- 03 Rascal, RMR
- 04 Deadbeat Protest, Moor Mother
- 05 My Rules, Buggin Out
- 06 21, Soul Glo
- 07 Drunk with Power, Discharge
- 08 All Against All, Mil-Spec
- 09 Give Violence a Chance, G.L.O.S.S.
- 10 No Spiritual Surrender, Inside Out
- 11 Yankee and the Brave, Run the Jewels
- 12 Traditions, Unified Right
- 13 Dead Weight, Coolside
- 14 Processed by the Boys, Protomartyr
- 15 American Police, Haram

### 21 Soul Glo

If you see something, say something.  
If you say something, do something.  
If you do something, follow through.

Feels great to finally have some grievances to take to the streets to shout!!! But the name of who murdered Korryn Gaines still hasn't seemed to make it out. Each march and peaceful protest puts the hype in hypothetical.

Make dissent more tangible, put the Black back in black bloc.

### United Step Step 4 Change

Measure your feeling,  
express your rage with a level head and open ears instead.  
You don't have a thing to hide,  
we're all brothers side by side.  
With our goals on our mind,  
understanding, we'll provide.

### Give Violence a Chance G.L.O.S.S.

When peace is just another word for death, it's our turn to give violence a chance!

Killer cops aren't crooked soldiers for bastards, they do as they're told  
The courts aren't corrupt malicious, violent, they maintain control

Fuck the peace keeping  
Fuck the calm  
The investigation is a fucking con

The truth is known beneath the gun  
Black lives don't matter in the eyes of the law

### Deadbeat Protest Moor Mother

Trying to save my black life  
By fetishizing my dead life  
Fuck, get away from me

You can see my dead body  
at the protest

# ARTISTS

# FOR YOUR CONSIDERATION

As important as it is to educate yourself, knowing is half the battle and the best experience is firsthand experience. It is no use if you're an expert on the subject and talk over your marginalized friends using facts and figures over their realities.

It is not enough to make lists, read zines, watch movies, and even go to protests if the knowledge does not become permanent action. This is just a list. These are books and movies. They are not trinkets for conversation or moral currency. Education is your right, action is your responsibility.

## READ

**Choke Hold: Policing Black Me**  
Paul Butler

**White Fragility: Why It's So Hard for White People to Talk About Racism**  
Robin DiAngelo

**Citizen: An American Lyric**  
Claudia Rankine

**Between the World and Me**  
Ta-Nehisi Coates

**Are Prisons Obsolete?**  
Angela Y. Davis

**10 Steps to Non-Optical Allyship**  
Mireille Cassandra Harper

**The Death of George Floyd, In Context**  
Jelani Cobb, The New Yorker

**This Is How Loved Ones Want Us To Remember George Floyd**  
Alisha Ebrahimji, CNN

**Of Course There Are Protests. The State Is Failing Black People**  
Keeanga-Yamahatta Taylor, The New York Times

## WATCH

**13th (2016)**  
Ava DuVernay

**Rest in Power: The Trayvon Martin Story**  
Yeena Sud

**I Am Not Your Negro (2016)**  
Raoul Peck

**Trigger Warning with Killer Mike (2019)**  
Vikram Gandhi

**America to Me (2018)**  
Steve James

**Copwatch (2017)**  
Camilla Hall

**LA 92 (2017)**  
T. J. Martin, Daniel Lindsay

**When They See Us (2019)**  
Ava DuVernay

**The Death And Life Of Marsha P. Johnson (2017)**  
David France

## LISTEN

**What Matters**  
blacklivesmatter.com

**Code Switch**  
npr.org

**1619**  
nytimes.com

**Lynching in America**  
Equal Justice Initiative

**The Stoop**  
thestoop.org

**Pod Save the People**  
Crooked

**Today, Explained**  
Vox

**Thanks:**  
bustle.com  
harper's bazaar  
womenlovetech.com  
medium.com



PHILANDO CASTILLE  
JONATHAN FERRELL  
SANDRA BLAND  
ERIC GARNER  
GEORGE FLOYD  
BREONNA TAYLOR  
TAMIR RICE  
FREDDIE GRAY  
NATASHA MCKENNA  
AHMAUD ARBERY  
OSCAR GRANT  
SEAN BELL  
KENDREC MCDADE  
KIMANI GRAY  
CHRISTIAN TAYLOR  
MICHAEL BROWN  
TRAYVON MARTIN

A.C.A.B.