

# Freedom Within Reach

**June 2021**

## Palestine Action Toolkit

**Palestinian Feminist Collective**



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Rafah, Palestine 2020  
Photo by Fatma Al-Luqa

## Palestine on the Ground

In **May of 2021**, the world bore witness to the mounting crisis unfolding in Palestine. Palestinians were being expelled from their homes in Jerusalem, particularly in Sheikh Jarrah. During the Holy Month of Ramadan Palestinians were brutally assaulted and barred from worshipping in the Al-Aqsa Compound and Israeli police raided Al-Aqsa, wounding hundreds of Palestinians. Palestinians throughout historic Palestine were tormented, beaten, brutalized, and killed by Israeli state and settler violence, and now face mass arrests. These events escalated into an 11-day Israeli bombing campaign on the Gaza Strip, which took the lives of 248 Palestinians, 66 of whom were children, displaced 107,000 people and resulted in the destruction of over 2000 homes in the Gaza Strip alone. More than 6000 Palestinians have been injured across historic Palestine during the uprisings and airstrikes.



15 May 2021, San Francisco  
Photo by Patrick Perkins

In response to this renewed Israeli assault on Palestinian land and life, Palestinians rose up across all of historic Palestine. On **May 18th, 2021**, Palestinians called for a **Global Day of Action** and a historic **General Strike** that extended to every village, city, and refugee camp across Palestine. Alongside them, the Palestinian Diaspora and their co-struggles organized actions across the world triggering a massive worldwide solidarity movement calling for an end to Zionist settler-colonialism once and for all. The current uprisings, and this unprecedented and historic moment has brought forth the Unity Intifada. In these extraordinary times, **Freedom is Within Reach**, and it demands of all of us tremendous discipline, organization, commitment, engagement, and steadfastness at all levels. This toolkit was created to support our people and co-strugglers to mobilize, to speak out, to take action, to center Palestinian voices, and to shift the narrative to achieve Palestinian liberation.

The demands of Palestinians and their co-strugglers are clear: an **end to the blockade on the Gaza Strip**, an immediate **halt to expulsions in Jerusalem**, specifically **Sheikh Jarrah and Silwan**, and an **end to both state and settler violence**, lynchings and beatings of Palestinians. Our ultimate demands are to realize the **end of the colonization of Palestine**. We heed the call of **Unity Intifada**, and we rise up united, as one people, one struggle!



16 May 2021, Chicago  
Photo by Avedibya Dey

## 1 Join Actions

Follow the [Palestinian Youth Movement](#) and [Jewish Voice for Peace](#) and check [endthenakba.com](#) for the most up to date listings of actions across the US and Canada.

### CHANTS

There is Only One Solution: Intifada! Revolution!  
They have Tanks! We Have Rocks! We won't back down in Sheikh Jarrah!  
Free...Free Palestine!  
From the River to the Sea! Palestine Will Be Free!  
Stop Bombing Gaza Now!  
End the Blockade on Gaza Now!  
From Palestine to the Philippines Stop the US War Machine!  
From Kashmir to Palestine! Occupation is A Crime!  
From Columbia to Falastine! Stop the US War Machine!  
Netanyahu, What do you Say? How Many Kids have you Killed today?!

Women and Feminists! We Unite! For a Free Palestine!  
Feminists! Feminists! Get in Line! For a Free Palestine!  
Feminists! Feminists Speak Your Minds! For a Free Palestine!!  
Biden! Harris! Won't you Learn! Refugees Will Return!

## 2 Call Your Representatives

Advocate for resolutions and proposed legislations that advance Palestinian rights and freedom.

**Stop the Forcible Removal of Palestinians in Jerusalem:** Representative Marie Newman is leading a letter urging the Biden Administration to STOP Israel's imminent plan to forcibly displaced nearly 2,000 Palestinians in the Jerusalem neighborhoods of Al-Bustan and Sheikh Jarrah. This is a time to stand together and take a stand for Palestinian rights, especially here in the U.S. where our own government finances Israel's cruel military to the tune of \$3.8B a year.

**Stop Weapons Sales:** Representative Alexandria Ocasio Cortez introduced a resolution to block a 735M weapons sale between the US and Israel. Call your representative to urge support to sustain this block!

**HR 2407 II: Promoting Human Rights for Palestinian Children Living Under Israeli Military Occupation Act:** Congresswoman Betty McCollum (DFL-Minn.) has introduced legislation to promote human rights for Palestinian children by ending abusive Israeli military detention practices.

You need to ask yourself why you want to learn the language. Is it for personal reasons? Or moving to another country perhaps? Whatever it is, use that reason as a motivation to learn the language more diligently than before. It keeps you on the right track when you're motivated to learn.

## 3 Sign The Petitions

[#StopJerusalemExpulsions](#) and [#SaveSheikhJarrah](#)

[End the Spiral of Violence: Sanctions Now!](#)

[Rise Up With Palestine: Tell Congress to Sanction Israeli Apartheid](#)

[Letter Urging Biden To Halt Recent Arms Sale to Israel](#)

[The US Must Stop Funding Israeli Apartheid and Violence. Now.](#)

[Facebook, We Need to Talk.](#)

[Tell Social Media Platforms To Stop Censoring Palestinian Political Speech](#)

[Pledge That Palestine Is A Feminist Issue!](#)

[Abrar Omeish is a Racial Equity Champion Stop the Slander](#)

[Florida Stands with the Palestinian People](#)

[Nat Geo: Drop Gal Gadot](#)

[Academic Boycott](#)

[US Academic and Cultural Boycott of Israel](#)

## 1 Boycott

Boycotts involve withdrawing support from Israel's apartheid regime, complicit Israeli sporting, cultural and academic institutions, and from all Israeli and international companies engaged in violations of Palestinian human rights.

## 2 Divestment

Divestment campaigns withdraw investments from the State of Israel and all Israeli and international companies that sustain Israeli apartheid.

## 3 Sanctions

Sanctions campaigns pressure governments to fulfil their legal obligations to end Israeli apartheid, and not aid or assist its maintenance,

by banning business with illegal Israeli settlements, ending military trade and free-trade agreements, as well as suspending Israel's membership in international forums such as UN bodies and FIFA.

Download the [Boycott app](#) and join the “Long Live Palestine, Boycott Israel” campaign

List of [products to boycott](#) and [companies to boycott](#)

### Solidarity Statements

- [Black Lives Matter Paterson Statement of Solidarity with People of Palestine](#)
- [The Liberation of Palestine Represents an Alternative Path for Native Nations](#)
- [NLG Statement in Solidarity with the People of Palestine](#)
- [Democratic Socialists of America](#)

16 May 2021, Montreal, Canada  
Photo by Omar Youssef



16 May 2021, Tunisia  
Photo by Latrach Med Jamil

Solidarity In Action

# Boycott, Divestment & Sanctions

For more info, visit [bdsmovement.net](https://bdsmovement.net)

BDS

Scores of academic associations and departments have issued statements of solidarity with the Palestinian people. If you are a scholar, urge the organizations and institutions you are with to issue parallel statements.

Sign the Palestine And Praxis Open Letter. Scholars for Palestinian Freedom from all over the world are encouraged to sign onto this open letter.

Examples of Academic Solidarity Statements:

- Angela Davis Statement of Solidarity with Palestine, Gaza and Sheikh Jarrah
- Anthropologists for the Boycott of Israeli Academic Institutions
- Association of Asian American Studies
- Gender Studies Departments in Solidarity with Palestinian Feminist Collective
- Harvard University Faculty Statement
- Michigan in Color Collective Statement on Palestine
- Middle East Studies Association
- National Women's Studies Association
- Princeton University Community Statement
- UCLA Asian American Studies
- UC Press
- UC Santa Cruz Feminist Studies
- UC Santa Cruz Critical Race & Ethnic Studies
- UC San Diego AAPI Studies Program
- UC Berkeley Ethnic Studies
- UC Davis Faculty Statement
- U. Colorado Boulder Women & Gender Studies
- U. Illinois Urbana Champaign Asian American Studies Department
- U. Illinois Chicago Global Asian Studies
- United Educators of San Francisco Assembly Resolution in Solidarity
- Yale University Ethnicity, Rights & Migration Program
- Yale Jews for Palestine Statement

Learn More About Academic Boycott  
Endorse the US Academic and Cultural Boycott of Israel (USACBI)

KEEP TEACHING ABOUT PALESTINE!

## Learning & Teaching Resources

### 1 Where To Start

- Beginner Resources to Learn About Palestine
- Decolonize Palestine: Palestine 101
- DSA Resource Library
- JVP Palestine/Israel 101
- Learn Palestine
- Not That Complication
- Our History of Popular Resistance
- Palestinian Justice Syllabus
- Palestine and Praxis
- Palestine Rises Up
- Teach Palestine

### 2 How To Be A Co-Struggler: Collective Struggle Is Collective Liberation

- 3 Ways the Media Enables Racist Violence
- How to be an Ally to Palestinians Words Matter
- We Must Commit Ourselves to Long-Term Solidarity With Palestinian Liberation

### 3 What's happening in Sheikh Jarrah?

- #SaveSheikhJarrah Educational Resources
- Key48Return
- Left Voice
- Radical Therapy Center
- Sheikh Jarrah and Silwan: Ongoing Nakba and Israeli Dispossession of Palestinians

### 4 Myths & Facts: Debunking Misinformation

- 7 Myths by Marc Lamont Hill
- A Guide to Difficult Conversations About Israel and Palestine by JVP
- Antisemitism, Zionism & Anti-Zionism
- Blockade on Gaza
- Decolonize Palestine: Myths Database
- From the River to the Sea
- Key48Return
- Our History of Popular Resistance
- Slow Factory Foundation
- Subhi Taha: Map of Occupied Palestine Explained
- Wear Your Voice

### 5 Ethnic Cleansing & Apartheid

- Addameer Prisoner Support and Human Rights Association
- B'Tselem Report: Apartheid
- Ethnic Cleansing of Palestine
- Human Rights Watch report on Palestine Video and Images



16 May 2021  
Photo by Amir Hanna

## 1 Follow For News & Action Updates

### US Voices & Organizations

American Muslims for Palestine [Facebook](#) | [Instagram](#) | [Twitter](#) | [Website](#)

Ayman Mohyeldin [Instagram](#) | [Twitter](#)

If Not Now [Facebook](#) | [Instagram](#) | [Twitter](#)

Jewish Voice for Peace [Facebook](#) | [Instagram](#) | [Twitter](#) | [Website](#)

Noura Erekat [Facebook](#) | [Instagram](#) | [Twitter](#)

Palestinian Feminist Collective [Facebook](#) | [Twitter](#) | [Instagram](#)

Palestinian Youth Movement (PYM) [Facebook](#) | [Instagram](#)

U.S. Campaign for Palestinian Rights [Facebook](#) | [Instagram](#) | [Twitter](#) | [Website](#)

US Palestinian Community Network [Facebook](#) | [Instagram](#) | [Twitter](#) | [Website](#)

Wear Your Voice [Facebook](#) | [Instagram](#) | [Twitter](#)

Within our Lifetime [Facebook](#) | [Instagram](#) | [Twitter](#)

### News & Analysis

Institute for Middle East Understanding (IMEU) [Facebook](#) | [Instagram](#) | [Twitter](#) | [Website](#)

Middle East Eye [Facebook](#) | [Instagram](#) | [Twitter](#)

### Updates From The Ground

Adalah Justice Project [Facebook](#) | [Instagram](#) | [Twitter](#) | [Website](#)

Badil Resource Center [Facebook](#) | [Twitter](#)

Eye On Palestine [Facebook](#) | [Instagram](#)

Hidden Palestine [Facebook](#) | [Instagram](#) | [Twitter](#)



## 2 Read & Share Reports From The Ground

Adalah Legal Center for Arab Minority Rights in Israel

Addameer Prisoner Support and Human Rights Association

Arrests in Al Quds

B'tselem: The Israeli Information Center for Human Rights in the Occupied Territories

Defense of Children International Palestine

Samidoun Palestinian Women Prisoners: The Struggle for Freedom

Social & Organizational Transformation: A Queer Organizing Milestone in Palestine

The Terror Of Israel's Arrests (Also here in Arabic)

## 3 Social Media Hashtags

#FreePalestine  
#LifttheBlockade  
#EndthesiegeonGaza  
#PalestinelsAFeministIssue  
#SaveSheikhJarrah  
#StopJerusalemExpulsions  
#HandsOffJerusalem  
#GazaUnderAttack  
#UnityIntifada  
#RiseUpforPalestine  
#Nakba73  
#It'stimetoEndNakba  
#LiberatingPalestine  
انتفاضة\_موحدة

## 1 From the Palestinian Feminist Collective (PFC)

[Pledge that Palestine is a Feminist Issue](#)

[A Love Letter to Our People Struggling in Palestine](#)

[Palestinian Feminist Group Forms](#)

[Permission to Narrate Palestinian Feminisms](#)

## 2 Learning About The “Palestine Is A Feminist Issue” Pledge

["How Palestine is a Critical Feminist Issue"](#) (Nada Elia, Middle East Eye)

["Palestine Is A Feminist Struggle"](#) Discussion with Sarah Ihmoud, Sandra Tamari and Soheir Assad (AJP, PFC, MECA)

[Palestinian Feminist Collective Instagram Live](#) Discussion with Rasha Mubarak, Yazan and Leila (Unbought Power)

["Whose Feminism? Palestine's Feminism"](#) (Nada Elia, Mondoweiss)

["Palestinian Women: A History of Resistance"](#) Discussion with Huwaida Arraf, Amani Barakat (AMP), Zarefah Baroud, and Iman Zaghari

["Why Feminism? Why Now? Reflections on the "Palestine is a Feminist Issue" Pledge"](#) (Loubna Qutami, Spectre Journal)

["Why Is Palestine a Feminist Issue?"](#) Facebook Live Discussion with Mira Nabulsi, Yazan Zahzah, Hana Masri and Nada Elia (PFC)



Photo by  
Heather Sharona Weiss

Palestinian woman smiles and sings as Israeli police violently push protesters from the road, East Jerusalem, June 9, 2020. Palestinian women protested police violence and the structural violence inherent in occupation and colonialism at a demonstration by the Palestinian feminist movement Tala'at. Three protesters were arrested as police violently confronted the women.

## 3 Additional Resources For Understanding Palestine As A Feminist Struggle

[A Statement from the Jerusalemite Women's Coalition \(JWC\)](#)

[A Call to Action from Indigenous and Women of Color Feminists](#) (2011 Delegation)

[A Call For Solidarity With Palestinian Queers](#) (Rabab Abdulhadi, Mary Salome, Kate Raphael and Deeg Gold, Bay Area Reporter)

[Confronting Apartheid Has Everything To Do With Feminism](#) (Rabab Abdulhadi, Suzanne Adely, Angela Davis and Selma James, Mondoweiss)

[BDS as a Feminist Issue](#) (David Lloyd, Nadera Shalhoub-Kevorkian, Rana Sharif, Brenda Bhandar, Feminists@law)

[Beyond Propaganda: Pinkwashing as Colonial Violence](#) (alQaws)

[Criminalizing the Victim: The Life Story of Rasmea Odeh](#) (Nahla Abdo, Pluto Books)

[Imprisonment of Women and Girls](#) (Addameer)

[June Jordan's Songs of Palestine and Lebanon](#) (Therese Saliba, the Feminist Wire)

[No Free Homeland Without Free Women](#) (PYM)

[Palestine: A Reproductive Justice Issue](#) (USCPR)

[Palestine As A Feminist Issue](#) (USCPR)

[Palestinian Women and Girls Must be Protected](#) (al-Haq)

[Sexual Violence, Women's Bodies and Israeli Settler Colonialism](#) (Nadera Shalhoub-Kevorkian, Suhad Nashif and Sarah Ihmoud)

[Tali'at: Our Struggle to Reclaim Politics](#) (Soheir Asaad) (Arabic version)

[The Issue of Palestinian Women Giving Birth at Israeli Checkpoints](#) (UN)

[The Political Marginalization of Palestinian Women in the West Bank](#) (Yara Hawari, al-Shabaka)

[Why The Question of Palestine Is A Feminist Concern](#) (Neferti Tadiar, Social Text)

[Why We, as Women of Color, Join the Call for Divestment from Israel](#) (Barbara Ransby, Colorlines)

Throughout history, Palestinians in the US and their co-strugglers have been punished, criminalized, silenced and suppressed for advocating for justice and freedom in and for Palestine. These attacks have intensified in the last decade. They include the passing of legislation that violates first amendment rights to boycott, and the criminalization of free speech and academic freedom. Universities, politicians, and big tech social media companies such as Zoom, Facebook, Instagram, Eventbrite, Venmo, and Youtube, have all been complicit in silencing voices of dissent.

## 1 Learn More About These Forms Of Repression

[Anti-BDS Legislation In Senate Disregards Free Speech](#) (NCAC)

[California Scholars for Academic Freedom Letter Expressing Concern About the IHRA Definition of Anti-Semitism](#) (CS4AF)

[CCR Joins \(100\) Rights Organizations in Opposing Israel Anti-Boycott Act](#) (CCR)

[Digital Apartheid: Palestinians Being Silenced on Social Media](#) (Omar Zahzah)

[Enforcing Silence In The Academy](#) (Rabab Abdulhadi, Mondoweiss)

[Letter: Civil Rights Groups Demand DOE Secretary Marcus End Attacks on Free Speech](#) (CCR)

[Facebook, Stop Censoring Palestine](#) (JVP)

[MESA Board Statement Regarding the IHRA Definition of Antisemitism](#) (MESA)

[The Business of Backlash: The Attack on the Palestinian Movement and Other Movements for Social Justice](#) (IJAN)

[The First Amendment Protects the Right to Boycott Israel](#) (ACLU)

[The Palestine Exception to Free Speech](#) (PL and CCR)

[Sorry, Anti-Zionism Still Doesn't Equal Anti-Semitism](#) (Sumaya Awad, Daphna Thier)

[Stifling Dissent](#) (JVP)

[Uncivil Rites: Palestine and the Limits of Academic Freedom](#) (Steven Salaita)

[US: States Use Anti-Boycott Laws to Punish Responsible Businesses: Laws Penalize Companies that Cut Ties with Israeli Settlements](#) (HRW)

[We Will Not Be Silenced: In Solidarity with Palestinian Sumoud and Intellectual Integrity](#) (Rabab Abdulhadi, Tomomi Kinukawa, Sean Malloy, Saliem Shehadeh)

[When It Comes to Palestine, Free Speech Rights Are Under Attack](#) (Radhika Sainath)

## 2 Know Your Rights Resources

[Know Your Rights](#) (Palestine Legal)

[Know Your Rights Protesters Rights](#) (ACLU)

[Know Your Rights Students' Rights](#) (ACLU)

[Know Your Rights Race, Ethnicity and National Origin Discrimination](#) (ACLU)

[Know Your Rights While Protesting](#) (CAIR)

[Know Your Rights With Law Enforcement/FBI](#) (CAIR)

[Know Your Rights as an Employee](#) (CAIR)

[Know Your Rights as a Student](#) (CAIR)

[Legal Resources for #NakbaAt73 Palestine Protests](#)

## 3 Reporting Repression And Seeking Legal Support

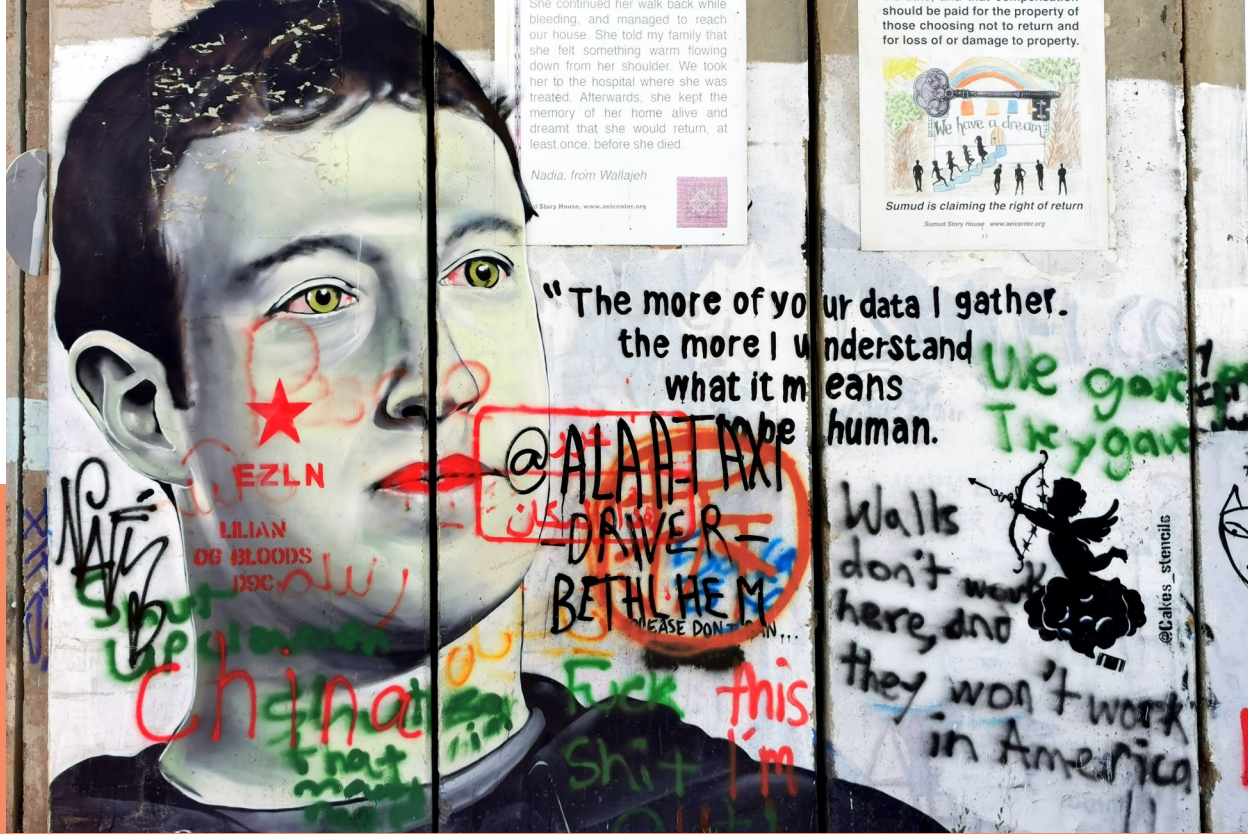
[Palestine Legal](#)

[American Civil Liberties Union](#)



London, 15 May 2021  
Photo by Ehimetalor Akhere Unuabona





It is often very difficult to talk about Palestine, especially in our workplace settings. Palestinians and their co-strugglers have for too long been silenced, vilified and criminalized for countering dominant narratives in all sectors of US institutional life. Worse, they have been dubbed as anti-Semites even though they have made very clear, time and again, that critique of Zionism as an ideology, and/or of Israeli settler-colonialism, is not the same as anti-Semitism, and that a large component of the movement for Palestinian liberation are in fact Jews rejecting Zionism as the sole expression of Jewish identity. These forms of suppressing free speech on Palestine have been persistent across generations, are accompanied by volatile consequences for one's own professional, economic, physical and mental health wellness, and have only intensified in the last decade as the movement for Palestinian liberation has gained power and influence.

It is however, very important to have these conversations, not only because of a responsibility towards the Palestinian people struggling for liberation, but also because when we all do these acts of solidarity, we are able to protect more people taking action and open space for others to do the same.

This section of the toolkit is intended to assist those who have wanted to advance a different narrative on the Palestinian experience in their workplace. It includes the following categories:

- 01 Speaking Up! Why Now?
- 02 How to Talk About Palestine in the Workplace
- 03 Palestine Through Six Talking Points
- 04 What Palestinians are Demanding

## 01 Speak Up! Why Now?

Palestinians throughout historic Palestine, from the Jordan River to the Mediterranean Sea, are rising up together in what is being declared as the **Unity Intifada**. The last time we have seen such a moment was during the 1936 General Arab Strikes against the British Mandate. As they place their bodies and homes on the line to end 73 years of colonialism, apartheid, dispossession and occupation, **they are calling on their Palestinian siblings in the Diaspora and co-strugglers to do our part by Speaking Up!!!!** As Mohammed al-Kurd from Sheikh Jarrah has recently stated "it is difficult to have the conversation, but it is more difficult to live under occupation." Palestinians are declaring this moment as one guided by hope and dignity to finally, once and for all, attain full freedom. It is a critical juncture in the Palestinian struggle and we must rise up alongside them in all capacities to sway public opinion toward the moral integrity of the Palestinian struggle and to lift the siege on Palestinian narratives/voices.



Photo by Christina @ wocintechchat.com

## 02 How To Talk About Palestine In The Workplace

### 1 The Forum to Have the Conversation

Many corporations have a centralized discussion board which employees can post messages on to generate a conversation or to share resources on how people can learn more or take action.

For smaller workplace environments, a staff meeting or interpersonal discussion with your supervisor might make most sense. An email message to coworkers can also be appropriate.

You can organize an online discussion forum off company hours and invite your co-workers to attend so you can share these thoughts.

Interpersonal chats in break rooms, or on the phone are also tremendously meaningful.

Another option is to create a space to openly share and engage in discussions in the workplace with the purpose of bringing people together to talk about issues and topics that are important and/or interesting to them.

### 2 Knowing Your Audience:

Before crafting your message, reflect on your audience. What sort of workplace environment are you a part of? What are the values of your team? How can you make a connection with your co-workers in a way that can help make them feel that the Palestinian cause matters to them and that they are also stakeholders in Palestinian freedom? Do you have colleagues that support the Palestinian cause or identify as solidarity activists?

## Knowing Your Audience Examples

If you work in a media or tech company: you can start the conversation by speaking out against corporate suppression of free speech, or discuss how in fact tech is not neutral and what responsibilities tech workers have in these moments.

If you work in education: you can start the conversation by talking about the importance of free intellectual exchange of ideas and experiences, or talk about the difficulties Palestinians educators and students face just trying to teach/learn.

If you work in a job dedicated to social, climate, disability, racial, gendered, sexual, gendered or other forms of justice: you can draw a direct correlation between your workplace values and how that specific form of injustice is unfolding in Palestine. You can find resources at [www.uscpr.org/togetherwerise](http://www.uscpr.org/togetherwerise)

If you work in the food industry: talk about Palestinian cuisine, the various ways Palestinian culture is appropriated, stolen, and how natural foods indigenous to Palestine are threatened by Israeli attacks on agricultural production and access.

If you work in a job that has promoted values of democratic engagement, inclusion and/or diversity: you can talk about this as a Palestinian and/or an advocate for Palestine and why it matters to you.

If you work in the legal field: you can discuss the calls to end normalization agreements with Israel until it complies with international

law and how what is happening is a violation of human rights.

If you work in a job where your employers have direct ties with Israeli companies or public institutions: you can make them aware that there is a global movement for boycott of Israel which parallels the movements to boycott apartheid in South Africa and sway them toward institutional responsibility by ending complicity.

If you work in the medical field: you can talk about the ethical responsibility of medical practitioners to account for war-manufactured injury, disease, mortality rates etc.

If you work in a labor union: you can discuss the boycott, divestment, sanctions movement (BDS) as a call to establish a picket line and reference the history of labor solidarity with Palestine including boycott efforts by various locales of UAW in the 1970's and in 2014 as well as ILWU Longshoremen notorious boycott of unloading the Israeli Zim Line Ships.

If you are a cultural worker, share and discuss the work of Palestinian artists, writers, singers, designers, playwrights, producers, etc.

If you work in other professions: find a way to connect with the real lived experiences of your co-workers whether that be through working class struggle, struggles against borders (for immigrant and refugee communities especially), anti-racist struggles, and gendered/sexual justice struggles.

## 02 How To Talk About Palestine In The Workplace (continued)

### 3 Fear of Retaliation

Your supervisor/employer should not retaliate against you for expressing your opinion on this matter. Your legal rights will vary from place to place, so if your job is threatened or if your workplace becomes hostile, document everything and reach out to organizations for resources and legal support as soon as you can. There are many groups you can contact, including [Palestine Legal](#) and the [ACLU](#).

### 4 Calculating Your Words

Be sure to be clear in your message, however you choose to deliver it.

Speak your own truth and make that clear when you craft your message. Ask for people to respect your truth preemptively.

Make sure to be clear about the principles of the Palestinian struggle: It is a global struggle against Zionism as a colonial enterprise/project. While it may seem important to debunk myths such as this is a fight between Jews and Arabs/Muslims, it is best to present the principles of the struggle without worrying about those myths and then answering questions as they come up by always going back to the principles.

Make sure to stress that Palestinians have the right to defend themselves, which is exactly what they are doing, as they are under occupation, and subjected to blockade, apartheid, and persecution, not the other way around.

Do not retract your principles when you receive push back.

Be careful about the “two-sided conflict” frame. Words matter and it is important for us to amplify the calls from Palestinians on the ground.

Resistance is justified when people are occupied: we can stick to our principles without going into details about the actors/forms of resistance.

Steer clear of any responses you feel are attempting to entrap you to say something out of anger.

### 5 Crafting Your Message:

#### Step 1: Describe the Current Situation that has unfolded in Palestine:

##### Example

By now, I am sure you are all aware of the intensifying violence unfolding in Palestine. As the daughter/granddaughter of Palestinian refugees, the events this past week has pained me greatly. Palestinians are being evicted from their homes in Jerusalem's Sheikh Jarrah neighborhood. Palestinians citizens of Israel from Jerusalem to Haifa to Lyd are being brutalized by Israeli police and settler mob lynchings. Palestinians in the West Bank remain living under an illegal military occupation and killing sprees have intensified this week. Worse of all, Palestinians in the Gaza Strip, who have lived under a ruthless and internationally condemned blockade since 2006, have just survived an 11 day renewed Israeli airstrike assault which has displaced over 40,000 people, killed nearly 300, and injured thousands. Though a ceasefire on the assault on Gaza has been achieved, it does not resolve the 73 years in which Palestinians have been occupied and dispossessed.



#### Step 2: Describe What it Means for You to Be Speaking Up

##### Examples

- Your own entry/orientation to the Palestinian cause.
- The courage you feel based on the resilience of Palestinians in Palestine.
- A sense of responsibility to amplify their voices and break through the fear of speaking up.
- An expression of vulnerability: the fear, grief, pain you have personally been experiencing as a result of the events.
- The support you have felt as a member of the team in your workplace setting, which is giving you the confidence to raise the topic.
- The isolation you have felt in your workplace setting which is pushing you to speak up.
- The courage it takes to speak up when Palestinians/advocates for Palestine have been punished for so long and while Palestinians are still being fired from their jobs, silenced, and criminalized for speaking their truth.
- The importance that the Movement for Black Lives and other social justice causes/communities have done for us this year, inspiring us to be truer to our principles/values and to speak out when injustice is unfolding.

#### Step 3: Pitching Your Ask

What do you want from your work space:

##### Examples

- Urging your co-workers to join actions, sign petitions, appeal to their congressional representatives.
- Sharing resources for how to learn more (you can include a link to resources)
- Asking your workspace to consider its constituents who are Arab, Palestinian, and/or Muslim and the various forms of grief, trauma, pain and exhaustion they might be currently experiencing. Maybe providing them space to reflect on the events, resources for mental health support, time off, etc.
- Asking your workspace to endorse BDS or to end complicity in silencing Palestinian narratives.
- Asking your workspace to be aware that Palestinians and their co-strugglers are being silenced asking for more space and intention for deeper engagement on this issue.
- Think of the power or influence you have and/or your place of work - this can also be an opportunity to think of long-term strategizing and change, and the first-step is to open the door for conversation.

## 03 Palestine Through Six Talking Points

### 1 The Nakba: Dispossession & Refugees

The Israeli state was declared on May 15th, 1948. It was based on the ideology of **Zionism** which promoted the belief of a Jewish-only state in historic Palestine. When the state was created, Zionists **expelled approximately 750,000** Palestinians. Most of these Palestinians and their descendants have been barred from returning to historic Palestine. They are estimated to be approximately 10 million people worldwide. About half of them (5M) still live as stateless refugees in United Nations **refugee camps** scattered throughout the surrounding region. Hundreds of thousands of other Palestinians were internally displaced in 1948. Over **500 Palestinian towns, villages, and neighborhoods were destroyed**. Many Palestinians were murdered in massive **ethnic cleansing campaigns such as the Deir Yassin Massacre**. These events are known to Palestinians as *al-Nakba* which means *catastrophe*. **78% of historic Palestine was stolen to create the Israeli state**. This catastrophe was green-lighted and **supported by the United Nations**. Since 1948, hundreds of thousands of Palestinians have been turned into refugees for a second or third time, due to Israel's unabated ethnic cleansing and home demolition policies and due to countless wars on Palestinian land and life.

### 2 Military Occupation

In 1967, several Arab States lost a war to Israel. This resulted in the permanent exodus of some 200,000 Palestinians. Israel seized control of the Egyptian Sinai Peninsula, the Syrian Golan Heights, the Gaza Strip and West Bank. Since 1967, Palestinians in the Gaza Strip and West Bank have lived under military occupation which denies Palestinians their self-determination, freedom of mobility, economic justice, social, civil and political rights. In the last 20 years, the occupation has become more violent and polices Palestinians in both the public sphere and private life. In the West Bank, roadblocks, checkpoints, security outposts and a concrete wall which is twice as high as the Berlin Wall, limits the ability of Palestinians to freely go to school, work, visit family, seek medical attention and more. Scores of Palestinians have died at checkpoints unable to seek proper medical attention. Scores of Palestinian women have been forced to give birth to stillborn babies at checkpoints. Palestinians are regularly stopped, frisked, harassed, tormented, beaten, and sometimes killed in an extrajudicial fashion by Israeli soldiers. Meanwhile, the Israeli state continues to annex more lands in the occupied West Bank and Jerusalem, which displaces Palestinians from their homes. The annexed homes and lands are then given to settlers who have formed lynch mobs that terrorize Palestinians. South African political leaders regard the colonial architecture of the West Bank as comparable and/or worse than racial apartheid in South Africa.



### 3 Blockade On The Gaza Strip

The Gaza Strip has been under an Israeli blockade since 2006. All borders, sky and sea ports are sealed off by the Israeli military. This means goods and people cannot enter or leave freely. Since the blockade, Israel has waged over 40 assaults on the Gaza Strip, four of which included massive airstrikes which have devastated land, economic viability and life (2009, 2012, 2014, 2021). These assaults have included the direct targeting of critical infrastructure including water sanitation systems, cemeteries, sewage systems, hospitals, media offices, and more. Thousands of Palestinians have been killed by these wars, approximately half of whom are under the age of 18. In 2018, non-violent Palestinian protestors were targeted by Israeli sniper fire during the Great March of Return. This resulted in the death of some 200 Palestinians and permanent injuries of thousands more because Israel tested new bone-shattering shrapnel on the limbs of Palestinians. Gaza has one of the highest rates of unemployment, mental health crisis, poverty, suicide, and disability in the world. It is the most densely populated place on earth and is often regarded as an open air prison.

### 4 Imprisonment

Palestinian leaders are regularly assassinated or imprisoned. Palestinians have one of the highest imprisonment rates in the world. Because they are tried in Israeli military courts, they are denied due process. There is a 99% probability of being found guilty by Israeli military courts. Palestinians have long testified to the use of brute and coercive physical, psychological and sexual torture under Israeli interrogation, which often leads to false concessions. Palestinian children, some as young as five years old, are the highest likely population to be imprisoned in the world.

## 03 Palestine Through Six Talking Points (continued)

### 5 Justice for Palestinians Living In Land Occupied In 1948

20% of the current population in the state of Israel are Palestinians who either succeeded in remaining close to their homes, or were internally displaced within what is now referred to as Israel. Since 1948, they have been discriminated against by the state through over 60 apartheid policies on the books that relegate them to second-class citizenship. They are prohibited from entering into certain labor sectors, speaking Arabic as their national language, and even studying the Nakba in the Israeli education system. They are currently being beaten by state and settler violence for protesting for their rights and freedom and have risen up alongside Palestinians from other geographies calling for complete decolonization and affirming their belonging to Palestinians who live under occupation in the West Bank, Gaza Strip, in refugee camps across the region and across the Diaspora.

### 6 Censoring Palestine


Palestinians have for too long been silenced for speaking our truth. The United States has never been an honest broker but instead has facilitated Palestinian land loss, occupation, death, and dispossession by granting Israel international immunity and bankrolling the occupation. Academic institutions, corporate media, and now big social media companies, are suppressing the narratives of Palestinians, erasing evidence of Israel's human rights violations, and censoring all advocates for justice and freedom in Palestine. Worse, politicians, under pressure from the Israel lobby in the US, are continuing to pass legislation that criminalizes free speech concerning freedom and justice in Palestine under the banner of "counter-terrorism." One of the logics of settler-colonialism is to erase the indigenous people: this includes their forcible removal from the land; but it also includes an attack on and erasure of their narratives. Palestine has been erased from world maps and Palestinian voices, in the homeland and diaspora, are being silenced in order to maintain the status quo.

## 04 What Palestinians Are Demanding?

### An End To Zionist Settler Colonialism

What does that mean?

- Lift the blockade and end all Israeli wars on the Gaza Strip.
- End ethnic cleansing and home expulsion campaigns in Jerusalem, particularly the neighborhoods of Sheikh Jarrah and Silwan.
- End the military occupation of the West Bank, full removal of settlements and military infrastructure.
- Full rights and freedoms for all Palestinians Living in Land Occupied in 1948 and an end to state and settler violence against Palestinians.
- Allow refugees the right to return home in accordance with UN resolution 194.
- END all US aid to Israel and invest in struggling communities here at home.
- Boycott, Divest and Sanction Israel as a non-violent tactic to end the normalization of gross violations of international human rights law.
- Stop the censorship and criminalization of advocates for justice in Palestine in media, education and politics.

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