

Tool Description – Tell Me More ...

According to **REAL EYES Realize** podcast guest Lonnell Graham, getting started with involvement in a cause that speaks to your heart can feel daunting or intimidating at times. The important step is to follow your heart, “be the change you wish to see in the world”, and know that it all starts with small steps forward.

Here are some tips from Lonnell on getting started with social activism.

Steps to Getting Started with Social Activism ...

- Remember that you are not alone – you are never alone and there is huge value in working together with other like-minded and hearted people.
- When looking for a way to get involved, first identify what you are truly passionate about or what public figure resonates with your values and dreams for the future. Once that is found, your work and passion is rooted in inspiration and feels more rewarding because it's for/with something or someone you love.
- Reach out to friends and ask what causes or organizations they support. You can find a lot of like-minded people through social media. Organizations like the NAACP have chapters in many cities if people are interested in working toward social justice and the empowerment of people of color.
- Find the courage to become an active ally and make a public contribution. All of the public figures, politicians, and activists that we hold in high regard are regular people who have found their call to action. Be a supporter of others you hold in high regard.
- If you can't donate your time and/or skills, then monetary donations may be the best thing for now. Some of Lonnell's favorites are:
 - ⇒ Orphan Kid Ministry in Rwanda: Imanakids.org
 - ⇒ National Association for the Advancement of Colored People: NAACP.org
 - ⇒ United Negro College Fund UNCF.org
- Realize that **everyone will help in a different way** that your offering is enough. Always enough. No matter how big or small your contribution is, it will make a difference to someone!

Sometimes the smallest gesture can have a major impact.