



**THE SURVIVAL GUIDE**  
FOR A  
**GENERAL  
STRIKE**

**GENERALSTRIKE.NET**

BY  
**DANCING  
QUAIL**

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# THE SURVIVAL GUIDE FOR A GENERAL STRIKE

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## ABOUT DANCING QUAIL

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### About Dancing Quail LLC

Publisher of The Survival Guide for a General Strike and GeneralStrike.net

Dancing Quail LLC is an independent, mission-driven organization committed to rebuilding America's middle class through education, policy awareness, and collective action. As the force behind GeneralStrike.net, the company creates content that challenges exploitative systems and uplifts strategies for coordinated, peaceful action to rebuild the middle class, reclaim public power, and restore economic fairness.

We publish to start conversations—about labor, legislation, and the choices we face as a society. Our work includes digital guides, grassroots organizing tools, and strike preparedness resources designed to inform and empower.

Dancing Quail LLC is a for-profit entity funded by merchandise sales and member contributions—not by advertisers, corporate donors, or political campaigns. We exist to serve the public interest by helping ordinary people reclaim their economic and democratic power—together.

*The power to change the system doesn't lie above us,  
it lies within us.*



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*“We don’t have to argue with anybody.  
We don’t have to curse and go around acting bad with our words.  
We don’t need any bricks and bottles.  
We just need to go around to these stores,  
and to these massive industries in our country, and say,  
‘God sent us by here to say to you that.  
You’re not treating His children right.’”  
— Martin Luther King Jr,  
“I’ve Been to the Mountaintop” speech, 1968*

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## THE CASE FOR A GENERAL STRIKE: SURVIVAL, SOLIDARITY, AND STRUCTURAL CHANGE

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*We don't strike because it's easy. We strike because we must.*

We are standing at a breaking point. The system is not malfunctioning—it's functioning exactly as designed: to extract our labor, drain our wallets, and deny us dignity. Wages stagnate while corporate profits soar. Families ration insulin while billionaires launch themselves into space. The cost of living rises, but the value of life—our lives—continues to be undervalued.

We've voted, marched, petitioned, and pleaded. No matter who we elect or what we demand, the gears of corporate control grind on—because they were never built to serve us. They were constructed to silence us. To keep us working, consuming, obeying. And when we finally say, “Enough,” the system punishes us for daring to speak.

But when the people who make this country run stop running, everything changes. That's the power of a general strike.



A general strike is not a tantrum. It is not chaos. It is a deliberate, coordinated refusal to participate in a rigged economy and a rigged democracy. It's how we withdraw consent from a system that no longer works for us, and how we remind the powerful that they do not rule us—they depend on us.

This is a fight for survival. For justice. For a future where our labor is valued, our voices matter, and our communities thrive.

*“Power concedes nothing without a demand.  
It never did and it never will.”  
Frederick Douglass*

### **Why Do We Need a Survival Guide for a General Strike?**

Because strikes aren't just bold—they're hard. Behind every powerful act of mass refusal are the people living through it: people worried about making rent, feeding their families, and staying safe. Strikes come with real sacrifice—and absolute risk.

When workers choose to walk out, they are stepping into uncertainty. Paychecks stop. Bills don't. Striking may mean choosing between groceries and rent, between standing your ground and staying employed. It takes courage, but it also takes preparation. This guide exists because no one should have to make those decisions alone or uninformed.

Financial hardship is one of the first—and fiercest—challenges strikers face. Without income, mounting debts, medical costs, and housing insecurity can quickly overwhelm even the most committed among us. And it doesn't stop there. Emotional stress builds up, too. Anxiety, pressure from loved ones, and the grinding uncertainty of "how long can we hold on?" can wear down even the strongest spirits.

Strikes don't just test the economy—they test relationships. Community support may waver. Fellow workers may cross the line. Public opinion can turn. And behind it all, employers and political leaders often exploit weak labor laws and legal loopholes to undermine solidarity and punish those who resist. In some states, workers can be terminated for engaging in a strike. In others, courts can break picket lines or bring in replacements.

Then there's the logistical reality of organizing at scale—keeping communication flowing, maintaining momentum, managing negotiations, and coordinating across multiple locations and industries. It's not glamorous. It's exhausting. But it's also possible.

## Why We Must Prepare to Strike

A general strike is more than skipping work. It's a refusal to feed the machine. It's a collective stand against a system that's rigged to drain us, divide us, and discard us when we're no longer helpful.

This General Strike Survival Guide was created for people like you—workers, parents, students, renters, gig workers, caregivers, and anyone tired of being told to “just work harder” while the powerful rig the hamster wheel with more constraints on our limited progress.

### Inside, you'll find:

- The “Just say no” Strategy that they don't want you to know.
- How to prepare your household for the strike
- How to organize and protect your community
- What your rights are—and how to stay safe
- What comes next, after the system blinks

That's why this guide was created: to be a roadmap, a lifeline, and a toolkit. Inside, you'll find practical strategies for stockpiling essentials, budgeting wisely, staying legally protected, and supporting your mental health. You'll learn how to organize your community, protect your digital privacy, and build mutual aid networks that make survival possible and resistance sustainable.

*Strikes may challenge the system, but they also challenge us—  
to show up for each other, to endure,  
And to believe that change is still within our reach.*

## The Pulse of Growing Discontent

Look around: the unrest is everywhere, even if you don't always see it. It's the barista grinding through a double shift while her rent jumps 30%. It's the gig

worker sleeping in their car after a 14-hour day. It's the teacher buying school supplies with their paycheck while billionaires fly rockets into space.

The system doesn't break all at once—it erodes, piece by piece. And now, the cracks are everywhere. Wages are stagnant. Costs are soaring. Workers are organizing in industries that haven't unionized in decades. There's a quiet hum of rebellion beneath the surface. You can feel it in viral walkouts, in canceled subscriptions, in streets that fill with protest signs on a random Tuesday.

This is the rhythm of revolt. You might not notice how the momentum is building—but it is. And it's not just in one city or one industry. It's in warehouses, classrooms, hospitals, kitchens, and living rooms. A network of working people rediscovering their power—not through speeches or slogans, but through small daily refusals.

We need each other

We need the people who are just starting to realize that it will take a coordinated effort to reclaim the American dream for the middle class.

We need people who have been activists for social change and have gained collective experiences that only come with time.

We need the people who are just now realizing they were misled about the true source of an existential threat to our lifestyle.

We need to learn some lessons from the past as we forge a vision for a new future.

We need people who come from different places

We need people who have different experiences

We need people who disagree with us

We need loud voices and quiet minds.

We need youthful exuberance and mature wisdom.

We need solidarity and a strategy to succeed.

We need a General Strike.

We need you!

## WHAT IS A GENERAL STRIKE?

A general strike is a type of labor strike in which workers across multiple industries or sectors simultaneously cease work to protest specific political, social, or economic issues. It typically involves a large portion of the workforce, and its goal is to exert pressure on governments or employers to address grievances, such as poor working conditions, wages, or policies. Unlike a sector-specific strike, a general strike aims to disrupt society on a larger scale, involving workers from various fields.



There is a current movement around a general strike involving large-scale, coordinated boycotts, versus complying with the expectations of a corporate-controlled political system perceived as exploitative to the Average American.

### The History of a General Strike

Historically, general strikes have been used to pressure governments and employers into adopting reforms. For example, the 1926 General Strike in the United Kingdom involved over 1.5 million workers and was a response to deteriorating wages and working conditions. In the United States, the 1946 Oakland General Strike brought nearly the entire city to a standstill in solidarity with retail workers.

### From Picket Lines to Labor Laws: A History Written in Victories

Many of the labor protections and benefits that workers rely on today were won through hard-fought strikes and organizing efforts throughout U.S. history. One of the most transformative achievements was the establishment of the **eight-hour workday** and the **40-hour workweek**, which came after decades of unrest, including the famous Haymarket Affair of 1886 and other early 20th-century labor

actions. These standards were eventually codified in the Fair Labor Standards Act (FLSA) of 1938, which also introduced **overtime pay**, ensuring workers earn time-and-a-half for hours worked beyond 40 per week.



Strikes also played a crucial role in **ending child labor**. Public outcry and union-led campaigns, especially after the horrific conditions exposed in early factories and mines, led to child labor restrictions being included in the FLSA. Similarly, **workplace safety standards** were brought into national focus following tragedies like the 1911 Triangle Shirtwaist Factory fire. This and similar disasters fueled demands for reform, eventually leading to the passage of the Occupational Safety and Health Act (OSHA) of 1970, which established enforceable safety standards for employers.

Perhaps most significantly, workers' right to **unionize** and **collectively bargain** was enshrined in the National Labor Relations Act (NLRA) of 1935, following a period of massive labor unrest and landmark actions, such as the Flint Sit-Down Strike of 1936-37. This law also protects workers from employer retaliation for union activity—a hard-won shield against the widespread blacklisting and firings that followed earlier strikes.

Other vital gains include **unemployment insurance**, which originated from labor pressure during the Great Depression and was incorporated into the Social Security Act of 1935. The FLSA also established a **federal minimum wage**—a baseline that labor movements continue to advocate for raising.

Employers or lawmakers did not hand out these hard-earned victories; they were won through organized struggle, widespread strikes, and relentless worker solidarity. Understanding this legacy is crucial, especially as many of these protections are currently facing erosion.

## National General Strikes

There have been several significant general strikes worldwide in the past five years. A general strike involves a large number of workers, often across different sectors, coming together to demand political, economic, or social change. Here are a few examples:

**France (2019-2020):** France saw widespread general strikes against pension reforms proposed by President Emmanuel Macron. These strikes, which lasted for weeks, involved various sectors, including transportation, education, healthcare, and public services. The strikes disrupted public life, including train services and air travel, as workers fought to protect their pension benefits.

**India (2020):** On November 26, 2020, tens of millions of workers participated in a general strike in India, demanding the repeal of controversial labor laws that they believed would undermine workers' rights. This strike, one of the largest in history, involved workers from a wide range of sectors, including agriculture, manufacturing, and the service industry.

**Belgium (2019):** In December 2019, a general strike organized by trade unions in Belgium saw workers protesting pension reforms and cuts to public services. The strike, which involved transportation workers, teachers, healthcare professionals, and others, caused widespread disruptions across the country.

**Colombia (2019):** In November 2019, a general strike took place in Colombia, sparked by opposition to labor reforms, inequality, and government policies. The strike was part of a larger protest that saw millions of Colombians take to the streets, demanding political change and improved economic conditions.

**Chile (2019):** Chile witnessed a massive general strike in response to rising inequality. The tipping point was the combination of public transportation fares and burdensome government austerity policies. The strike was part of a larger wave of protests that led to significant political change in the country, including the drafting of a new constitution.

While the U.S. has not experienced a nationwide general strike, there have been significant worker actions, including strikes, walkouts, and labor organizing efforts.

## Locally Organized Strikes

In 2022, several sectors in Seattle, including Starbucks workers, hospital staff, and educators, organized overlapping strike actions and rallies. Though not officially coordinated under one union umbrella, these actions were intentionally timed to show city-wide worker solidarity. The shared message: Seattle workers across industries were fed up with understaffing, unsafe conditions, and corporate greed.

In 2023, the “Hot Labor Summer” saw over 450,000 American workers engage in strike actions by union workers, including those in Hollywood, logistics, and education. These developments suggest a growing awareness among working people that traditional political channels have failed to serve their interests—and that direct economic action may be their most effective remaining option.

In early March 2024, in Minneapolis, thousands of janitors, airport workers, nursing home workers, and others went on strike in a coordinated week of action, marking an impressive demonstration of coordinated labor flexing across an entire region. Its power helped other unions, like the teachers, win contracts.

Before the coordinated strike, the Twin Cities saw a wave of smaller, locally led strikes in 2022. St. Paul teachers walked out, Minneapolis educators followed, and transit workers threatened action—all within weeks. Although technically separate, these strikes shared resources, aligned messaging, and built cross-union solidarity, laying the groundwork for future mass actions, such as the March 2024 strike.

While these events were not what one would typically consider “general strikes” in the classical sense (with workers from every sector participating), they represented large-scale labor movements or coordinated strikes that impacted entire nations or regions, bringing attention to key issues facing workers and society.

## Union Decline and Structural Fragmentation

The structure of labor organizing in America works against coordination. Fewer than 10% of U.S. workers belong to a union, and those unions are often siloed by trade, geography, or employer. Unlike other countries with national labor federations capable of organizing mass actions, the U.S. labor movement is decentralized and fragmented.

This leaves millions of non-union workers without protections and unionized workers bound by strict contracts. It's not illegal to strike—but the system is designed to make it feel that way.

## **Labor Law: A System That Controls, Not Liberates**

In the United States, labor laws heavily regulate how and when workers can strike. The National Labor Relations Act (NLRA) of 1935 protects some forms of collective action—but primarily in the context of unionized workplaces. And even then, workers are limited by contractual obligations and the rules imposed by their collective bargaining agreements.

If you're in a union, you are typically bound by a no-strike clause in your contract. This means you can't legally walk off the job in solidarity with another cause—or even another union—unless your contract allows it (which is rare). Violating that clause can result in legal action against the union, including fines or decertification.

## **General Strike 2028**

The United Auto Workers (UAW) has called for a general strike on May 1, 2028, aligning with International Workers' Day. This initiative aims to unite various unions across the United States in a coordinated work stoppage to advocate for workers' rights and address issues such as fair wages, benefits, and working conditions.



Numerous UAW contracts with the “Big Three” automakers—General Motors, Ford, and Stellantis—are set to expire on April 30, 2028

At the American Federation of Teachers' annual convention, the AFT's 1.8 million members gave a round of applause to United Auto Workers president Shawn Fain, who has called on the U.S. labor movement to join a nationwide strike in 2028.

The Vermont AFL-CIO has committed to aligning its contracts to expire on May 1, 2028, in support of the proposed general strike. This decision reflects a broader movement within labor organizations to coordinate efforts for a unified strike action.

## THE SURVIVAL GUIDE FOR A GENERAL STRIKE

This proposed general strike presents a significant opportunity to mobilize workers nationwide, addressing economic disparities and advocating for policies such as Medicare for All. However, the success of such a large-scale action depends on extensive coordination among unions and widespread support from workers across various sectors.

As of now, the 2028 general strike remains a planned initiative, with ongoing discussions and preparations within the labor movement. The outcome will depend on the level of organization and solidarity achieved in the coming years.

Today, movements calling for a general strike are fueled, in part, by frustration over stagnant wages, a weakened social safety net, the erosion of labor protections, and a political system that appears to be captured by corporate interests. All things that unions traditionally secure for their members.

Most Americans lack the collective bargaining power that comes with union membership. There is a growing movement among everyday Americans that something needs to be done. It needs to be done now, and we need to do it together.

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## WHY WE MAY NEED A GENERAL STRIKE!

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### The General Strike Won't Be Scheduled

The notion of a general strike has resurfaced in the public imagination with renewed urgency, driven by widespread disillusionment with economic inequality, political corruption, and corporate excess. This tool of collective resistance is emerging once again in response to a system many view as prioritizing corporate profits over human dignity and democratic accountability.

The rent keeps going up. Your paycheck doesn't. You work harder than ever, but your bank account barely breathes. Meanwhile, billionaires get richer, and CEOs buy politicians like trading cards. We get the scraps.

*This system doesn't just ignore us—it exploits us.*

It puts profit over people. It lets corporations write the rules, allowing them maximum profits while we break our backs trying to survive. It's not broken. It was built this way.

Many envision a general strike as a mass, pre-planned event with a calendar date. However, history tells us that the most powerful uprisings often begin not with something scheduled, but when the populace reaches a breaking point.

When Rosa Parks refused to give up her seat in 1955, her protest sparked the Montgomery Bus Boycott—a 381-day mass withdrawal from the public transit system led by everyday Black Americans.

In 2020, the murder of George Floyd triggered spontaneous nationwide protests and work



stoppages, with some workplaces going on strike in solidarity against police brutality.

The truth is, people rarely risk everything because of a flyer on a social media page. They move when the weight of injustice becomes too much to bear. The general strike, if it comes, may not be a formal campaign. It may look more like a flood—a sudden refusal that spreads because people can no longer tolerate the system as it is.



*If you've ever looked around and felt like something is deeply wrong  
—You're right.*

## **The General Strike Won't Be Pretty**

A general strike challenges power at its roots—and power never gives up without a fight. If you think the people in charge will watch millions withdraw labor, money, and consent without retaliation, think again. Look at the world around you. The warning signs aren't subtle.

Federal agents have been deployed in American Cities under the pretext of restoring "order." But this isn't about safety—it is about control. It's a message to every worker thinking of rising up: "Keep in line or face the consequences." These crackdowns are not isolated events; they are the system's reflex when it feels threatened. And if a general strike gains traction, expect more of the same. That's why preparation isn't just about stockpiling goods or budgeting—it's about understanding the stakes, staying alert, and standing together.

Look at the border. Entire families have been funneled into detention facilities—many resembling prisons more than shelters. Children separated, monitored, confined. What we allowed there, in silence, is now part of the playbook for domestic dissent. The recent construction of a new detention center in Florida—nicknamed "Alligator Alcatraz"—isn't just for immigrants. It's infrastructure for future containment. It serves as a warning to anyone who refuses to comply.

ICE raids across the country have intensified in working-class neighborhoods, targeting immigrant communities with early-morning arrests and mass detentions. At the same time, ICE just received one of its most considerable funding boosts in years—despite bipartisan public outrage. Not to make the border

safer, but to expand surveillance, detentions, and rapid-response enforcement. Ask yourself: why now? Why more agents, more beds, more handcuffs? This is what a government would do if it were fortifying—not for foreign threats, but for domestic resistance.

The general strike will not be romantic. It will not be Instagrammable. It will provoke fear, manipulation, and force. But that doesn't mean we stop. It means we get smart. We build networks. We prepare legally, digitally, and financially. We move together, not in chaos—but in clarity. Because while they're arming for resistance, we're organizing for liberation. And when the system shows its teeth, our unity must be sharper.

*“Revolution is not a one-time event.”*

*— Audre Lorde*

## **The General Strike Won't Be Easy**

A general strike doesn't just challenge the economy—it changes everyday life. When workers collectively stop feeding the machine, that machine begins to stall. And while that disruption is the very point of a general strike, the human cost is real. This chapter prepares you for what happens not just in the headlines, but in your home, your neighborhood, and your daily routines when the system begins to slow.

*“Nonviolence is not inaction. It is not a discussion.*

*It is not for the timid or weak... Nonviolence is hard work.*

*It is the willingness to sacrifice. It is the patience to win.”*

*— César Chávez*

Striking is not a symbolic gesture. It's a real withdrawal from a system that demands our labor, our spending, our silence. And that withdrawal has consequences—not just for the powerful, but for all of us. Here's what to expect as the workplace slows and economic stagnation begins to set in.

A union organizer from the UK stated that unions in his country had recently conducted a series of one-day strikes encompassing entire industries—and that it wasn't enough. One day strikes just aren't long enough to impose the pain necessary to achieve change. They are effectively symbolic. By starting with one-

day strikes —coordinated mass non-participation events — we can capture their attention and build momentum for the long-term general strike that may be necessary to return political power to the people through peaceful, democratic means.

### **Supply Chain Shocks: Shortages and Delays**

One of the first visible impacts of a widespread strike will be the breakdown of supply chains. With logistics workers, warehouse staff, truck drivers, and retail clerks walking off the job or participating in slowdowns, deliveries will become inconsistent or stop entirely. Grocery store shelves may look emptier each week. Essentials like formula, feminine hygiene products, pet food, or life-saving medications could become challenging to find.



Online shopping? Expect massive delays—or nothing at all.

Even tech giants can't deliver without a functioning workforce. The modern supply chain is characterized as "just-in-time," and COVID-19 has demonstrated its fragility. A general strike, without essential workers, just might break the system. The moment people stop working, the convenience we've come to rely on begins to unravel.

### **Service Disruptions: Public Systems Under Pressure**

Essential services—such as public transportation, sanitation, postal delivery, and electricity—could be slowed or halted if utility workers, train operators, or postal staff strike or protest. Trash may pile up. Bus and train routes may disappear overnight. Hospitals could experience longer wait times or closures of non-emergency departments.

You may also feel the strain in less apparent ways, such as longer lines at gas stations, delayed city permits, or a lack of childcare services. A general strike isn't neat. It's not controlled. It's messy—and it's meant to be. Because when everything stops working, the system's dependence on everyday people becomes undeniable, and it becomes clear that we must break our dependence on the system first.

## School Closures and Childcare Crises

If teachers, support staff, or parent-worker coalitions strike in solidarity, schools may shut down entirely. Even if schools stay open, many parents participating in the strike may not be able to afford or access childcare, disrupting routines and placing additional emotional stress on households.

Suddenly, your kitchen table might become a classroom again. Parents will face impossible decisions: strike in solidarity and risk losing income, or return to work and risk being seen as a traitor to the movement. There are no easy answers. But planning—through mutual aid, shared childcare pods, or rotating responsibilities—can ease the burden.

## Financial Strain: Bills Don't Wait

For most working-class families, the most significant hardship will be financial. Lost wages stack up fast. Rent is still due, and credit card interest continues to accrue. Medical costs won't magically disappear. Even people who aren't directly participating in the strike may face job insecurity if their employer is affected by a broader economic slowdown.

This isn't a hypothetical burden. It's real. And it's coming. That's why financial preparation is not just thoughtful—it's survival. Stockpile essentials now. Cut unnecessary subscriptions. Build an emergency fund if you can. Lean on your support networks when the burden gets too heavy. No one should face this alone.



## Information Wars: Confusion and Manipulation

As momentum builds, those in power will fight back—not just with force, but with narrative. Expect misinformation.

- Corporate media may frame strikers as selfish or criminal.
- Politicians may portray the movement as being influenced by foreign interests or violent.
- Online trolls will attempt to divide and discourage.

That's why trusted, secure communication channels are vital. Signal groups, encrypted chats, in-person meetups, and analog strategies like phone trees or printed flyers can help cut through the noise. Control your message. Share your truth. Stay vigilant.

Living through a general strike is not just a political act—it's an emotional marathon. Anxiety, burnout, uncertainty, and fear are all natural responses. The loss of income, the strain on relationships, the public backlash—these things wear on the soul.

## The Road Ahead: Not Just Hard—Deliberately Hostile

It's essential to recognize that these hardships won't simply arise naturally. They will be designed. Systems of power are already preparing to escalate.



The National Guard deployed in Los Angeles, detention facilities, at “Alligator Alcatraz,” and expanded ICE funding; these are not random policy choices. These are investments in suppression. It is not a coincidence; it is a warning. If a general strike spreads, those tools may be turned inward, toward striking Americans, not just vulnerable migrants.

### Prepare with Open Eyes and Steady Hands

This is what the general strike will look like: uncertain, uncomfortable, and unrelenting. But it is also necessary. Every crack in the system reveals where our strength lies. And when the government, the corporations, and the media all try to gaslight us into thinking we're alone, we must remind each other of the truth:

*We are the economy.  
We are the labor.  
We are the ones they fear.*

Start fortifying now—not because you're scared, but because you're determined to endure. Because a system that thrives on your exhaustion will collapse under your refusal. And when that moment comes, we will be powerful.

## Some Workers Can't Strike at All

Federal and state laws explicitly prohibit specific sectors from striking, regardless of whether they are unionized. This includes:

- Police officers and firefighters
- Public sector workers in many states (like teachers, transit workers, and sanitation workers)
- Federal employees, including postal workers and air traffic controllers

Under the Taft-Hartley Act of 1947, wildcat strikes, sympathy strikes, and secondary boycotts were severely restricted. These laws were explicitly written to weaken mass labor movements and prevent the kind of solidarity that general strikes require.

*U.S. labor law wasn't designed to empower mass worker solidarity.  
It was designed to control it.*

This makes coordination difficult and creates a fractured landscape where workers are discouraged from uniting—either by legal threat or institutional design.

## Can't Strike? —But Still Want to Fight?

Not everyone can walk off the job—and that's okay. Maybe you're a stay-at-home parent holding a family together, a nurse bound by oath and law, retired after decades of work, or simply between jobs and wondering where you fit in.

You care deeply. You're angry. You want to stand with those demanding change—but you're not in a position to strike. You're not alone. Millions feel this same inner conflict: the desire to resist a broken system without being part of the “striking sector.” And for many, stepping away from work isn't just risky—it's impossible. Survival doesn't always allow for bold, visible acts of defiance.

But here's the truth: participation doesn't start or stop with a walkout. There is another powerful path available to anyone—regardless of employment status—to withdraw support from the systems that exploit us. It's about saying no in all the ways you can.

- No to unnecessary spending.
- No to corporate subscriptions.
- No to feeding profits to companies that harm your community.

You don't need a timecard to make an impact. Every household budget reallocated toward local businesses, every voice raised online, and every act of quiet resistance builds pressure. The system depends on our participation—economic, social, and digital. Pulling that back, together, is how we shift the balance. You don't have to strike to matter. You just have to stop pretending this is normal.

Through historical context and current examples, we can see why many are considering the general strike not only as a tactic, but as a form of survival and social reclamation.

This isn't about politics. It's about reclaiming your power when the system tries to crush it. It's about standing together, not as consumers, but as people who refuse to be bought, bullied, or broken—citizens in the community of the Brotherhood of man.

You don't have to do everything. However, there is something you can do here. Let's stop pretending this is normal. You're not alone anymore. Let's begin.

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## PREPARATION POWER STARTS AT YOUR DOORSTEP.

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### Your First Act of Resistance Starts at Home

Before a single picket sign is raised or a chant echoes through the streets, the first battleground is your front door. In a system that's drained you, paycheck by paycheck, that's buried you in debt while CEOs cash bonuses, your first act of rebellion isn't loud—it's intentional.

Your home is how you take back control. It means stockpiling essentials not out of fear, but out of foresight. It means paying down debts that have become modern-day shackles. It means reexamining every dollar spent and asking: Does this support my survival—or someone else's power? This isn't just prepping—it's a protest. Quiet, steady, and defiant. Because when the system counts on your desperation, building your resilience is the most radical thing you can do.

#### Start with the Basics: Stockpiling Essentials

A general strike may last for days, weeks, or months. While nobody can predict precisely how long it might go, the more you can secure your household now, the more energy you'll have to contribute to the broader movement.

You don't need to panic-buy. Build your reserve gradually, taking advantage of sales or bulk purchases. For those facing financial hardship, mutual aid networks are filling the gap. Across cities like Chicago, Atlanta, and Oakland, community fridges and strike solidarity funds are helping ensure no one is left behind.



## Suggested Items to Stockpile:

### Food and Water

- Rice, pasta, beans, oats
- Canned vegetables, fruits, soups
- Canned meat/fish (tuna, chicken, sardines)
- Nut butters (peanut, almond)
- Shelf-stable milk (powdered, UHT)
- Cooking oils (olive, vegetable)
- Spices and salt
- Coffee, tea
- Multivitamins

### Water supply:

- Bottled water or jugs (1 gallon per person per day)
- Water filters (Sawyer, Berkey, LifeStraw)
- Water purification tablets

### Household Essentials

- Toilet paper, paper towels
- Trash bags (various sizes)
- Cleaning supplies (bleach, disinfectant, vinegar)
- Laundry detergent
- Dish soap and sponges
- Aluminum foil, plastic wrap, zip-top bags
- Reusable containers (for bulk storage)
- Feminine hygiene products
- Diapers and baby supplies (if applicable)

### Medical and First Aid

- Prescription medications (90-day supply if possible)
- Pain relievers (ibuprofen, acetaminophen)
- Cold & flu medicine
- Antacids, allergy meds, anti-diarrheals
- First aid kit (bandages, antiseptic, gauze)
- Thermometer

- Basic medical manuals or first aid guides

### Emergency Supplies

- Flashlights and extra batteries
- Candles or lanterns
- Portable phone charger (solar or power bank)
- Manual can opener
- Battery-powered or crank radio
- Basic tools (hammer, screwdriver, pliers, duct tape)
- Fire extinguisher
- Emergency blankets
- Cash (small bills)
- Essential documents (ID, insurance, etc.) in a waterproof container

### Clothing and Warmth

- Seasonal clothing and footwear
- Extra blankets or sleeping bags
- Hand and foot warmers (for cold weather)
- Financial Preparation
- Emergency fund (3-6 months of expenses if possible)
- Eliminate or reduce unnecessary subscriptions and debt
- Pre-pay essential bills (rent, utilities) if a disruption is expected
- Diversify savings: part cash, part digital, possibly precious metals

### Other Smart Additions

- Seeds or gardening supplies
- Cooking tools (propane stove, BBQ grill)
- Home safety or defense tools (if legal and appropriate)
- Board games, books, entertainment items (especially for children or families)

## Community Networks are key lifelines.

### Mutual Aid

In the context of a general strike, mutual aid can be the lifeline that transforms isolation into solidarity and hardship into collective strength. While a strike disrupts systems of power, mutual aid sustains the people powering that disruption. Establishing a local mutual aid network isn't just an act of resistance—it's a form of radical community care. Whether you live in a dense city, a rural town, or a quiet suburb, organizing a mutual aid group empowers both you and your neighbors to face the challenges of a strike together.

At its core, mutual aid is the voluntary and reciprocal exchange of resources and services to meet shared needs. Unlike charity, which flows from the top down, mutual aid is about solidarity—people supporting one another when institutions fail to do so. During a general strike, this could mean sharing food, offering childcare, coordinating housing for those displaced, or providing legal, medical, and emotional support. It also includes spreading vital information and organizing collective actions to defend and empower the community.



*Note: While mutual aid is generally legal and protected, activities such as distributing food or supplies without permits in some municipalities may result in fines or intervention. Always check local regulations.*

Effective support networks rely on clear and secure communication. Establish group chats for coordination, an email list for broader updates, and phone trees or printed flyers for offline outreach. Assign roles to avoid fatigue: some members can coordinate logistics, while others can focus on outreach, supplies, or legal safety. Dividing tasks keeps the group resilient and responsive to changing needs.

Mapping local resources is another critical step. Identify food pantries, clinics, union halls, churches, and co-ops that offer support. Reach out to local groups that can provide space or material support. Create printed maps or info sheets listing essential services and emergency contacts so everyone knows where to turn.

If the goal is to remove corporate control over our lives, changing our buying habits will be essential in supporting our local businesses. During a general strike, our local stores will be vital to a vibrant economic community.

### **All Politics are Local**

Building your network starts by showing up—especially in spaces where decisions are made and voices can be heard. Attending local political meetings, such as city council sessions, school board hearings, or town halls, can help you connect with others who share your concerns about the same issues. These gatherings are often where community frustrations first become policy conversations, and where organizers find allies. Don't stop at observation—introduce yourself, speak during public comment, and stay after to connect with others.

You can also connect with local organizing through tech-based community forums, such as Nextdoor, Facebook neighborhood groups, or subreddits specific to your city or region. For those seeking more privacy or direct coordination, consider setting up Signal or Matrix chat groups with neighbors or fellow attendees. These platforms can serve as secure hubs for sharing resources, planning actions, and building trust. The more faces you know in your community, the stronger your support network becomes when the time for action arrives.

*It starts with you  
and a few,  
and then a few more.*

### **When Action Happens, It Happens to Us All**

Importantly, mutual aid is about solidarity, not charity. That means rejecting gatekeeping, power imbalances, and saviorism. Everyone should feel empowered to give what they can and receive what they need, with decisions made collaboratively and respectfully. Mutual aid works best when it is based on trust, consent, and accountability rather than hierarchy.

As the strike unfolds, mutual aid shifts into action. Deliver food, water, and supplies to picket lines. Provide transportation or childcare to help more people participate in activities. Organize community meals or emergency housing for those who have been displaced. Legal and medical support—such as connecting individuals with bail funds or volunteer medics—may also become essential. The

key is to stay flexible and communicative, adjusting to changing needs on the ground.

Sustaining this work is just as important as starting it. A strike may last days, weeks, or even months, but mutual aid should endure. Rotate leadership to avoid burnout, check in regularly to assess what's working, and forge relationships beyond your immediate circle. Collaborate with unions, schools, and advocacy groups. Host educational events, share updates, and document your efforts to inspire others and build momentum.

Ultimately, building a mutual aid network isn't just about weathering a crisis—it's about reclaiming community agency and resilience in the face of systemic neglect. During a general strike, mutual aid provides the scaffolding that allows people to stay out longer, resist more effectively, and stand together with strength. Start small. Organize with care. Grow alongside your community. The power we need already exists—it just needs to be shared.

After all, if we're going to reclaim our country, it starts by reclaiming our community, and that begins with mutual aid and support.

## **Economic Preparation: Cut Debt, Not Corners**

Financial readiness is just as crucial as physical stockpiles. Many Americans are already walking a financial tightrope, and striking may mean lost wages. That's why it's essential to pay down high-interest debt, such as credit cards, now. Every dollar of interest you avoid during the strike becomes a form of savings.

Start by paying off the smallest debts first (the “snowball method”) or tackle the highest-interest debts first (the “avalanche method”)—whichever method helps you stay consistent. If you can't pay everything off quickly, consider transferring balances to a 0% interest card if available.

Budgeting apps like YNAB (You Need a Budget), Mint, or even simple spreadsheets can help you track spending and identify budget leaks before they become significant issues. Cooperative time banks—where people exchange services instead of money—are also a growing tool in communities organizing for economic independence.

## **Impulse Spending: Rethinking Consumption as Resistance**

Impulse purchases—those little treats that give us temporary comfort—are a hard habit to break. But in the context of a general strike, every dollar you withhold from corporate giants is a form of protest. Start asking: Does this support the life I want—or the system I’m trying to resist?

That fancy latte or last-minute Amazon buy may feel harmless, but small, repeated spending adds up. Redirect those funds to your emergency supplies or local businesses that align with your values. If the strike succeeds, it is these small sacrifices that will have helped push it across the finish line.

## **Strategic Unsubscribing: Take Back Control**

Subscription services can quietly drain your resources month after month. Take a day to review your recurring payments, including streaming platforms, premium apps, gym memberships, newsletters, and delivery services.

Cancel what you don’t need or can live without for now. If you want to keep one or two for mental health or family entertainment, great—but make that choice intentionally. Use tools like Truebill or Rocket Money to find and cancel forgotten subscriptions with minimal effort.

Cutting these costs ahead of time helps make sure you're financially nimble during the strike—without sacrificing too much comfort.

## **Austerity by Choice vs. Austerity by Default**

Taking action now—stockpiling, budgeting, cutting back—may feel like a personal austerity plan. And in a way, it is. But here’s the difference: you’re choosing it.

If things continue on their current trajectory—wages stagnant, costs soaring, and political leaders more loyal to corporations than constituents—those same austerity measures may one day be forced upon you. By assembling resources now, you’re not just surviving a strike—you’re building the muscle of resistance.

You deserve better than a life of struggle for the benefit of a few. Preparing your home is a radical act of care—not just for yourself, but for the community and the future we’re all fighting for.

## ORGANIZE START LOCALLY, STRIKE NATIONALLY!

### The History—and Cost—of Labor Violence in America

The need for caution isn't just a modern phenomenon. American labor history is filled with brutal crackdowns. From the Ludlow Massacre (1914), where the National Guard killed striking coal miners and their families, to the Battle of Blair Mountain (1921), where the U.S. Army used bombs and bullets on unionized miners in West Virginia, workers have long faced lethal force for standing up to capital.



National Guard, San Francisco,  
General Strike 1936

Knowing this history isn't meant to instill fear, but rather clarity. It reminds us that violence often comes from power, not from protest. That's why nonviolence remains a cornerstone of strategic action in modern movements.

*“We need, in every community, a group of angelic troublemakers.”*

*— Bayard Rustin*

### Legal Considerations for Strikers, Protesters, and Supporters.

Although much of this information has been or will be covered in various places throughout this guide, I wanted to gather it here as a point of reference.

Striking and protesting are among the most powerful tools available to working people—but they're also some of the most legally restricted. In the United States, labor laws are fragmented, confusing, and in many cases, deliberately designed to discourage mass action. This chapter exists to help you

 **Legal Note** This publication is for educational purposes only. The actions discussed are not legal advice and may carry risk. Consult a qualified labor attorney before taking action. We do not encourage or condone illegal activity. Examples are included for educational purposes.

understand where your rights begin, where they end, and how to stay protected if you decide to step into action.

## Labor Law 101: What You're Up Against

**For unionized workers**, the National Labor Relations Act (NLRA) provides protections for certain forms of collective action; however, these are often limited by no-strike clauses embedded in collective bargaining agreements. Non-union workers face even fewer protections and are usually more vulnerable to employer retaliation.

**Public sector employees**, including teachers, sanitation workers, and transit operators, are prohibited from striking in many states. And so-called “wildcat strikes,” meaning those initiated without union approval, are almost always

 *Legal Note: Wildcat strikes are not protected by federal labor law and may expose participants to termination or legal action. This discussion is provided for context, not as a recommendation.*

considered illegal and can result in termination or fines. Even legally protected strike activity carries risk; therefore, consulting your union representative or a labor attorney is crucial before engaging in strike activity.

*“It’s not illegal to strike—it’s just hard to do without consequences.  
That’s by design.”*

## Your Right to Protest (with Conditions)

Your right to protest is protected by the First Amendment, which guarantees free speech and the right to peaceful assembly. However, this protection has limits. Violence, property damage, or blocking roads and entrances can result in arrest or civil penalties. Many cities require permits for gatherings and marches.

## Legal Tools for Protection

There are several legal tools you should equip yourself with before taking to the streets. Groups like the ACLU and the National Lawyers Guild offer downloadable “Know Your Rights” guides, and legal observers are often present at large protests to document police behavior. Community-supported bail funds can help cover expenses if you or someone you know is arrested. A standard protest safety tip is to write a legal aid hotline number directly on your skin using a permanent marker—just in case your phone is lost or confiscated.

## Avoiding Legal Traps

You should also be aware of common legal traps. Secondary boycotts—where workers strike in solidarity with an unrelated labor group—are prohibited under the Taft-Hartley Act. Trespassing during a sit-in or blockade, even on what appears to be public corporate property, may result in arrest. Blocking traffic or doorways

 *Secondary strikes and coordinated actions across industries can be prosecuted under federal labor law. Always consult with legal guidance when organizing events outside of your own workplace.*

can also trigger criminal charges. Select protest locations that are both symbolic and strategically sound.

## When a Strike Is “Illegal” But Necessary

It’s worth noting that some of the most historic and effective protests—like the Montgomery Bus Boycott or the Flint Sit-Down Strike—were technically illegal. Civil disobedience has always been a strategic component of resistance movements, but it is only effective when participants understand the risks and consequences associated with it. If you plan to engage in high-risk or disruptive action, do so with full awareness and preparation.

Refer to [generalstrike.net/your-rights](https://generalstrike.net/your-rights) for more information on the legalities of protesting.

 *Historical examples such as the Flint Sit-Down Strike and the Montgomery Bus Boycott are included for educational purposes. This guide does not advocate for actions that violate local or federal laws*

## Digital Surveillance in the Age of Rebellion

In any large-scale movement for systemic change—especially one that challenges corporate power and government complicity—safety is not a luxury—it’s a necessity. In today’s digital age, surveillance is a persistent threat to activists. Corporations collect user data while law enforcement agencies monitor social media, scan public protest footage with facial recognition, and sometimes infiltrate organizing spaces. To protect themselves and others, organizers must prioritize digital security.

Today’s organizing doesn’t just happen in the streets—it happens in DMs, group chats, and cloud drives. However, the convenience of digital communication comes with significant risks. Corporations and state agencies often monitor

 *Note: Digital communications may be used in court or employment proceedings. Treat all digital content as potentially public*

activist activity, sometimes in real time.

Encrypted messaging platforms, such as Signal or Element (formerly known as Matrix), are essential alternatives to mainstream apps like Facebook Messenger. Activists should turn off location services on their phones during protests, avoid organizing through surveillance-prone platforms, and use VPNs to conceal their online activity. Creating anonymous email addresses and alternate phone numbers can also provide an additional layer of protection.

### Using a VPN during a general strike

It is a vital security measure that helps shield your digital footprint from government monitoring, corporate tracking, or malicious actors. It encrypts your internet traffic and masks your IP address, making it more challenging to track your communications, location, or online activity. We use [ProtonVPN](#). This layer of protection is especially crucial when accessing activist forums, sharing sensitive information, organizing protests, or coordinating with others in real-time. In times of political unrest or economic resistance, digital privacy isn't just a convenience—it's a necessity for safety, solidarity, and strategic action.



*Cybersecurity is no longer a niche concern—  
It's an act of collective care and resistance.*

**Avoid posting strike plans** that include identifying information such as names, faces, addresses, or specific meeting locations. Even well-intentioned posts can expose organizers and participants to surveillance, retaliation, or legal risk. Share general updates through secure channels and keep sensitive details within trusted, private networks. In a general strike, protecting anonymity isn't just smart—it's a collective responsibility.

From police departments using facial recognition technology to social media companies selling location data, surveillance has undergone significant evolution. Infiltration and doxxing aren't conspiracy theories—they're documented tactics used to discredit and disable movements.

*Let your courage be informed, and let your resistance be strategic.*

## **Mental Health Is Movement Health**

It's essential. From cybersecurity to mental health, protesters and organizers must protect themselves and one another, as history has shown that the risks are real.

Amid all that we are undertaking, mental health must not be overlooked. The psychological toll of activism—especially during prolonged or high-stakes campaigns—can be intense. Burnout, anxiety, insomnia, and even PTSD are common among long-term organizers. The pressure to stay engaged at all times, coupled with the weight of systemic injustice, can lead to emotional collapse if not managed with care.



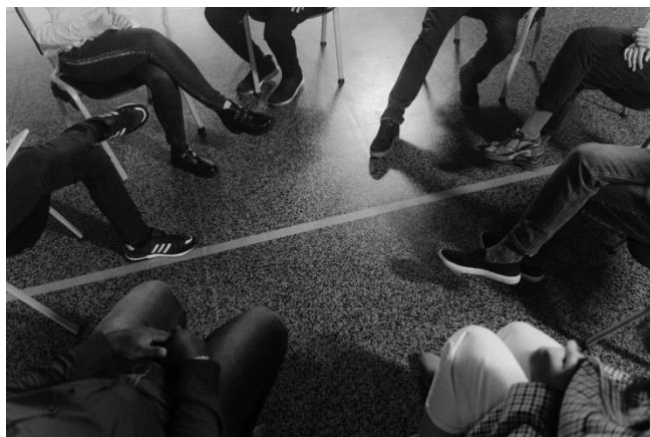
Activist burnout, anxiety, and trauma are real—and often ignored until it's too late. Long-term resistance isn't a sprint; it's a marathon that demands emotional resilience.

## **Insights Shared by Seasoned Organizers**

Activists often report symptoms of burnout, sleeplessness, or despair—especially when facing long battles with no immediate results. That's why mental health is a form of movement health. Rest is not betrayal. Local support isn't just food and rides—it's emotional care, check-ins, and shared grief. Build your support system now. You'll need it.

## **Support Systems Can Help:**

Support systems can play a crucial role during a general strike by providing spaces for emotional resilience and connection. Mental health groups offer peer-led



environments to process trauma and stress collectively. Community crisis lines and mental health collectives can provide trained support when professional care is inaccessible. Even simple group chats dedicated solely to emotional check-ins—separate from planning or logistics—can create a sense of solidarity and help prevent burnout.

### **Limit Your Media Diet**

In the chaos of a general strike, the news can become a weapon—one aimed at your peace of mind. Corporate media often doesn't report the truth about people's struggles. Instead, it distorts, sensationalizes, or outright ignores the movement. Tuning in too frequently can flood your nervous system with fear, doom, and misinformation. You'll see headlines crafted to divide, coverage that minimizes your sacrifice, and pundits who never missed a paycheck telling you what's "realistic." This isn't information—it's narrative control. And if you're not careful, it will erode your resolve from the inside out.

That's why it's okay—essential, even—to unplug. Choose one or two trusted sources, and check in once a day, if at all. Use Signal groups, local organizers, or local sources for updates that are relevant to you. Give your mind room to breathe. Let go of the need to "stay informed" if it's only feeding anxiety and burnout. Your nervous system is part of the movement too—and you protect it not just for yourself, but for the people counting on your strength. Disconnect from the noise so you can reconnect with your purpose.

*"You're not broken.  
You're responding appropriately to an unjust world".*

That's why mental health support is crucial. Effective support networks are increasingly offering peer counseling, emotional check-ins, and access to local therapists willing to work pro bono. Community crisis lines and mental health

collectives can also provide emergency support. And perhaps most importantly, activists must learn to rest. Logging off and stepping back is not abandonment—it's a strategic investment in longevity.

And just as importantly: rest. You are allowed to unplug, log off, and recover. The movement needs you alive, not exhausted.

## **Building Coalitions Around Common Struggles**

In a system designed to isolate and overwhelm us, the first radical act is connection. Whether you're burned out, newly radicalized, or just tired of pretending things are fine, you're not the only one. There are thousands—millions—of people feeling the same pressure, asking the same questions, and wondering if something better is possible. They are your tribe. You just haven't met them yet.

*No one changes the world alone. And you don't have to.*

## **Join or Create a Mutual Aid Group**

If you're not sure where to begin, start with care. Community gardens, food pantries, strike kitchens, child care swaps, tool libraries, and neighborhood repair circles—these are all mutual aid. They don't need to be branded. They just need to be built. Ask your local library or community center if there are existing networks. If not, consider starting your own: three people sharing groceries is a classic example of a mutual aid group in action.

Platforms like MutualAidHub.org, Little Free Pantry maps, or local Facebook groups can help you locate networks near you. Better yet, check community pantries, churches, LGBTQ+ centers, or libraries—these are often informal hubs where organizing quietly thrives. Mutual aid is the opposite of helplessness—it's how we endure when systems fail us. And during a general strike, it will be the reason some people can hold the line longer than the state expected.

## **Find Local Political Organizations**

Start by showing up. Local political organizations are often the frontline of resistance and change. Look for democratic socialists, labor councils, tenant unions, progressive candidates, or grassroots coalitions operating in your city or county. Attend city council meetings, school board sessions, or public forums—not

just to observe, but to introduce yourself and connect. These spaces are where power is exercised and communities are given a voice. And even if you don't agree with everything, they are places where action begins.

Utilize platforms such as ActionNetwork.org, local Reddit threads, or the Progressive Caucus within your state's Democratic party. Don't overlook spiritual communities or indigenous coalitions either—many do deeply political work in community defense and sovereignty, even if they don't use typical activist language. Ask questions. Show up consistently. Bring your skills. Listen more than you speak at first. Movements grow through relationships, not just ideas.

### **Reach Across Divides to Build Solidarity**

Your tribe doesn't need to agree on everything—they just need to believe in something better, together. You will meet people from different faiths, politics, backgrounds, and identities. That's not a threat—it's the point. Movements that win aren't made of perfect agreement. They are made of common purpose.

Promote shared solutions to shared struggles. Most people want the same things: a living wage, safe communities, fair treatment, and the ability to care for our families. When you lead with those truths instead of political litmus tests, you make room for unlikely allies. The neighbor who flies a flag you hate might still show up to fix your brakes. The coworker you avoid at lunch might be hiding their awakening. Be brave enough to reach out. Be humble enough to listen. The strike is coming—and we need each other more than ever.

### **Leaving the Lie, Finding the Movement**

Many people have been misled by powerful interests whose goal is to divide working people and keep us fighting among ourselves, rather than against the systems that exploit us. It's easy to fall for misinformation when it's wrapped in fear, pride, or a false sense of belonging — especially when you're just trying to survive.

But when someone begins to wake up and realize they've been misinformed, we must meet them not with shame or scorn, but with open arms. Solidarity means making room for transformation. It means understanding that people change when they feel safe to do so — not when they're humiliated. If we want to build a truly inclusive movement that can win, we must create space for those ready to do

better, even if they once stood on the other side. Because the moment someone chooses to stand with us is the moment they stop standing in the way.

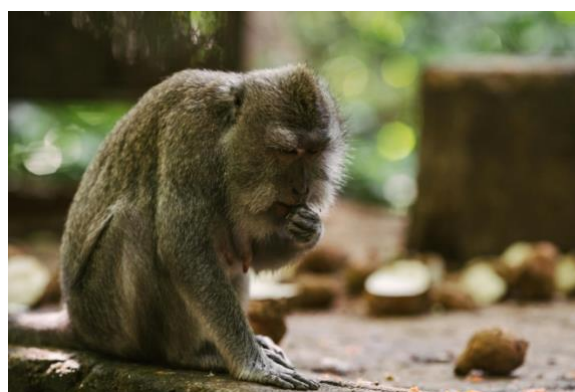
Leaving a tightly controlled belief system can feel disorienting — like losing your identity, your community, and your sense of certainty all at once — and in that vulnerable moment, people need more than just facts; they need a new tribe, a new purpose, and a movement that welcomes them without judgment.

If you genuinely desire a system that works for everyone, it will also need to work for “them” too. When “us” and “them” become “we,” everyone wins.

## The Hundredth Monkey and the General Strike

Ken Keyes Jr.’s story of the hundredth monkey describes a tipping point in social behavior: once a critical mass adopts a new idea, that idea spreads rapidly—sometimes even mysteriously—through a population. It’s a metaphor for collective awakening and the invisible current of change.

But how accurate is it? (You can read the story in the appendix section.)



When I first encountered the story, I was captivated by its message: that change can ripple outward through consciousness alone. However, Keyes’s story “supposes” details. Scientists and their research reports are meticulous, and the data is available. The research does not support the “ideological breakthrough” phenomenon in the manner Keyes describes. The original scientific observations tell a more grounded, if still powerful, story.

Researchers studying the Koshima monkeys from 1952 to 1962 documented how the habit of washing sweet potatoes began with one young monkey named Imo. She taught her mother and peers, and over time, the behavior spread—primarily through family and playmate relationships.

By 1959, the sweet potato washing was no longer a new behavior for the group. A new generation of babies learned how to wash sweet potatoes from their mothers. By January 1962, almost all the monkeys in the troop, except those born before

1950, were observed washing their sweet potatoes. There was no sudden mass shift. It was slow, relational, and rooted in exposure—not mysticism.

Still, the takeaway remains relevant: change starts small, spreads through connection, and grows generationally. The transformation wasn't instant—it was progressive. It wasn't metaphysical—it was behavioral.

This matters deeply in the context of a general strike.

We are not waiting for a magical "hundredth person" to shift the tide—we are choosing to become them. Each new act of resistance, each conversation, and each refusal to comply with a broken system builds cultural momentum. Like Imo's innovation, new behaviors—such as mutual aid, ethical spending, or labor organizing—offer alternatives to entrenched norms.

If older monkeys had spent more time with the young, they too might have learned to wash the sand off their food. Likewise, many people today cling to outdated systems not because they are better, but because they are familiar. Exposure to new ideas creates options. Options create empowerment.

You don't need to change the world overnight. You just need to do something different today—and share it.

*We are the early tremors—the rumble before the quake.*

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## BOYCOTTS THE POWER TO SAY NO!

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### What Is Legal: Boycotts, Picketing, and Protest

Participating in a consumer boycott is a legal option. You can choose not to spend money on certain corporations and encourage others to do the same. The First Amendment protects this as free speech.

Picketing a business is also legal, as long as it is peaceful, does not obstruct traffic or entrances, and does not involve threats or violence. However, laws vary by city and state, and some localities require permits.



Public protest is a constitutionally protected right—but exercising that right comes with risks. You can legally demonstrate in public spaces, carry signs, and express your views. But police often use vague charges like “disorderly conduct” or “failure to disperse” to break up protests.

*“Non-cooperation with evil is as much a duty  
as is cooperation with good.”  
— Mahatma Gandhi*

### Coordinated Individual Non-Participation.

A general strike is not solely about withholding labor. A mass movement of coordinated individual non-participation refers to a collective action where a large number of people choose to refrain from participating in certain activities, events, or systems in a coordinated way. This could be done as a form of protest, resistance, or to bring attention to a particular cause or issue.

It is also about withdrawing financial and consumer support from corporations that benefit from systemic exploitation. Economic non-participation can take the form of organized boycotts, refusal to cross picket lines, or even digital resistance, such as avoiding ad-driven platforms that profit from user data.

In this scenario, each individual makes a personal choice not to participate, but a common goal unifies their actions. Unlike a traditional protest where people might physically gather or demonstrate, this type of movement relies on the collective power of non-participation—such as boycotts, strikes, or social media campaigns—where the absence of involvement sends a message of discontent or demands change.

Furthermore, divestment campaigns—such as those targeting fossil fuel companies or student loan servicers—demonstrate that economic pressure can shape public discourse and corporate behavior. A general strike expands on this logic by uniting labor withdrawal with targeted economic disruption.

### **Targeted Boycotts Have Been Successful in the Past,**



In 1955, Black residents in Montgomery, Alabama, launched the Montgomery Bus Boycott—one of the most iconic acts of civil resistance in American history. For over a year, they walked, carpooled, and sacrificed convenience to strike a blow against segregation, ultimately forcing the city to desegregate its buses.

Decades later, a global boycott of Nestlé began in 1977 to protest the company's aggressive and unethical marketing of infant formula in developing nations. This effort sparked widespread awareness and continues to do so to this day.

Similarly, the South African Divestment Movement of the 1980s demonstrated to the financial world that conscience could be louder than profit. When universities and pension funds began pulling investments from apartheid-linked companies, the global pressure helped bring an end to one of the most brutal regimes of racial oppression.

Currently, a boycott of Tesla Motors appears to be contributing to a noticeable decline in the company's sales. While some speculate that product concerns or mechanical issues may play a role, growing evidence suggests that public backlash against the CEO's controversial behavior and public statements is a driving factor. Many former customers are choosing to walk away, signaling that brand values—and leadership—matter.

*Editor's note: Incidents of vandalism against private vehicles or company property undermine the strength and legitimacy of the boycott. Nonviolent economic resistance remains the most powerful and principled path forward.*

Coordinated individual non-participation —whether it's targeting a specific company, industry, or the economy as a whole—requires a series of deliberate and strategic actions. While individual non-participation may seem like small actions on their own, when coordinated effectively, they can send a powerful message and create significant pressure for change.

These examples remind us that collective refusal to consume is not just symbolic—it's strategic, and when coordinated, it can shake the pillars of injustice.

## How to Choose Who to Boycott

### Follow the Money:

Large corporations often funnel money into lobbying efforts and political campaigns that directly undermine labor rights, climate action, and economic justice. Use [OpenSecrets.org](https://www.opensecrets.org) to trace political donations, or simply search “[Company Name] political donations” to see where their loyalties lie.

### Vet Their Values:

Go beyond the marketing. Read the "About Us" or blog sections of a company's website. Look for language around union support, fair labor practices, ethical sourcing, diversity and inclusion, and environmental sustainability. Silence speaks volumes. If a company isn't talking about these values, chances are they're not living them.

### Use Ethical Directories:

Tools like the [B Corporation Directory](https://www.bcorporation.net) or [Buycott](https://www.buycott.org) help you discover businesses that align with your values. You can also look for union labels, cooperative models, or products certified for fair trade and sustainability.

## **Ask Directly:**

Don't be afraid to send a message. Email or call a brand and ask:

- “Do you work with unionized labor?”
- “Do you support ethical sourcing and environmental standards?”
- “Have you ever produced materials for political campaigns or activist causes?”

You might not get a perfect answer, but even asking signals to the company that consumers are watching.

## **Look for Endorsements:**

Support companies that are endorsed by labor unions, mutual aid groups, or social justice coalitions. Many organizers maintain “strike-safe” lists or ethical business directories. Seek out those recommendations—and share them widely.

## **This Isn't Just About Boycotting—It's About Rebuilding**

Every time you say “no” to an exploitative corporation, ask yourself: What can I say “yes” to instead? Local farmers. Worker-owned cooperatives. Independent creators. Mutual aid networks. Ethical brands that walk the talk.

## **Economic Non-Participation Tactics**

*What if the most powerful action is coordinated inaction?*

*What if the loudest voice were a million silent “no’s”*

Once a company has been identified for coordinated individual non-participation, (making it difficult for the targeted system or institution to function as usual, leading to possible political, social, or economic pressure) Here are several actions you can take individually or with a group to send a message that it is time for a new way to do business in America.

## **Using your money and time as tools of resistance**

In a system driven by profit, your money and time are powerful tools of resistance. Every dollar you withhold from exploitative corporations, every hour you refuse to spend fueling unjust systems, sends a clear message: you will not be complicit. Redirecting your resources toward mutual aid, local cooperatives, or grassroots efforts strengthens the very networks that challenge the status quo. Choosing how

and where to invest your energy isn't just personal—it's political. When coordinated with others, these choices become a form of economic disobedience that can disrupt power and build a more just future.

## **Resist**

### **Withdraw from Labor or Commercial Transactions**

Workers can refuse to engage in certain activities within their jobs or even choose not to work altogether. This might take the form of a full strike, a slowdown, or a refusal to perform specific tasks. Those employed in industries such as logistics, retail, or transportation can also leverage their roles to disrupt supply chains and reduce a company's ability to operate efficiently—applying pressure without confrontation.



### **Reduce Economic Activity (General Strike)**

A general strike typically involves collective work stoppages and intentional reductions in economic activity. People may choose to stop working entirely for a day or more, or participate in coordinated efforts, such as "buy nothing" days, where consumption is significantly reduced. These actions, while simple, can have wide-reaching economic effects when practiced en masse.

### **Organize Flash Protests or Quiet Resistance**

Flash protests or silent demonstrations can be organized in workplaces, public spaces, or even digitally. These moments of quiet resistance may include wearing protest messages, observing minutes of silence, or digitally blacking out profiles to communicate a shared cause. Online petitions and mass email campaigns also offer ways for people to resist quietly yet visibly, contributing to a larger sense of coordinated dissent.

## **Unite**

### **Public Shaming and Awareness Campaigns**

Participants can utilize social media platforms such as Twitter, Instagram, and TikTok to raise awareness about a company's harmful practices and demand accountability. This can involve launching hashtags, creating viral content, or sharing educational graphics to promote understanding and engagement. Additionally, petitions, open letters, and even physical or digital signage—such as

posters or public art—can enhance the campaign's visibility and motivate others to take action.

### **Publicize Individual Non-Participation**

Sharing personal stories of boycott, divestment, or other non-participation actions can inspire others to take similar actions. Posting these actions on social media, in community groups, or during local events creates a ripple effect. Organizing events like “buy nothing” days, mutual aid fairs, or protest vigils within specific communities reinforces the message and builds solidarity at the grassroots level.

### **Refuse to Support Political Donations or Lobbying Efforts**

Individuals can revoke their financial support from political candidates, lobbying organizations, or causes that are aligned with harmful corporate or industrial interests. Organizers may also choose to create public pledges, allowing others to formally commit to withholding campaign contributions or other forms of political support tied to unethical entities.

### **Defund and Divest**

#### **Boycott Specific Products or Services**

Individuals can choose to stop purchasing goods or services from companies that are known for unethical labor practices, environmental damage, or exploitative pricing. In addition to personally avoiding these businesses, participants can publicize the boycott by spreading awareness on social media, through word of mouth, or by distributing flyers. The goal is to build collective momentum and encourage others to join in economic non-participation.

#### **Utilize Digital Non-Participation**

In the case of companies that operate primarily online—such as social media giants or tech conglomerates—individuals can boycott by refusing to use their platforms or services. Additionally, people can withhold digital spending by not purchasing online goods, ad-free subscriptions, or in-app services, thereby reducing revenue to those targeted corporations.

#### **Divestment**

Individuals can withdraw investments—such as selling off stocks or retirement funds—that are tied to a company or industry they aim to pressure. This tactic is especially effective in sectors like fossil fuels or private prisons, where moral and financial objections often align. Encouraging others to divest alongside you

magnifies the impact, signaling broad dissatisfaction and pushing for corporate or institutional change.

## Strategic Delay in Payments to Creditors

Just as corporations delay paying suppliers to maintain cash flow and gain leverage, individuals and households can temporarily disrupt financial norms to keep resources circulating for their household needs during a strike. This form of monetary slowdown, especially when accompanied by widespread participation, suggests that economic cooperation is not guaranteed when the system fails to serve the people.

Delaying payments can serve as a powerful form of economic non-participation when coordinated thoughtfully. Rather than defaulting recklessly, this tactic involves intentionally slowing or withholding payments on credit cards, loans, or corporate accounts—not out of negligence, but as a calculated form of pressure.

 *Caution: Delaying payments may negatively impact your credit score and could result in fees, interest, or collections. Consider consulting a financial advisor before considering this step.*

*When debt becomes a tool of control,  
Delayed payment becomes a tool of resistance.*

## Reduce Consumerism and Buy from Ethical Alternatives

Participants can redirect their purchasing power toward businesses that align with their values, such as worker-owned cooperatives, local shops, or environmentally sustainable brands. By choosing ethical alternatives over large corporations, individuals not only protest exploitative systems but also actively support models that prioritize the welfare of people, the planet, and the community.



*“We will spend our money in our own community.  
We will support those who support us.”  
— Malcolm X.*

## What Boycotts and Protests Are Happening Now

The movement for economic justice is growing louder—and more organized. Right now, across the country, workers, consumers, and everyday people are coming together to say enough. This [calendar](#) highlights active boycotts, protests, and solidarity actions happening in real time. From national walkouts to targeted brand boycotts to local rallies demanding fair wages and accountability, each event listed here is part of a larger fight to challenge corporate exploitation and systemic injustice. These are not random moments of outrage—they are coordinated acts of resistance. Use this space to stay informed, get involved, and support the people on the front lines. Change doesn't wait—and neither should we.

Visit [GeneralStrike.net](https://GeneralStrike.net) to explore the calendar of upcoming events and learn how you can join others taking action to reclaim the American dream for the middle class.

### Challenges to Consider

**Coordinating Non-participation:** Organizing large-scale individual non-participation can be a challenging task. Effective communication and coordination through social media, community networks, or even encrypted communication channels will be critical.

Non-participation needs to be sustained over time to have a meaningful impact, whether it's a boycott, strike, or another form of resistance. The success of such a movement relies on building a network of people who share the same goals and are committed to making sacrifices for the collective good.

Ultimately, coordinated individual non-participation is about recognizing the power each of us holds when we stop fueling the machine. It transforms passive discontent into active resistance. By refusing to buy, to work, to engage, or to be silent, we declare that our lives, labor, and voices are not for sale. This is how movements grow—not always with noise, but with the echo of absence.

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## PROTEST

### KEEP IT PEACEFUL TO MAKE IT PERSUASIVE!

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Peaceful protest remains one of the most powerful tools for change in America. From Rosa Parks' refusal to give up her bus seat in 1955 to the mass demonstrations after the murder of George Floyd in 2020, nonviolent resistance



has forced the country to confront its injustices. These actions weren't born from planned campaigns—they erupted from moments when collective moral outrage

reached a tipping point.

An actual general strike, if it happens, is likely to emerge the same way—not from a date on a calendar, but from a shared sense that the people can no longer carry the weight of systemic injustice. And when it happens, maintaining a commitment to nonviolence will be essential. Not only does it reduce harm, but it keeps the movement grounded in moral clarity and public legitimacy.

There will always be those who seek to provoke violence—whether infiltrators, opportunists, or counter-protesters. Do not take the bait. The strength of a general strike lies not in chaos, but in order, clarity, and courage. Even those within the movement can allow the anger and disgust to turn to violent thoughts. We must be diligent in turning that anger into productive action to avoid being drawn into a scenario that leads to martial law.

We are not here to destroy. We are here to withdraw. To disrupt peacefully. To refuse exploitation. To build something better.

Safety—physical, digital, and emotional—is not just personal; it is essential. It is a political act of care. It keeps the movement alive when the system wants it silenced.

Together, we can resist without becoming the very force we're fighting. And together, we can win.

## Legal Rights, Risks, and Challenges

One of the most significant obstacles to organizing a general strike in the United States is the country's labor law regime. The National Labor Relations Act protects some forms of concerted activity, but only within specific, narrow contexts and only for unionized workers. General strikes, which fall outside of traditional collective bargaining channels, may leave participants vulnerable to termination or legal penalties.

However, workers are not without protection. The First Amendment guarantees freedom of speech and assembly, and labor lawyers are increasingly offering "Know Your Rights" seminars to help activists navigate the legal landscape. For example, the National Lawyers Guild has produced comprehensive guides for protesters and strikers, and groups like Labor Notes regularly train organizers on minimizing risk.

Other organizations offer legal observers, Know Your Rights training, and jail support. Learn your rights before taking action. *Note: Having a legal observer present does not prevent arrest or legal consequence—they are there to document, not intervene.*



The ACLU has a great article about your rights. You can find it [here](#) for your review.

## Staying Anonymous in the Age of Digital Recognition

### What Is Facial Recognition and Where Is It Used?

Facial recognition is a biometric technology that uses algorithms to match facial features captured by cameras with images in a database. It's commonly found in airports, shopping malls, government buildings, police surveillance systems, and even smartphones. These systems are often integrated into public CCTV networks and social media platforms, making it increasingly difficult to move through urban areas without being scanned.

### How to Avoid Facial Recognition

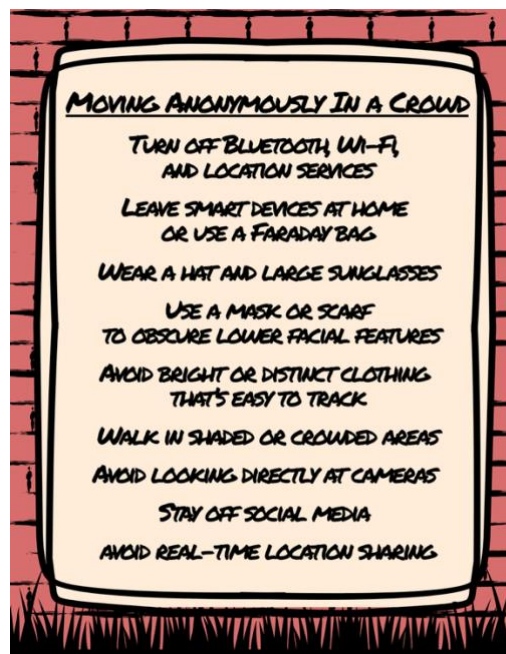
To reduce your facial visibility, wear items that disrupt key biometric points. Hats, sunglasses, and masks can help, although some systems now adjust for these. Makeup techniques (such as "CV dazzle") or infrared LED arrays can also confuse AI systems. Additionally, privacy-enhancing wearables can also hinder the

operation of AI systems. Avoid looking directly at surveillance cameras and opt for areas with low camera coverage.

Digital tracking and software are also monitoring other biometric measurements to identify citizens. Height, weight, and even the way you walk are being analyzed, digitized, and weaponized against every American every day.

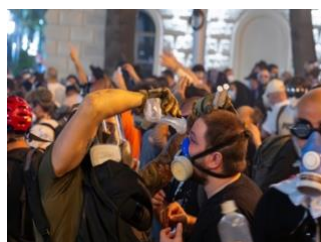
### Location Tracking via Wireless Devices

Even without a camera, your phone and wearable tech can give you away. Devices constantly send out signals (such as Bluetooth, Wi-Fi, and cellular) that can be used to identify and track you. These signals often include unique identifiers, such as MAC addresses, allowing systems to link your digital identity to your physical location, even if your face is obscured.



### Staying Physically Safe During Protests

Physical safety at protests is equally critical. America's labor history shows how brutal power responds to disruptions. The state has often used force to suppress labor uprisings. Understanding this history helps today's activists prepare for similar risks. Public protest should always be approached with intention.



Participants should travel in groups, carry identification, pack essentials such as snacks, water, first aid, and necessary medications, and write their legal aid numbers on their bodies in permanent ink. Protective gear such as goggles and masks can help defend against tear gas or surveillance, and avoiding identifiable clothing can help maintain anonymity. Many protests now include volunteer marshals, street medics, and legal observers who support crowd safety and help de-escalate situations.

Protesting is a powerful expression of collective voice—but it also comes with real risks. Law enforcement, counter-protesters, surveillance, and environmental

hazards can quickly escalate a peaceful demonstration into a dangerous situation. That's why preparation is essential. Knowing your rights, traveling in groups, and planning are not signs of paranoia—they're acts of self-preservation and solidarity. Protesters should always be aware of the layout of their protest site, know exit routes, and stay connected with others. Choose non-identifiable clothing, avoid flashy accessories, and carry only essentials to minimize exposure.

Safety is not just about protecting yourself—it's also about protecting your community. A well-prepared protester is an asset to those around them. Whether you're new to activism or a seasoned organizer, your gear can mean the difference between calm and chaos. Resistance thrives when care is collective, and in the streets, your backpack becomes your lifeline.

While the legal risks are real, so are the long-term costs of inaction. Many workers already face job insecurity, wage theft, and unsafe working conditions under the current capitalistic system. The decision to strike, for many, is less a choice and more a reflection of desperation—when the status quo is intolerable, the law becomes only one factor in the equation.



*“Protest beyond the law is not a departure from democracy;  
It is absolutely essential to it.”  
— Howard Zinn*

The laws we live under today were designed to keep workers divided, fearful, and compliant. But knowing your rights—and where the system tries to limit them—is the first step toward changing the rules entirely.

A general strike may be difficult. It may even be messy. However, when the law prioritizes wealth over justice, civil disobedience becomes a moral necessity.

When enough of us say no, the system has to listen.

# Protester Safety:

## What to Bring

### Basic Safety & Security

- Comfortable, nondescript clothing (no logos or bright colors)
- Face mask or covering (for anonymity and tear gas protection)
- Goggles or shatterproof glasses (to protect eyes from irritants)
- Hat and gloves (weather-dependent and useful for protection)
- Identification (ID card in a Ziplock or waterproof pouch)
- Cash (small bills, in case of emergencies)
- Written legal aid phone number (on your body with a permanent marker)

### Medical & First Aid

- Small first aid kit:
  - Band-aids
  - Antiseptic wipes
  - Gauze & tape

- Pain relievers

- Water bottle (stay hydrated and rinse eyes if needed)
- Snacks or energy bars
- Electrolyte powder
- Prescription medications (minimum 24-hour supply)
- Saline solution or water bottle (for flushing eyes from tear gas)
- Inhaler (if you have asthma or respiratory issues)

### Communication & Navigation

- Fully charged phone (with privacy settings and location off)
- Portable battery or power bank
- Map of the area (paper backup if phone fails)
- Earplugs (to protect from sound cannons or loud environments)
- Emergency contact list (written, in case phone is lost)

## What to DO

- Comfortable, nondescript clothing. Attend protests with a buddy system. Don't go alone.
- Write a legal hotline number on your arm in permanent marker.
- Bring eye protection (goggles) and a face covering (for both anonymity and protection against tear gas).
- Carry a basic protest kit: water, snacks, ID, first aid, cash, and necessary meds.
- Avoid wearing contacts (tear gas can make them hazardous) or anything that identifies you, such as name tags.
- Stay near protest marshals, medics, and legal observers (often wearing color-coded vests).
- Keep your hands free and your route planned—know how to exit if needed.

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## STRIKE

### THE POWER OF CONSUMER LED RESISTANCE!

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### When customers take a stand

The idea of a general strike isn't new. It's not theoretical or abstract. It's a time-tested tactic rooted in real, messy, courageous history. From laborers in the fields to students at lunch counters, everyday people have used collective refusal to shake the foundations of power. But general strikes haven't always been confined to the workplace. In some of the most iconic campaigns for justice, it was consumers—not just workers—who took to the streets, stood outside storefronts, and said, "We will not support this system any longer."

### Woolworth's Lunch Counter

One of the most potent examples began in 1960 at a Woolworth's lunch counter in Greensboro, North Carolina. Four Black college students, dressed neatly and speaking politely, sat down in a "whites-only" section and refused to leave after being denied service.



They weren't employees. They weren't union members. They were customers—but their quiet act of resistance sent shockwaves across the nation. As the sit-in movement spread, so did community boycotts.

Black customers stopped shopping at Woolworth's entirely, using their economic power to demand change. These sit-ins were carefully planned. Protesters trained to remain calm and nonviolent under abuse. Organizers made sure the media were there to document every punch, every slur, every injustice—turning public opinion against segregation. After six months of

relentless protests and economic withdrawal, Woolworth's was forced to desegregate. This wasn't just a victory for civil rights—it was a masterclass in coordinated refusal.

## United Farm Workers

Five years later, on the other side of the country, another form of general strike unfolded—this time in the fields of California. In 1965, grape workers—many of them Filipino and Mexican—walked off the job to protest low wages and brutal conditions. With the help of organizers like César Chávez and Dolores Huerta, the United Farm Workers union launched a nationwide consumer boycott of table grapes. Shoppers were asked not to buy grapes until growers negotiated in good faith. What began as a farm strike turned into a massive, national economic campaign.



Protesters picketed grocery stores. Faith groups and universities joined the call. Flyers were handed out in front of supermarkets. Celebrities like Joan Baez and Paul Newman lent their support. This wasn't a fast win. The grape boycott lasted for years. But by 1970, it forced growers to recognize the union and agree to fair contracts. This wasn't just about grapes. It was about dignity. It was about solidarity between consumers and workers. It was proof that people who never touched a grapevine could still help break the chains of exploitation.

## Chicago Car-Lot Protests

Fast forward to the 1990s in Chicago, and another wave of consumer resistance took hold—this time outside car dealerships. Black and Latino customers discovered they were being charged higher interest rates and prices than white buyers for the identical vehicles. When legal channels failed to bring justice, communities turned to protest. Customers picketed dealerships with signs that read “DON'T BUY HERE – THEY SCAM BLACK FAMILIES.” They organized weekend marches during peak business hours. They spoke to the media. And they took their fight online—leaving honest

reviews, sharing their stories, and flooding public platforms with digital resistance.

These weren't unions. These weren't formal activists. These were people who had been burned—and decided to strike back. Eventually, some dealerships faced lawsuits, fines, and public backlash so strong that they were forced to change. The protests also ignited a broader conversation about economic racism and systemic fraud in lending practices.

Across all of these examples—Woolworth's, the grape boycott, and Chicago car lot protests—a pattern emerges. First comes the injustice. Then comes the refusal. And then comes the organizing. These victories didn't happen overnight. They weren't just spontaneous. They were the result of persistent, disciplined action, coordinated messaging, and the willingness to withhold participation—whether that meant sitting at a counter, skipping a grocery aisle, or confronting a business face-to-face.

The tactics were often simple: picketing with clear signs, distributing flyers, organizing boycotts, and spreading the message through media or word of mouth. But their simplicity was their power. Because at the heart of every general strike—past or future—is one truth: the system only works if we keep feeding it.

You don't have to be a union member to be part of this history. You don't need a picket sign to make an impact. Every act of economic refusal—every canceled subscription, every company you walk away from, every dollar redirected toward ethical alternatives—is part of the strike. This is what makes a general strike more than just a workplace stoppage. It's a movement of people who have finally decided that they will no longer fund their oppression.

These stories show us that victory doesn't begin in boardrooms or courtrooms—it starts with people who are tired of being stepped on, and bold enough to stop cooperating. When workers strike, they demand justice. When customers strike, they enforce it. And when both move together, they change the world.

## The Power of Refusal and the Urgency of Now

The current system thrives on our compliance—on our willingness to work harder for less, to spend more to survive, and to accept injustice as a given. But that compliance is not inevitable. We can withdraw it. Through coordinated non-participation, mutual aid, digital resistance, and economic disruption, we can create the cracks that will eventually shatter this rigged machine.



A general strike is not just about halting labor—it's about reclaiming our agency in a system designed to extract and discard us. It's about refusing to fund corporations that poison our communities, pay starvation wages, or bankroll political corruption. It's about building solidarity across race, class, and geography—

and equipping ourselves, not just to survive, but to transform what comes next.

But this kind of change doesn't begin in the streets. It starts in your home, in your budget, in your conversations, and in your community. History has shown us that real uprisings are rarely planned—they erupt when everyday people decide they've had enough. That moment is coming. And when it does, those who are prepared will be the ones who carry it forward.

## Different Types of Nonviolent Protest

### Quiet Quitting

Quiet quitting isn't laziness—it's labor refusal in disguise. It's the decision to stop giving 110% to a system that gives you nothing back—no more staying late without pay. No more bending over backward for companies that treat workers like replaceable cogs. Quiet quitting is what happens when people realize that their worth isn't tied to productivity metrics or performance reviews. It's a strategic slowdown; a silent protest wrapped in professionalism. By doing only what's required—nothing more, nothing less—workers send a powerful message: I'm not feeding a system that feeds on me.

In a country where job insecurity is rampant and burnout is often worn as a badge of honor, quiet quitting emerges as a low-risk, high-impact form of resistance. It denies the bosses the free labor they've come to expect. It exposes how much they rely on unspoken sacrifice to keep profits high and costs low. When practiced collectively, quiet quitting can disrupt workflow, stall growth, and force employers to confront the human cost of exploitation. You don't need a picket line to strike—sometimes all it takes is reclaiming your time, your energy, and your boundaries.

### Sick-Out Strike

A sick-out strike is a form of collective, nonviolent protest in which workers call in sick en masse to disrupt operations without formally declaring a strike. Often used in sectors where traditional strikes are restricted or prohibited—such as public schools, transportation, or

healthcare—sick-outs enable workers to withdraw their labor while mitigating some of the legal risks associated with formal walkouts. By leveraging the right to take personal or medical leave, sick-outs create sudden staff shortages that force management to respond, whether by canceling services, negotiating demands, or addressing unsafe or unfair working conditions. These actions are especially effective when organized discreetly and coordinated across departments, showing the power of collective absence in workplaces where even one missing worker can throw everything off balance.

 *Legal Note: Coordinated action like slowdowns, sick-outs, or mass absenteeism may violate employment contracts or labor law depending on context. This guide does not endorse unlawful workplace disruption.ng on context. This guide does not endorse unlawful workplace disruption.*

### Sit-In & Sit-Down Strikes

Sit-in and sit-down strikes are potent forms of nonviolent protest in which activists physically occupy a space and refuse to leave until their demands are met. While the terms are often used interchangeably, there are key distinctions—and different legal implications—you should understand.

A sit-in typically occurs in a public or semi-public space, such as a store, government building, or workplace lobby. Protesters sit down and peacefully refuse to leave, often drawing public attention to social or economic injustice. Sit-ins are visible, symbolic, and designed to disrupt business as usual without confrontation.



A sit-down strike occurs when workers remain at their job sites but stop working, occupying their workspace to prevent management from continuing operations or bringing in replacement labor (scabs). This tactic physically blocks production without damaging property or leaving the site.

 *Legal Note: Sit-in strikes in public spaces may be legal or civilly disobedient depending on location, permits, and conduct. Sit-down strikes are generally considered illegal under U.S. labor law, particularly when they violate union contracts or workplace rules. Mentioned here for historical education only—not as a call to action.*

## **Client Quitting: Turning the Tables on Exploitation**

For freelancers, gig workers, and service professionals, the traditional strike model doesn't always apply—but that doesn't mean they're powerless. One of the most effective forms of resistance available to independent workers is client quitting—the deliberate refusal to serve exploitative, underpaying, or unethical clients. This is more than just walking away from a bad job; it's a calculated form of economic non-cooperation. By collectively refusing to provide labor to companies that undercut wages, ignore boundaries, or refuse to raise rates, workers reclaim their value and disrupt the status quo.

Client quitting flips the power dynamic. It sends a message that your labor is not disposable, and your dignity is not negotiable. Whether you're a delivery driver rejecting app gigs that don't meet minimums, a designer refusing unpaid revisions, or a therapist dropping an exploitative agency client, your decision to walk away is an act of courage—and strategy. When done in coordination with others, client quitting can expose abusive systems, foster worker solidarity, and create space for ethical and sustainable alternatives. In

a system that profits from your silence, saying “no” is a radical first step toward something better.

## Flash Protests

Flash protests are the protest strategy of the digital age—fast, focused, and unpredictable. These are brief, unannounced demonstrations that appear suddenly in a strategic location, make their point, and vanish before law enforcement or security can respond. Think of them as political lightning strikes: sharp, disruptive, and unforgettable.

Organizers use encrypted apps like Signal or Matrix to coordinate a small group of participants who gather at a specific time and place. They might

 *Legal Note: Participants in any protest activity are encouraged to comply with local ordinances and avoid engaging in actions that may lead to arrest or injury. Always verify local laws regarding gatherings and demonstrations*

chant, read a statement, hold signs or banners, and film the protest—all in the span of just a few minutes. Then, they disperse in different directions, avoiding arrest or escalation. Flash protests are instrumental in high-surveillance areas or

places where large gatherings are challenging to sustain.

These tactics are being used by labor organizers, tenants’ rights groups, climate activists, and social justice movements to draw attention to urgent issues with minimal risk and maximum visibility. In an era of digital documentation and viral content, a powerful flash protest can spark national conversation—even if it only lasts five minutes.

In a society built to suppress dissent, flash protests offer a creative, low-barrier way to speak truth to power. They don't require large numbers or big budgets—just courage, coordination, and the will to show up, even briefly, in defiance of the status quo.

## The Stay-cation Strike

If a general strike or some other events were to escalate to the point of triggering martial law or curfews, public assembly could become dangerous or impossible. That’s where a “stay-cation strike” becomes a powerful tool in

 *In the event of martial law or emergency curfews, participants must follow all local, state, and federal regulations.*

preparation. In this model, people would withdraw labor, spending, and attention from mainstream systems—refusing to shop, work, or participate in everyday economic life. Staying home becomes resistance. People would rely on their strike preparation, which included cooking at home, conserving resources, reducing consumption, and investing time in mutual aid and political education. Far from passive, a stay-at-home strike can disrupt supply chains, labor productivity, and consumer spending—all pillars of corporate control.

The term “staycation strike” refers exclusively to lawful, home-based, and nonviolent acts of civil non-participation.

If state or federal governments attempt to declare martial law, public protests could become nearly impossible to conduct. In such scenarios, the strike must adapt—going from public squares to private homes.

This is where the concept of a “staycation strike” becomes powerful through non-violent, passive, and lawful forms of home-based resistance:

- Refuse to work remotely or in person.
- Don't engage in non-essential shopping.
- Cook at home, reduce energy use.
- Keep money circulating locally.
- Connect with others via encrypted apps for coordination and emotional support.
- Use free time for political education, community building, and direct mutual aid.

A stay-at-home strike doesn't mean doing nothing. It means doing everything except fueling the system.

*The Power is in the Peace*

## What to Do If You Encounter a Strike

When you come across a strike—whether outside a workplace, on a picket line, or in your community—your response matters. The most important thing you can do is respect the line. Don't cross it, even if it's inconvenient. That line represents courage, sacrifice, and often someone's livelihood. Honoring it means standing with workers who are risking everything to demand fair treatment.



If you're unsure what the strike is about, ask a picketer respectfully or look it up online. Many strikes are organized by unions or worker coalitions that provide public updates on their demands and outline how others can support them.

Beyond not crossing the picket line, you can take action in small but powerful ways. Bring water, snacks, or hand warmers to striking workers. Share their story on social media. Offer to run errands or babysit for a friend who's on strike. Donate to their strike fund if one exists. These acts may seem small, but they build morale and solidarity. Remember: strikes don't win because workers suffer in silence—they win when communities show up, speak out, and make it clear that exploitation is no longer business as usual.

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## **MOBILIZING THE MASSES THE LEGACY OF NON-VIOLENT RESISTANCE!**

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### **Setting the Stage: Conflict and Convergence**

Within every movement, there is tension. Some people argue that only a militant uprising will bring real change. Others believe that disciplined, peaceful non-cooperation has greater power to win lasting victories. Both approaches stem from a deep-seated frustration with injustice, but they carry different risks and outcomes.

Historical evidence suggests that nonviolent movements are often more effective in mobilizing large numbers of people. They make it harder for elites to justify violent repression and easier for the public to identify with the cause. If the goal is not only to resist but to win, then it is worth understanding how nonviolent non-cooperation has worked in the past and how it can be practiced today.

### **The Legacy of Nonviolence**

Non-violent movements for social change have played a pivotal role in reshaping societies worldwide. These movements rely on peaceful methods, such as protests, civil disobedience, and passive resistance, rather than the use of force or violence. Throughout history, non-violent movements have successfully challenged oppressive systems, fought for civil rights, and promoted justice and equality. The philosophy behind these movements often draws inspiration from moral or religious principles, emphasizing the power of love, truth, and non-retaliation as tools for social transformation.



Mahatma Gandhi's leadership in India's struggle for independence demonstrated how truth and peaceful defiance—what he called satyagraha—could dismantle a colonial empire without resorting to violence. Through actions like the Salt March and nationwide strikes, Gandhi demonstrated that moral courage could outmatch brute force. His philosophy didn't just liberate a nation—it inspired a global movement.

Dr. Martin Luther King Jr., deeply influenced by Gandhi, brought that same spirit to the American Civil Rights Movement. From the Montgomery Bus Boycott to the March on Washington, King employed peaceful protest to expose the cruelty of segregation and awaken the nation's conscience. His dream of a just society was powered not by violence, but by dignity, discipline, and resolve.



In South Africa, Nelson Mandela's long journey from prisoner to president further proved that even after decades of systemic violence, reconciliation through nonviolence could rebuild a nation. These leaders remind us that lasting change doesn't always come with a roar—sometimes, it begins with the quiet, unshakable refusal to accept injustice any longer.

The common thread is clear: governments and corporations depend on the obedience and cooperation of ordinary people. When enough people withdraw that cooperation, even the strongest systems begin to falter.

*When militarized police attack peaceful crowds,  
The contradiction becomes impossible to ignore*

## Modern Expressions of Nonviolent Non-Cooperation

Today, new forms of non-cooperation are emerging, adapted to the challenges of a capitalist, digital, and globalized system. These include:

- Workplace actions: walkouts, sickouts, work-to-rule campaigns, and slowdowns.
- Consumer actions: boycotts of exploitative corporations, shifting money to credit unions and co-ops, and refusing to buy products tied to injustice.
- Digital actions: mass log-offs, reducing engagement with corporate platforms, supporting independent and open-source networks.
- Housing and debt actions: rent strikes, coordinated debt refusal, and mutual aid to replace dependence on landlords or lenders.
- Coordinated refusal days: symbolic actions where people collectively stop working, shopping, and scrolling to demonstrate power.

Maybe you've seen these tactics in your area. If you haven't yet, you will.

## Personal and Collective Action

Non-cooperation often begins at the personal level, with small choices to step away from exploitative systems. Canceling a corporate subscription, moving money to a credit union, or refusing to use surveillance platforms are individual acts of resistance. However, when these actions are done alone, they can be dismissed as lifestyle choices. The real strength lies in taking these actions collectively, coordinated across neighborhoods, workplaces, and entire communities. A single person refusing can be ignored. A million people refusing can bring the system to a halt.

## Why Nonviolent Non-Cooperation Works

Nonviolent action is not passive—it's rooted in courage, discipline, and unity. Its power comes from being inclusive. People of all ages, abilities, and resources can participate, allowing for much larger mobilizations than any violent uprising could ever sustain. Non-cooperation disrupts the economic systems that exploitative regimes rely on, and it also shifts public opinion in favor of the movement. When repression occurs, it appears unjust and

excessive to the general public, often increasing sympathy and support for the cause.

## Challenges and the Discipline Required

Choosing nonviolent non-cooperation does not mean taking the easy road. It is challenging work. Frustration increases when progress feels too slow, and the temptation to turn to violence can split a movement. Maintaining refusal requires open communication, solidarity, and trust among diverse groups. Participants need support networks, such as mutual aid, to endure the hardships of extended non-cooperation. Most importantly, movements must remain disciplined in the face of provocation, understanding that their strength lies in numbers and in moral clarity.



## A Practical Toolkit for Non-Cooperation

There are many practical ways people can begin to practice nonviolent resistance today:

- Everyday practices: cash-only days, collective unsubscribes, supporting co-ops, and symbolic sit-ins.
- Workplace tactics: slowdowns, work-to-rule campaigns, and coordinated sickouts.
- Community actions: neighborhood assemblies, ride-shares or bike strikes, and the creation of local strike funds.
- Symbolic refusals: coordinated silences, wearing movement symbols, or mass absenteeism on key dates.

## Training camp for the General Strike

Every act of non-cooperation is a rehearsal for the general strike. Each boycott, each coordinated refusal, and each act of mutual aid builds the habits, the confidence, and the networks we will need when it is time to stop

the machine entirely. Nonviolent non-cooperation is not the endpoint. It is the training ground for the next stage of struggle.

And that struggle is not ours alone. Across the country and around the world, organizations are already mobilizing energy, people, and resources toward the same goal. The task before us is to connect with them, learn from them, and align our efforts so that isolated sparks become a movement too powerful to ignore.

### **Nonviolent Protest: America's Enduring Strategy for Change**

The truth is, nonviolent non-cooperation is only as strong as the networks that sustain it. One person can boycott or refuse, but only coordinated communities can transform refusals into victories. This is why no single movement can carry the weight of a general strike alone. To succeed, we must connect with others who are already building momentum in their own way—labor groups, grassroots coalitions, mutual aid networks, and digital movements. Each brings different strengths, tactics, and energy, but together they form the web of solidarity that can make the impossible possible. The next step is to recognize these organizations, learn from their work, and explore how we can move with them as part of a shared struggle for justice.

*Legal, peaceful action is not weakness—it is strength with discipline.  
It's how ordinary people become moral authorities in the public eye.*

### **Organizations Building Solidarity and Support Networks**

The power of nonviolent non-cooperation grows when it is shared, connected, and reinforced across communities. If you're reading this, it's likely because something in your gut tells you: we can't do this alone. You're right. Real change doesn't come from individual outbursts; it comes from collective action, rooted in shared purpose and mutual support. But how do you find your people in a system built to keep us fragmented, exhausted, and isolated?

*You are not alone. You are not powerless.  
You are the system they fear most:  
Organized, aware, and done with being taken advantage of.*

The truth is, nonviolent non-cooperation is only as powerful as the networks supporting it. One person can boycott or refuse, but only coordinated communities can transform refusals into victories. That's why no single movement can carry the weight of a general strike alone. To succeed, we must connect with others who are already gaining momentum in their own ways—labor groups, grassroots coalitions, mutual aid networks, and digital movements. Each offers different strengths, tactics, and energy, but together they create the web of solidarity that can make the impossible possible. The next step is to recognize these organizations, learn from their efforts, and find ways to work with them as part of a common struggle for justice.

Below are five significant efforts actively working toward a more just, democratic, and human-centered society. Each offers a different entry point for building or joining a solidarity network, whether you're organizing in your neighborhood or participating in a global movement. These are some. There are many more.

*The inclusion of other organizations on this website is for informational purposes only. The presence of any group does not imply endorsement or affiliation. These organizations are featured because of their relevance to the topic discussed. The views and opinions expressed by these organizations are their own and do not necessarily reflect those of this website or its creators.*

## Occupy Wall Street — The Moral Spark

Occupy Wall Street may no longer have tents in Zuccotti Park, but its energy endures in every movement that challenges inequality and corporate power. Occupy brought the 99% into public consciousness and modeled how direct democracy and consensus-based organizing can shake the system.



Why they matter: Occupy is the spiritual ancestor of many current justice movements. If your work is rooted in anti-capitalism, radical democracy, or mutual aid, you're carrying their torch. Many offshoots — like [Strike Debt](#) and Occupy Sandy — still offer networks to join or learn from.

The Occupy movement was suppressed in 2012. After the protest ended, various individuals continued to use social media accounts. Not all of these accounts are managed by the original creators or founders of Occupy Wall

Street. Moreover, they often promote an agenda that conflicts with the movement's original spirit.

## **Indivisible — Strategic, Grassroots Infrastructure**



For those who want to build long-term civic power with a clear strategy and policy influence, Indivisible offers structure and staying power. With nearly 2,000 local chapters, they help people learn to influence elected officials, pressure legislation, and organize communities with purpose.

Why they matter: Indivisible is ideal if you're ready to move from resistance to governance. They offer trainings, tools, and real-world leverage — especially in election cycles and policy fights. If you're looking for a politically engaged community with resources and a national reach, this is where to start.

## **General Strike US — Labor Power, Reimagined**

If you're ready to withdraw your labor and help organize others to do the same, General Strike US is a bold attempt to reawaken collective labor power in a digital age. With a target of 11 million “Strike Cards” pledged, the movement aims to coordinate a mass general strike once the threshold is met. You, like I, might want to [sign the Strike Card](#), meet the community and find a local mutual aid group in your area.



Why they matter: They're blending online infrastructure, mutual aid, and bottom-up organizing to challenge elite power through worker noncompliance. If you believe in direct action and want to help prepare your community to take a stand, this is your organizing hub.

*Dancing Quail, Dancing Quail LLC, and GeneralStrike.net are independent entities and are not affiliated with or representative of General Strike US. Each operates separately with its distinct mission, leadership, and activities. Dancing Quail has signed the strike card.*

## 50501 — Mass Action, Decentralized Power



If you're looking for a movement that centers urgency, visibility, and mass nonviolent protest, 50501 is a powerful starting point. With millions participating in nationwide protests, this volunteer-led, leaderless movement has demonstrated the significant impact that can come from decentralized coordination. They organize through Reddit, Signal, and local groups with action days across all 50 states.

Why they matter: 50501 shows that you don't need permission or polished credentials to start organizing — just courage, coordination, and commitment. If you're looking to connect with regular, large-scale actions while staying rooted in your local community, this is your tribe.

## No Kings — Standing Against Authoritarianism

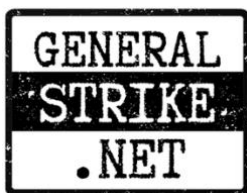
Built around symbolic protest and civic courage, No Kings is a movement rooted in reclaiming democracy from authoritarian and corporate overreach. It's June 14<sup>th</sup>, "No Kings Day" protests mobilized millions in one of the most significant synchronized protest efforts of 2025.



Why they matter: No Kings offers a decentralized yet emotionally powerful rallying point for those rejecting strongman politics and the rise of fascism. Their partner-based structure also makes them a flexible ally for local coalitions. If your fight is against top-down tyranny, you're already one of them.

## GeneralStrike.net as a Living Resource

This Guide and its companion [webpage, GeneralStrike.Net](https://www.GeneralStrike.Net), are built to serve as a hub for coordination and solidarity. The groups listed above aren't just examples — they're active, real-world movements you can join, partner with, or emulate. By aligning your efforts with one or more of these tribes, you plug into existing momentum and amplify collective power.



Why we matter: GeneralStrike.net isn't just a website—it's a living toolkit for the movement. It offers actionable resources for individuals preparing to strike, organize, or support others. From legal info and protest checklists to event calendars and mutual aid tools, the platform helps decentralize power and build local capacity. If you want to plug into the general strike effort without waiting for permission or hierarchy, GeneralStrike.net is your entry point.

**On our webpage, you'll find:**

- Live event listings
- Links to local chapters and organizing toolkits
- A shared calendar for coordinated action events
- Resources for launching your own mutual aid group, protest team, or strike cell

*Every Tribe Has a Vibe!*

*As One Nation of Resistance, We Will Reshape the Future*

**Finding Your Place in the Movement**

Every tribe has its own vibe, but the truth is, we need all of them. Your group may already be marching, striking, or simply waiting for the spark that calls them forward. This chapter is our invitation to stop watching history happen and start shaping it—together.

**Rebuilding Trust, Rebuilding Power**

If we are going to succeed, we cannot afford to stay isolated in our silos. Movements that seem separate at first—such as labor rights, climate justice, healthcare reform, and anti-racist organizing—are all part of a larger, interconnected struggle. Equally important, we need to rebuild trust with those who have been misled or divided by the corporate news cycle and propaganda of entrenched oligarchs. Healing these divides isn't optional; it's essential for solidarity. By reconnecting people to their community, we strengthen the movement and the country, transcending any single ideology or grievance.

## Invitation to Collaborate

The general strike is bigger than any one group. It will require all of us, united in purpose, to shift the balance of power. If you represent an organization, network, or community group working towards justice, we would be inspired to explore how we can collaborate. Reach out to us at [dancingquail@proton.net](mailto:dancingquail@proton.net)

*Because solidarity isn't just a slogan, it is how we win.*

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## What Comes Next

A strike like this is unlikely to be announced in a press release or marked on a calendar. It won't arrive with a neat headline or a trending hashtag. It will come like a storm—sudden, chaotic, and impossible to schedule.



We want our movements to be tidy. Planned. Predictable. But real resistance is rarely so polite. It simmers for years in lunch breaks, late-night shifts, and empty bank accounts. It takes shape in whispered conversations, unpaid medical bills, and evictions carried out in silence.

And then one day, when the weight of it all becomes too much, people... simply... stop. They stop working. Stop spending. Stop pretending. That's the day the general strike begins—not because someone told us to, but because we finally decide we've had enough.

*The truth is: no one can predict the date.  
And that's what makes it powerful.*

## The Spark No One Sees Coming

It won't be the legislation. It won't be a headline. It won't be the next scandal or price hike. The spark that lights the fuse will be something unexpected—an everyday injustice that pushes just a few more people past their breaking point.

Maybe it's a mass layoff from a major company that has just reported record profits. Perhaps it's a worker arrested for filming abuse on the job. Maybe it's a viral video of a single mom being evicted while billionaires laugh on earnings calls. Whatever it is, it won't be orchestrated. It will erupt, like all great movements do—at the intersection of outrage and exhaustion.



When the moment comes, you'll feel it—not like a signal, but like a surge. A shift in the air. A break in the spell.

And when it does come, it will spread not because of its novelty, but because it will echo something we all feel deep down: I'm mad as hell and I am not going to take it anymore.

The strike won't start with fanfare. It will begin with thousands of people's quiet refusal to continue playing a rigged game. No single organization will control it. No politician will lead it. And no one will be able to stop it.

And you'll know: this is the spark.

The strike may not have a date, but that doesn't mean you should wait empty-handed. Develop a plan. Get connected. Learn your rights. Build your community's resilience. Start rebuilding your local economy.

A general strike is not an end—it is a means to catalyze broader systemic change. Historically, strikes have led to significant victories, including the eight-hour workday, child labor laws, and social security, to name a few. But none of these gains were automatic. They were secured through sustained organizing after the strike itself.

The road ahead is difficult, but it is not without precedent—and not without hope. As history has shown, when people move together, systems move with them. A general strike may not solve everything overnight, but it can open the door to a future where human needs take precedence over corporate greed.

*The Moment Is Closer Than You Think*

## A Vision for a Just Economic Future

Because dignity should never depend on your paycheck, we reject an economy that profits from our pain. We reject a system that treats healthcare as a luxury, education as a debt trap, housing as a commodity, and food as a line item in the corporate bottom line.

We have seen what happens when billionaires write the rules and workers carry the cost. We have watched our wages stagnate while our rent costs have skyrocketed. We have buried loved ones who couldn't afford care. We have sacrificed futures to survive the present. This is not freedom. This is exploitation dressed in red, white, and blue. We know another world is possible—because we are already building it.

*We stand for a new economic order, where healthcare, education, food, and shelter are recognized as human rights, safeguarded by a system that prioritizes people over profit by unlocking the full potential of every individual.*

We envision a new economic order—one that prioritizes people over profit and community over competition—an economy grounded in compassion, sustainability, and solidarity, where every person is assured the fundamental elements of a dignified life.

### Healthcare

We believe that healthcare is a human right. We envision that access to care is guaranteed for every person. Healthcare is the foundation of a society that values life and well-being. When wellness is prioritized, communities thrive and individuals reach their full potential.

### Education

We believe that education should open doors. Our vision is for an education system universally accessible—fueling innovation, opportunity, and a sense of purpose. When learning is empowered by easy access, every person can pursue knowledge, strengthen their communities, and help build a more equitable future.

## **Food**

We believe that a social society guarantees access to nutritious food as a fundamental human right. With food security ensured, families can thrive, children can grow, and communities can focus on prospering together in a future of abundance.

## **Shelter**

We believe that housing is a foundation for life. Our vision is a society where safe, stable housing is guaranteed to all, providing the security needed to build meaningful lives. Homes are the bedrock of human dignity. When every individual has a place to belong, we create a stronger, more resilient America.

*We establish strong, connected communities where dignity is guaranteed for all.*

## **From Vision to Victory**

A general strike is not a symbolic gesture—it's a direct challenge to the economic engine that upholds corporate and political power. The severity of such an action lies in its ability to grind profit to a halt. Success is not measured solely by headlines, but by tangible economic disruptions: shuttered businesses, broken supply chains, and a visible decline in production and consumption. These aren't side effects—they are the pressure points that force systems to respond. When profit margins collapse, power pays attention. This is the strike's leverage—and it comes with serious consequences for both the movement and those it targets.

But winning isn't always visible in one sweeping moment. It often takes shape through growing political and social awareness. When the public starts tuning into the message, when walkouts multiply, when solidarity networks form faster than they can be ignored—that's when the strike is working. These aren't official metrics, but they're powerful signs: media narratives shifting, neighbors helping neighbors, and communities choosing each other over corporations. As interdependence replaces dependence on fragile institutions and people wake up to their agency, the strike begins to reshape what power looks like—starting from the ground up.

*The general strike is a weapon.  
But the goal is freedom from a system that sees us as disposable.*

The broader goals of a general strike coalesce around a rough but compelling framework: the redistribution of power and profit to workers and communities. This includes demands for labor protections, democratic control, union recognition, and corporate accountability. The markers here are more concrete—new labor laws, rising unionization, and businesses conceding benefits under pressure. Each represents a point on the map toward genuine, systemic change, affording an equitable distribution of the gains from productivity. A general strike doesn't need a hierarchy to have direction—it needs shared vision, coordinated refusal, and sustained public pressure.

## **"Five Wins Within Reach: What We Can Achieve Now"**

While long-term visions inspire, short-term wins build momentum, credibility, and public buy-in. In the 2025 political and economic climate, five goals emerge as not only necessary but also realistically achievable. Each reflects a pressure point already under public scrutiny, with enough traction to become a rallying cry for coordinated action.

### **A Four-Day Work Week (32 Hours, Same Pay)**

The call for a four-day workweek isn't just a progressive fantasy—it's already being tested and implemented across the globe. In the U.S., companies such as Kickstarter and Buffer have piloted this model with promising results, including improved employee satisfaction, equal or higher productivity, and better work-life balance. California lawmakers have floated legislation, and the concept is gaining bipartisan attention. What makes this goal attainable is its flexibility—it doesn't require federal legislation to begin. A win could start with state-level policies or voluntary corporate adoption by major employers. If a state like California mandates it or if a Fortune 100 company implements it at scale, the ripple effect could shift national norms.

## **\$20 Minimum Wage at Major Employers**

With the federal minimum wage still frozen at \$7.25, the private sector has become the frontline for wage reform. Companies like Amazon, Costco, and Target have already raised their wages to \$15–\$18/hour under public and worker pressure. Getting to \$20 is no longer theoretical—it's an extension of a path we're already on. The strategy here doesn't rely on slow-moving federal law; instead, it targets individual corporations with walkouts, consumer boycotts, and shareholder activism. If five or more major U.S. employers adopt a \$20/hour baseline, it would set a new private-sector standard and force competitors to follow suit or risk public backlash and worker attrition.

## **National Paid Family Leave**

Among all labor demands, national paid family leave may have the broadest public support, with over 70% of Americans, including many independents and even conservatives, backing the idea. While Congress has repeatedly failed to pass comprehensive legislation, states like California, New Jersey, and Washington already have strong programs in place. The road to a federal win could lie through incremental expansion, such as a budget deal, an executive order, or continued momentum at the state level. Even if a national 8–12 week leave policy doesn't arrive in one bill, piece-by-piece victories can build a de facto federal standard over time.

## **Universal Basic Income (UBI) – Pilot Programs or Child Allowance**

The idea of a universal basic income gained significant traction during the COVID-19 pandemic, when direct cash payments demonstrated the rapid impact of financial relief on households. With over 40 pilot UBI programs active in U.S. cities—from Stockton to Chicago—the groundwork has already been laid. While full national UBI remains aspirational, a smaller but still groundbreaking win is within reach: a permanent national child allowance or a federally backed guaranteed income pilot. These steps would validate the model, normalize direct aid, and create a foundation for future expansion.

## **Right to Unionize – Strengthened NLRB or PRO Act Progress**

Unionization efforts have surged in unexpected sectors—from baristas to warehouse workers—and the public is paying attention. While the PRO Act passed the House in 2021, it stalled in the Senate, leaving workers vulnerable to retaliation and union-busting. However, partial wins are on the table: expanded NLRB enforcement, executive actions protecting organizing efforts, or targeted legislation that strengthens union rights in key industries. Public support for unions is at a generational high, and growing pressure from successful high-profile campaigns makes labor protections one of the most politically feasible battlegrounds.

*A world that works for everyone will work for you, too!*

## **It is Time for Action!**

There are many goals we must achieve if we are to regain our agency as the American people. Each of these five goals has something in common: they're already in motion. They don't require the entire system to collapse—they require focused pressure, strategic campaigning, and sustained public engagement. But while they are among the most achievable in the current political climate, they still lack a unified front to champion them together. They may not even be the head of the spear that unifies the masses.

To move from scattered momentum to coordinated power, the general strike movement will need to build deeper consensus—not just on what we're fighting against, but on what victories we're willing to fight for, together.

*You are not alone. You are not powerless.  
You are the system they fear most: organized, aware,  
And done with being used.*

Every dollar you don't spend, every hour you don't work for the machine, every voice you use to speak out—it all matters. Stop feeding the system that feeds on you. Choose ethical alternatives. Support labor actions. Say no—and mean it.

You don't need permission to prepare. You don't need to wait for a leader, a hashtag, or a headline. The strike begins with your refusal. The more prepared we are, the more powerful our resistance will be when the moment comes.

Please don't wait until it's too late. Start now.

- 1. Start Preparing—Today
- 2. Connect and Coordinate
- 3. Withdraw Your Consent

## Join the Un-Game

Preparation isn't just about stockpiling supplies or reducing debt—it's about changing habits, building solidarity, and practicing resistance in your daily life. That's why we created [the Un-Game, a 30-day disengagement challenge](#) that helps you take small but powerful steps toward independence from exploitative systems. Every action you take—whether it's canceling a subscription, supporting a mutual aid group, or simply unplugging from corporate media—strengthens the muscles we'll need when the time comes to strike.



The Un-Game is your opportunity to practice the general strike before the day arrives. Join in, accept the challenges, and encourage others to participate. Together, we'll transform scattered acts of defiance into a culture of collective power.

## Keep the Movement Alive—Support the Work

This guide was created for people like you—people who are done waiting, done struggling alone, and ready to fight back with purpose and power. However, this work requires time, resources, and collective effort.

## Your Support Helps Us:

- Keep this guide free and accessible to all
- Fund local mutual aid efforts and strike preparation materials
- Protect digital privacy and resist censorship.

If this guide has informed, encouraged, or empowered you, we invite you to support the work by visiting our [General Strike Store](#). Every purchase supports *the Survival Guide for a General Strike* and funds independent publishing, organizing tools, and strike preparedness resources. Follow the link to explore the store—your support helps keep **GeneralStrike.net** and **Dancing Quail** running. *Wear your values—support the movement.*



*The GeneralStrike.Store is the official shop of Dancing Quail LLC.*

## We'd Love Your Feedback

This guide was created to serve the movement—and your voice helps us make it stronger. If the Survival Guide for a General Strike has informed, inspired, or empowered you, please take a moment to leave a review or share it forward.

- 👉 Simply reply to the email where you downloaded this guide
- 👉 Or share this link on your social media page to help others join the movement

Your feedback helps improve future editions, spreads the word, and fuels the momentum of a movement built by all of us.



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## Legal Disclaimers and Risk Warnings

*This appendix outlines the boundaries and responsibilities of this guide. It is not legal advice. The information provided here is meant to inform, not instruct unlawful behavior.*

### **General Disclaimer**

*This guide is for educational purposes only. It does not constitute legal advice and should not be interpreted as such. No part of this publication encourages or condones illegal activities. Some examples and strategies referenced herein are historical in nature and included solely to explain how people in the past have responded to injustice.*

### **Participation Risk Statement**

*Participation in strikes, protests, mutual aid actions, and digital organizing may involve serious risks, including but not limited to:*

- *Arrest or detention*
- *Loss of employment*
- *Surveillance or harassment*
- *Physical harm or confrontation*
- *Legal fees, fines, or criminal charges*

*All readers and participants are strongly advised to consult with qualified legal professionals before engaging in any direct action or organizing activities that could carry legal consequences.*

### **Organizer Content Reuse Warning**

*If you choose to reuse or share material from this guide in printed flyers, meetings, or social media posts, you must include the following statement in visible text:*

*"This information is for educational purposes only. Always consult legal counsel before participating in or organizing any strike or protest activity."*

*This ensures clarity and accountability for anyone using or repurposing content from this guide.*

### **Platform Liability Statement**

*Neither Dancing Quail LLC nor GeneralStrike.net accepts any responsibility or liability for individual decisions, actions, or legal consequences resulting from engagement with the material in this guide. Every individual must make their own informed decisions, weigh their own risks, and take responsibility for their actions.*

For real-time legal guidance, see local resources in the “Legal Tools for Protection” section of this guide. If you are uncertain, **do not act without consulting a lawyer.**

We urge all readers: Do your homework. Know your rights.

Protect yourself and each other. Let informed resistance guide your every move.

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## APPENDIX / APPENDICES

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# Major Worker Benefits Achieved Through Strikes and Now Protected by Law

Labor strikes have played a decisive role in shaping the rights and benefits many workers in the United States take for granted today. Here are some key labor gains—many of which were hard-won through strikes and sustained labor organizing—that are now enshrined in U.S. labor law:

### 1. The Eight-Hour Workday and 40-Hour Workweek

- **Won through:** Struggles like the Haymarket Affair (1886) and significant strikes in the early 20th century.
- **Protected by:** The **Fair Labor Standards Act (FLSA) of 1938**, which established the 40-hour workweek and mandated overtime pay.

### 2. Overtime Pay

- **Won through:** Union pressure for fair compensation for extended labor.
- **Protected by:** Additionally, under the **FLSA**, workers must be paid one and a half times their regular rate for hours worked over 40 in a week (unless exempt).

### 3. Child Labor Protections

- **Won through:** Decades of labor organizing and public outrage, especially during the Industrial Revolution.
- **Protected by:** The **FLSA**, which prohibits "oppressive child labor" and sets minimum age requirements for employment.

#### 4. Workplace Safety Standards

- **Won through:** Worker actions, such as the strikes following the **Triangle Shirtwaist Factory fire (1911)**, which killed 146 workers locked inside.
- **Protected by:** The Occupational Safety and Health Act (OSHA) of 1970, which created standards for safe working conditions.

#### 5. The Right to Unionize and Bargain Collectively

- **Won through:** Waves of strikes in the 1920s and 1930s, including sit-down strikes like the **Flint Sit-Down Strike of 1936-37**.
- **Protected by:** The **National Labor Relations Act (NLRA) of 1935** (also known as the Wagner Act), which guarantees workers' rights to unionize and engage in collective bargaining.

#### 6. Unemployment Insurance

- **Won through:** Labor demands during the Great Depression.
- **Protected by:** The **Social Security Act of 1935**, which also provided aid to the elderly and disabled.

#### 7. Minimum Wage

- **Won through:** Pressure from strikes during the 1930s and advocacy from New Deal-era labor movements.
- **Protected by:** The **FLSA**, which set a federal minimum wage standard still in effect today.

#### 8. Protections Against Retaliation for Organizing

- **Won through:** Labor efforts to shield workers from blacklisting and firings after strikes.
- **Protected by:** The **NLRA**, which prohibits employers from retaliating against employees for union activity.

These protections were not granted out of generosity—they were extracted through strikes, walkouts, boycotts, and relentless organizing. Many of these rights are now under threat or unevenly enforced, which is why understanding their origin is critical to defending and expanding them.

## Appendix 2

# The 100<sup>th</sup> Monkey

This is a story about social change, made famous by Ken Keyes Jr., who included it as the foreword to the book titled "The Hundredth Monkey."

The Japanese Snow Monkey had been observed in the wild for a period of over 30 years.

In 1952, on the island of Koshima, scientists were providing monkeys with sweet potatoes dropped in the sand. The monkey liked the taste of the raw sweet potatoes, but they found the dirt unpleasant.

An 18-month-old female named Imo found she could solve the problem by washing the potatoes in a nearby stream. She taught this trick to her mother. Her playmates also learned this new way, and they taught their mothers, too.

Various monkeys gradually picked up this cultural innovation. Between 1952 and 1958, all the young monkeys learned to wash the sandy sweet potatoes to make them more palatable. Only the adults who imitated their children learned this social improvement. Other adults kept eating the dirty sweet potatoes.

Then something startling took place. In the autumn of 1958, a certain number of Koshima monkeys were washing sweet potatoes -- the exact number is not known. Let us suppose that when the sun rose one morning, there were 99 monkeys on Koshima Island who had learned to wash their sweet potatoes. Let's further suppose that later that morning, the hundredth monkey learned to wash potatoes.

THEN IT HAPPENED! By that evening, almost everyone in the tribe was washing sweet potatoes before eating them. The added energy of this hundredth monkey somehow created an ideological breakthrough!

But notice: A most surprising thing observed by these scientists was that the habit of washing sweet potatoes then jumped over the sea...Colonies of monkeys on other islands and the mainland troop of monkeys at Takasakyama began washing their sweet potatoes.

Thus, when a certain critical number achieves an awareness, this new awareness may be communicated from mind to mind. Although the exact number may vary, this Hundredth Monkey Phenomenon means that when only a limited number of people know of a new way, it may remain the conscious property of these people.

But there is a point at which, if only one more person tunes in to a new awareness, a field is strengthened so that this awareness is picked up by almost everyone!

### Appendix 3

## The 12 Steps of Coordinated Non-Participation

- 1. We admitted that our participation in exploitative systems contributed to our oppression, and that continuing as we were would not lead to justice or dignity.
- 2. We came to believe that collective action through refusal—through strategic non-participation—could restore our power and our future.
- 3. We made a decision to withdraw our labor, our money, and our energy from systems that devalue our lives, and to commit ourselves to the cause of liberation.
- 4. We made a searching and fearless inventory of the ways we engage with unjust institutions—through work, consumption, and silence.
- 5. We admitted to ourselves, our communities, and each other the roles we've played in supporting what we now choose to resist.
- 6. We became entirely ready to break free from habits that serve corporate greed and economic injustice.
- 7. We humbly chose to boycott, divest, and withhold participation from systems of exploitation, knowing the path forward requires courage and community.
- 8. We made a list of industries, companies, and institutions that profit from inequality, and became willing to withhold our support.
- 9. We took direct action by canceling, refusing, and stepping away—except when doing so would harm those more vulnerable than ourselves.
- 10. We continued to examine our actions and motivations, and when we slipped back into old patterns, we promptly corrected course.
- 11. We sought awareness and guidance through shared knowledge, mutual aid, and solidarity, asking only for strength to resist and the wisdom to know how.
- 12. Having awakened to our collective power, we committed to carrying this message of resistance to others and to practicing these principles in every area of our lives.

## Appendix 5

# *Protesters' Bill of Rights*

### *Preamble*

*We, the people, affirm that the right to protest is fundamental to a free and democratic society. In the spirit of the First Amendment and international human rights standards, we declare these rights to ensure that all individuals can express dissent, seek justice, and advocate for change without fear of repression.*

### *Article I: Freedom of Expression and Assembly*

*Every individual has the right to express opinions, beliefs, and grievances through speech, writing, art, and peaceful assembly. This right shall not be infringed upon based on content, viewpoint, or ideology.*

### *Article II: Right to Peaceful Protest*

*All persons may organize and participate in peaceful protests, marches, sit-ins, and demonstrations in public spaces without undue interference or intimidation. Permits may be required for large gatherings, but shall not be used to suppress lawful expression.*

### *Article III: Protection from Excessive Policing*

*Law enforcement agencies must respect the rights of protesters. The use of force, surveillance, or intimidation tactics against peaceful demonstrators is prohibited. Any restrictions must be narrowly tailored, necessary, and proportionate to the objective in question.*

### *Article IV: Right to Record and Report*

*Individuals have the right to photograph, film, and document public protests and law enforcement activities, provided that they do not interfere with the official duties of law enforcement. Confiscation or destruction of such recordings without due process is unlawful.*

### ***Article V: Protection from Retaliation***

*No individual shall face retaliation, discrimination, or legal penalties solely for participating in or organizing a peaceful protest. This includes protection from unwarranted surveillance, blacklisting, or employment consequences.*

### ***Article VI: Right to Legal Recourse***

*Protesters have the right to legal representation and to seek redress if their rights are violated. Authorities must be held accountable for unlawful actions against demonstrators.*

### ***Article VII: Equal Access and Non-Discrimination***

*The right to protest applies equally to all individuals, regardless of race, gender, religion, nationality, sexual orientation, or political affiliation. Discriminatory practices in the enforcement of protest laws are prohibited.*

### ***Article VIII: Right to Spontaneous Assembly***

*While permits may be required for planned events, spontaneous assemblies in response to unforeseen events are equally protected under the law. Authorities must facilitate such gatherings, ensuring safety without suppressing expression.*

### ***Article IX: Protection of Minors***

*Youth have the right to participate in protests. Authorities must take special care to protect minors from harm, ensuring their rights are upheld without undue restriction.*

### ***Article X: International Solidarity***

*The right to protest transcends borders. Governments must respect international human rights standards, ensuring that all individuals can express dissent without fear, regardless of nationality or location.*

### ***Conclusion***

*In reaffirming these rights, we commit to upholding the principles of democracy, freedom, and justice. The right to protest is not just a legal guarantee but a vital expression of human dignity and agency.*

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## ABOUT THE AUTHOR

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### About Dancing Quail

#### Writer and Editor of The Survival Guide for a General Strike

Dancing Quail is a passionate American writer, editor, and advocate committed to exposing the hidden costs of contemporary capitalism and helping people prepare for collective economic resistance and the second reconstruction

As the voice behind The Survival Guide for a General Strike, Dancing Quail speaks not from ideology, but from lived experience in a system that extracts more than it returns.

They do not claim to speak for every struggle—but they do speak into a growing awareness that something is deeply broken in the pursuit of the right to live with dignity, agency, and fairness. Their voice is shaped by personal sacrifice and a refusal to stay silent.

From navigating the collapse of affordable healthcare to facing the housing insurance crisis firsthand, Dancing Quail writes with urgency, humility, and a deep desire to build solidarity among working people. Through research, personal insight, and unflinching honesty, they hope this guide empowers others to say, “I’m ready to claim my share.”

