



10 Ways You Can Be an Advocate in Your Community

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June 5, 2025 By Jennifer Morton

Anyone who cares about justice, equality and building a better world can be an advocate. Start small, stay consistent and keep showing up. Change is built one story, one action and one connection at a time. Whether you're seasoned in activism or just starting out, here are 10 powerful ways to be an effective advocate in your community and beyond.

1. Tell Your Story

Your story is powerful. Sharing your lived experience can humanize complex issues, inspire other, and shift hearts and minds. Whether you share your story via social media or a blog post or in a conversation, your voice matters—use it.

2. Support With Your Time, Energy and Resources

Advocacy takes many forms. You can donate money, volunteer your time or share your skills and connections. If you have space, offer it as an organizing hub. Even small contributions—like providing water for a protest—add up.

3. Get Politically Involved

Contact your local, state and national representatives when rights are under threat. Focus your energy by supporting one or two candidates who align with your values. And attend that town hall or protest—it all counts.

4. Find Support

You don't have to do this alone. Partner with a friend or join a political group. Community gives you strength, motivation and a shared sense of purpose. When the work feels heavy, your people

help carry the weight.

5. Champion Local Journalism

Support good journalism, especially local outlets, by subscribing to them and sharing their stories. Reliable information is foundational to democracy. Don't just consume it—amplify it.

6. Use Your Influence for Good

Whether you're a teacher, doctor, artist or entrepreneur, your influence matters. Educate others, mentor up-and-coming advocates and speak up about injustice in your professional and personal spheres. If you have power or privilege, use it to defend those who don't.

7. Celebrate Joy and Creativity

Advocacy doesn't have to be grim. Protest with purpose and joy. Organize flash mobs, paint signs, sing in the streets. While your opponents may act from anger, your resilience and creativity can serve as your superpowers.

8. Center Community and Marginalized Voices

Make space for voices that are often silenced. Listen to and uplift community leaders, especially from underrepresented groups. Advocacy is most effective when it centers those most impacted.

9. Normalize Advocacy in Everyday Life

Talk to people. Make eye contact. Build connections. Encourage your neighbors to get involved. Make protest and civic engagement part of the norm, not the exception.

10. Stay Grounded in Truth and Hope

Reject cynicism. Say—and repeat—that you believe in truth, equity and justice. Defend institutions that uphold human rights, even as you challenge them to do better. Embrace hope, joy and humanity in all that you do.