

50 THINGS ANYONE CAN DO TO MAKE US STRONGER TOGETHER

You care about this country and you're worried about it. This year you've been afraid that the problems are too big. Here are 50 things anyone can do to increase American strength and resilience in the face of these problems.

Take a Pledge

- 1 [Listen First.](#)
- 2 [Peace is Possible.](#)
- 3 [Pro-Truth Pledge](#) not to forward mis-information; or the UN-sponsored [Pledge to Pause.](#)
- 4 [Preventing Political Violence.](#)

Rethink the Argument

- 5 Think about politics outside of left vs. right and [see where you fit.](#)
- 6 Take More in Common's [Perception Gap Quiz](#) to measure your perception against the reality.
- 7 Recognize divisive speech using the [Dignity Index.](#)

Burst Your News Bubble

- 8 Seek out good news to balance out the despair with [Fix the News.](#)
- 9 Sign up to unbiass the news with [All Sides.](#)
- 10 Sign up for [Tangle](#) for awrguments from across the political spectrum the day's news.
- 11 Sign up for [The Flip Side\(\\$\).](#)

Build Your Skills

- 12 Earn a digital badge from the [Bridging Divides Badging & Microcredentialial Program.](#)
- 13 Practice talking a cross difference [with a Bot.](#)
- 14 Have more productive arguments with the [Better Arguments Project.](#)



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- 15 Talk to someone different than you or be a "book" for [The Human Library](#).
- 16 Host a discussion in your living room with [Living Room Conversation](#).
- 17 Check out the [Peacemaker's Toolkit](#) to help a friend going down the rabbit hole of hate.
- 18 Practice the [ABCs of Constructive Dialogue](#) during the [National Day of Dialogue](#).
- 19 Address polarization in your life with the 30-day [Polarization Detox Challenge](#).
- 20 Get trained in bystander intervention at [Right to Be](#).

Stop the Spread of Disinformation

- 21 Test your ability to tell [AI-generated](#) versus [real people](#) and other [deep fakes](#).
- 22 Learn the [tactics of propaganda](#) so that you can avoid it.
- 23 Learn from Google and Meta execs [how to combat fake news about the election online](#).

Think Nationally, Act Locally

- 24 Host a Love Anyway Feast as an [individual](#) or [organization](#).
- 25 Host a [bridging film screening and dialogue event](#) in your community.
- 26 Join a [More Perfect Union](#) chapter and build houses in your community.
- 27 Attend a [Braver Angels](#) event and make some friends across political divides.
- 28 Join the movement for [Truth, Racial Healing and Transformation](#).
- 29 [Team Up With Us](#) to build connections across differences in your community.

Get Inspired

- 30 Check out [The Village Square's UNUM series](#) and [Village Square Cast](#) for hope and wisdom. Watch [Dialogue Lab: America](#) to see the power of dialogue in action.
- 31 Get inspired and access practical tools with the [Builders](#) social media channels and newsletter.
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Take Your Place In Our Democracy

- 33 Register to vote.
- 34 Sign up to be a poll worker or a [poll watcher](#).
- 35 Thank an [Election Official](#) for their heroism.
- 36 Call on our politicians to [address polarization](#).
- 37 Protest [peacefully and creatively](#).

Give Them Something to Talk About

- 38 Write a thank you for a smooth election, [like this guy](#).
- 39 Write a letter to the editor about who is doing good work to bring people together.
- 40 Check out stories from others, and record your own at [One Small Step/Storycorps](#).

Champion Unifying Candidates

- 41 Check out the [Common Ground Scorecard](#) to see how candidates stack up.
- 42 Ask your own House representative to join the [Fix Congress Caucus](#).

Are You Someone Special?

- 43 **You're a student** → Join [BridgeUSA](#).
- 44 **You're a veteran** → Join [Vet the Vote](#), [More Perfect Union](#).
- 45 **You're a teacher** → Connect your students with [Mismatch](#); use the [3Cs Classroom Curriculum](#).
- 46 **You're an activist** → Learn more about [non-violent activism](#).
- 47 **You're a journalist** → Join the [Solutions Journalism Network](#).
- 48 **You're a person of faith** → Join [Interfaith America](#), [The \(Re\)union Project](#), or One America Movement's [Matthew 5:9 Fellowship](#); support elections as a faith leader.
- 49 **You're a business leader** → Join the [Leadership Now Project](#) or [Rebuild Congress Initiative](#).
- 50 **You're involved in the democracy sector** → Join the [TRUST Network](#).