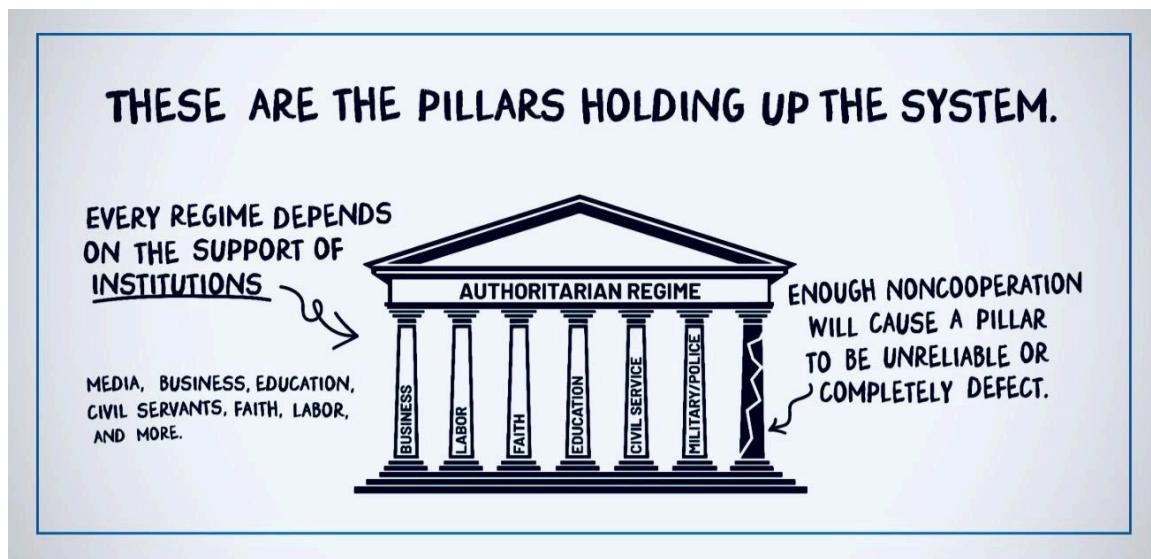


One Million Rising:

Pillars of Noncooperation

Everyday Acts + Organized Resistance



A practical framework for action

Guide to fostering noncooperation within each of the “pillars” authoritarian regimes rely on to remain in power. Together we rise.

Business

As a Consumer

- Buy from businesses that uphold ethical practices (DEI, sustainability, free expression).
- Boycott companies that are complicit in authoritarian policies or that fire employees for their political views.
- Use apps like [Goods Unite Us](#) or [Poliview](#) to check business political agendas.
- Shop local.
- Leave positive reviews for ethical businesses.
- Use social media to call out unethical corporate behavior; organize boycotts.
- Share pro-democracy alternatives to help others shift purchasing habits.
- Ask to post event flyers in business windows.
- Chalk pro-democracy messages outside stores (sidewalks are public domain).

- Wear resistance t-shirts, hats, or stickers (on cars, laptops).
- Put up yard signs with QR codes to resources—rotate messages.
- Wear coded symbols (pins, colors) to signal solidarity.

As an Employee

- Ask leadership about the company's stance on human rights, ethics, and free speech.
- Talk with coworkers about company practices.
- Form groups to advocate for ethical policies.
- Write letters to leadership; collect signatures.
- Collectively push back against unjust directives.
- Coordinate walkouts or strikes (especially with union support).
- Flyer or chalk near your workplace in support of democracy.
- Share alternative information with coworkers.
- Document abuses safely; share via secure channels.
- Leverage your skills: Designers delay propaganda projects, tech workers refuse surveillance tools, researchers share facts, write op-eds.
- Practice “performative incompetence”: intentionally misunderstand harmful requests.
- Practice “work-to-rule”: do exactly what's in your contract—nothing more.
- Don't obey in advance: avoid streamlining harmful orders—make requestors own them. Refuse to implement illegal actions.

As a Business Owner

- Refuse to eliminate DEI policies.
- Build and actively support a culture of diversity and free expression.
- Demand ADA compliance and inclusive practices (e.g., all-gender restrooms).
- Speak up for vulnerable employees.
- Use your platform: promote democratic values in advertising/social media.
- Sponsor local pro-democracy groups or independent media.
- Refuse unethical government contracts.
- Reject discriminatory rules and surveillance mandates.

Labor

Any Worker

- Join a union, or learn how to form one.
- “Work to rule”: follow contracts exactly, slowing the system without breaking laws.
- Use all available sick/vacation leave.
- Refuse jobs at detention centers, surveillance firms, or propaganda outlets.

Union Member

- Push your union to take public stances on political issues.
- Propose resolutions supporting striking workers and pro-democracy movements.
- Participate in, or help organize, strikes, walkouts, and work stoppages.
- Build coalitions with local unions as part of broader resistance.

Faith

As a Congregant

- Ask your faith leader and community to clarify their stance on current moral issues.
- Start a social justice committee.
- Donate time and money to institutions that take courageous moral stands.
- Build interfaith coalitions with other congregations.

As a Faith Leader

- Speak from the pulpit: frame justice in moral terms.
- Offer sanctuary: use church/mosque/temple as safe meeting space for organizers, at-risk people, and aid distribution.
- Issue joint statements with leaders of other faiths to show united opposition.
- Partner with community rapid-response networks.

Education

As a Citizen

- Buy and donate banned books to little free libraries and public libraries.
- Support independent and reliable content creators.
- Use apps like Ground.news to check factual news.
- Take community college classes on government, history, or authoritarianism.
- Listen to and amplify marginalized voices.
- Slip resistance literature into books at libraries or cafés.
- Request or support Banned Books shelves at libraries and bookstores.

As a Parent

- Scrutinize school curriculum; speak up when you see censorship or propaganda.
- Discuss curriculum gaps with children; give them banned books to read.
- Help other parents understand curriculum concerns.
- Organize united parent groups.

- Attend school board meetings to protest book bans, firing of teachers, propaganda, lack of protections.
- Run for school board.

As a Student

- Ask critical questions; respectfully challenge propaganda.
- Form clubs to debate censored topics—even outside school if disallowed.
- Start independent student newspapers, podcasts, or zines.
- Organize walkouts or protests against repressive policies.
- Speak up for marginalized classmates.

As an Educator

- Teach truth: find creative ways to bring in banned literature and history.
- Strategize with other teachers.
- Refuse to censor or report students for political views.
- Build peer support networks.
- Launch story-collection projects documenting student/teacher resistance.
- “Adopt a pillar”: mobilize colleagues to push schools and libraries toward noncooperation.
- Check in with vulnerable students/families. Signal you are a “safe” adult.

Civil Service

As a Citizen

- Demand transparency: fact-check, use FOIA, share investigative journalism.
- Support ethical public servants—research, donate, and *thank them* publicly.
- Call and email officials 5calls.org.
- Attend town halls; demand one if they are not holding them.
- Vote; help others get out the vote.
- Volunteer at voting sites.
- Join postcarding, phone banking, letter-writing campaigns.
- Join local activist groups (<https://indivisible.org/>, etc.).
- Participate in marches, protests, bannerizing, vigils.
- Wear resistance symbols visibly to show solidarity.
- Escort immigrants to court appointments.
- Accompany profiled friends at protests to increase safety.
- Join pro-justice ally groups; ask what support they need.
- Be visibly supportive (clothing, stickers, signs) to show you’re a safe ally.
- Record abuses; follow up with potential victims.
- Form or join mutual aid networks (food, housing, childcare).

- Organize neighborhood canvasses to share noncooperation resources.
- Create community newsletters, podcasts, or social accounts to counter propaganda.
- Host gatherings to teach people about **One Million Rising** and the “Pillars” framework
- Help people identify their action plans.
- Build community skills exchanges (secure comms, de-escalation, rapid response).
- Maintain rapid-response contact trees.

As a Government Employee

- Don’t obey in advance.
- Create friction: misfile, delay, or “lose” paperwork to slow unethical processes.
- Leak information safely to journalists/watchdogs.
- Resign in protest of illegal or morally corrupt actions—especially if done collectively.
- Or stay inside strategically to resist from within.

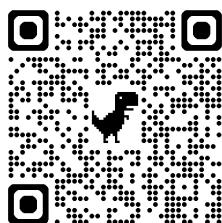
Military & Police

As a Citizen

- Safely film police interactions.
- Humanize activists as neighbors and fellow citizens.
- Talk with friends/family working within security forces; appeal to their conscience and remind them of their oath and the constitution.

As a Member of Security Forces

- Exercise power with compassion and leniency.
- Use “blue flu,” coordinated sick-outs to resist unjust orders.
- Refuse illegal or immoral orders (e.g., firing on civilians, detaining or apprehending anyone without a signed judicial warrant, etc.).
- Leak information about violations of law and planned crackdowns to trusted sources (high risk, but lifesaving).



This document was compiled by Indivisible Mid-Peninsula indivisibleemp.org with contributions from itsblueturn.com.