

LIBRARY BOOKS

- Blue Print for Revolution
- How We Fight White Supremacy
- The Zapatista Reader
- The Activist Handbook
- Freedom is an Endless Meeting
- The Gay Revolution
- The Coming Insurrection
- CIVIL Disobedience H.D. Thoreau
- LET THIS RADICALIZE YOU
- SEEING WHITE
- Code Switch
- Movement Memos
- PODCAST
- The King Institute
- BEAUTIFUL TROUBLE TOOLKIT
- The End of Protest
- The Strategy of Non-Violent Action
- The Shock Doctrine
- MANUFACTURING CONSENT CHOMSKY
- ACT UP Oral History
- This is An UPRISING Engler + Engler
- Hope is the DARK SOLID
- PLEASURE ACTIVISM
- THE REVOLUTION Will Not Be Funded
- DIRECT ACTION L.A. Kauffman
- NO SHORTCUTS
- FREEDOM IS a constant struggle
- SNCC Gateway

NEW MILLENNIUM SAME TACTICS

- Occupy Wall Street (2011): encampments, mass refusal
- BLM (2013-Present): shutdowns, marches, digital disruption
- Standing Rock (2016): Indigenous-led water protector camps
- #Me Too (2017) Disruption of public discourse by exposing gender-based violence.

State Response

Protest is often met with:

- Police Violence
- Mass Arrests
- Surveillance (COINTELPRO)
- Anti-Protest Laws

The state loves to call protest "violent" when it threatens their power.

WHO WAS LEFT OUT?

While mainstream history credits MLK for the movement, behind every moment of resistance was:

- Black Women Organizers
- Poor people's campaigns
- SNCC youth
- Radical thinkers who were erased or criminalized by the state

BYLME

DISRUPT & SURVIVE

A beginner's guide to protest, civil disobedience, and non-violent resistance in the USA

Good Protester myth

The media, politicians, and many liberal organizations define a "good protester" as someone who:

- doesn't block traffic
- doesn't make noise
- Holds signs, but not space
- Asks nicely, waits politely, and never gets angry.

But truthfully, bus boycotts disrupted the economy, Sit ins are illegal, marches blocked traffic, Stonewall was a riot. Real protest makes 13 people uncomfortable.

Protest beyond the law is NOT a departure from democracy; it is absolutely essential to it. Howard Zinn

Civil Disobedience

101

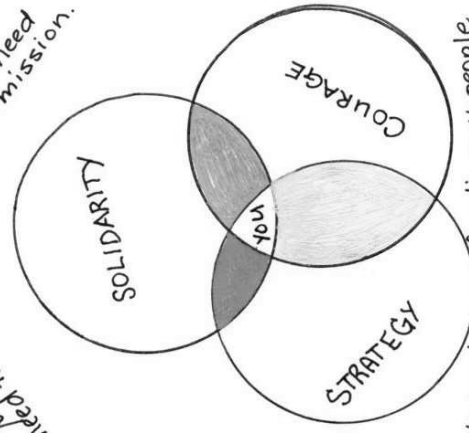
Coined by Henry David Thoreau in 1849. He refused to fund slavery and war.

- But Blacks, Indigenous, and poor folks were resisting long before it had a name:
 - Escaping Slavery
 - Resisting forced relocation
 - Organizing labor strikes

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RADICAL MITTEN PRESS
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History is full of ordinary people who **DISRUPTED** business as usual. 14



EVEN YOU MAKE A DIFFERENCE!
You don't need permission. You don't have to behave.

PROTEST IS NOT NEW



The Boston Tea Party was property destruction. That is how the U.S.A. started. Since then, protest has been how the people, not the powerful, force change. **NO MOVEMENT HAS SUCCEEDED BY ASKING NICELY.** 3

Cover Print

WTF
is this??

This zine is about how regular people in the U.S. have used disruption, refusal, and nonviolent resistance to fight injustice. **Protest is not a tantrum. Civil disobedience is not chaos. They're survival strategies.** If you've been told "there's a better way" to speak up, **this zine is for you.** 1

MEDIA & MEMORY

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MLK was hated before he was loved. Stone wall was demonized before it was rainbowed. ACT UP was dismissed as "too angry."

The media often frames resistance as dangerous, unruly, or counterproductive. Until decades later, when it is re-written into a safe, sanitized story. Protest is rebranded as "peaceful" once it is no longer disruptive. Don't wait for history to catch up. 12

Protest Tactics:

Tactic:	Goal:
Sit-Ins	Disrupt Normalcy
Marches	Show Mass Support
Blockades	Stop harm in real time
Die-Ins	Visualize the stakes
Boycotts	Hit capital where it hurts
Mutual Aid	Build while resisting
Banner Drops	Increased visibility

OTHER FRONTLINES

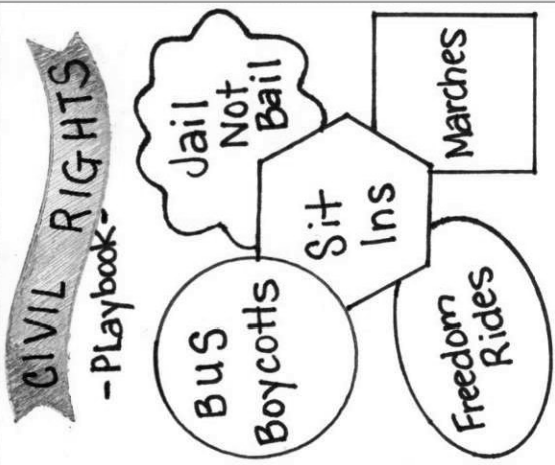
Native Resistance at Alcatraz and Wounded Knee

Feminist Protest with the MISS. America Women's Liberation "trashings" and Take Back the Night events.

LGBTQ+ uprisings with Stone-wall Riots, GLF, Pride, and more. 7

1950s - 1990s

Non-violence helped to highlight violent systems & force public reckoning.



1980s - 90s

Death = Silence
 Disruption = Survival

DIE INS

NIH Takeover

FDA TAKEOVER
 Direct Action FORCED federal change

ACT UP & AIDS ACTIVISM 8