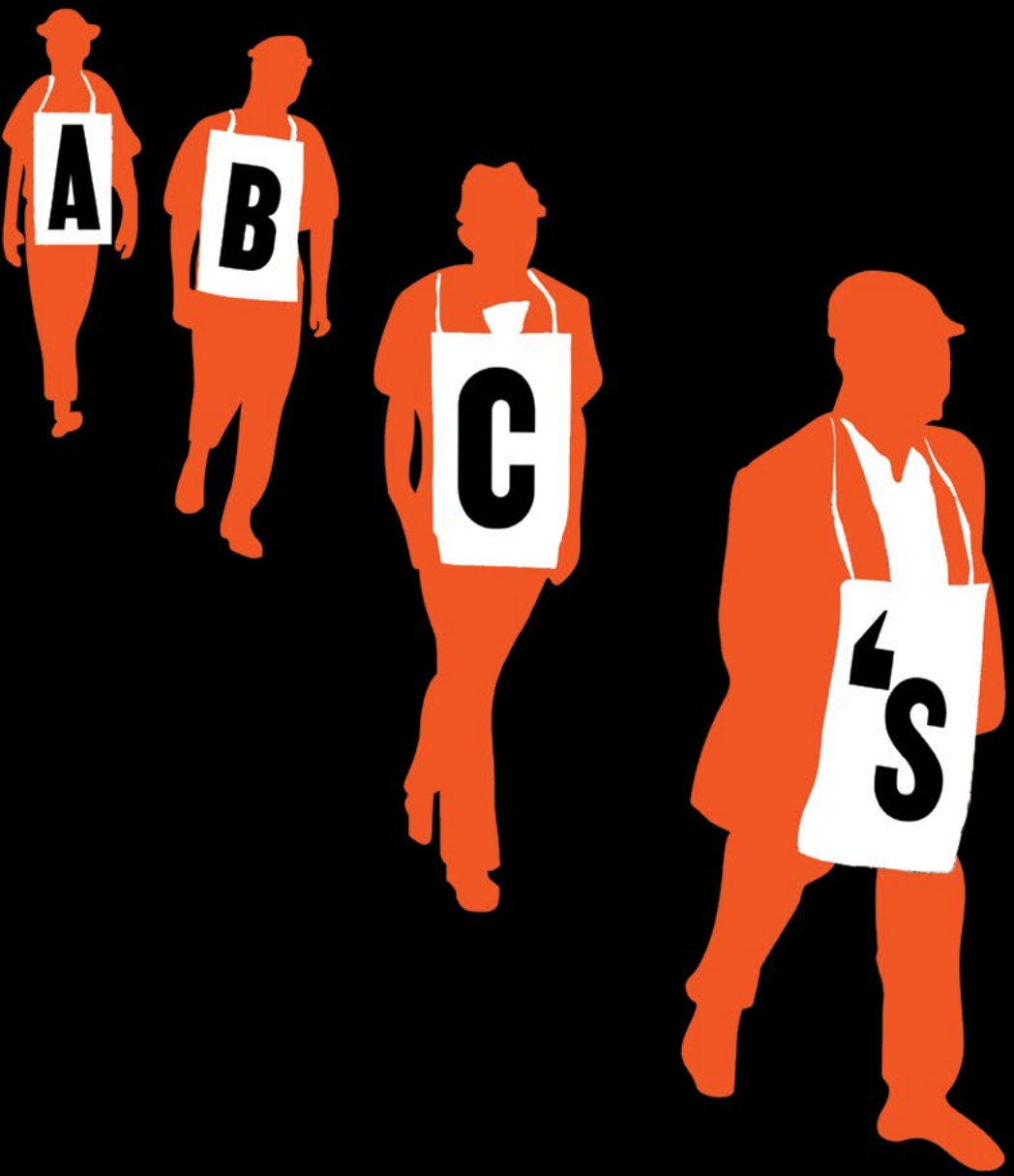


ABC'S OF SURVIVAL





**THE APOSTROPHE
ON THE FRONT COVER
IS UPSIDE DOWN—
A SMALL, YET
POWERFUL DEFIANCE
OF THE STATUS QUO.**

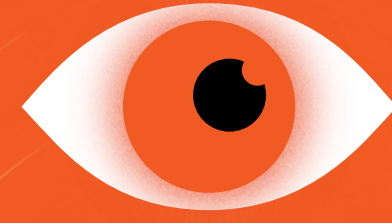
**THIS BOOK
SHOULD
NOT EXIST**

It's a book of survival lessons
for BIPOC youth, and tools
to change the status quo.
Designed to inspire action.

**A
IS FOR**

AWARE

AWARE



Being aware of what's
happening around you can
help keep you safe.
Listen to, watch, or read the
news to be aware of what is
going on in other places.

B
IS FOR

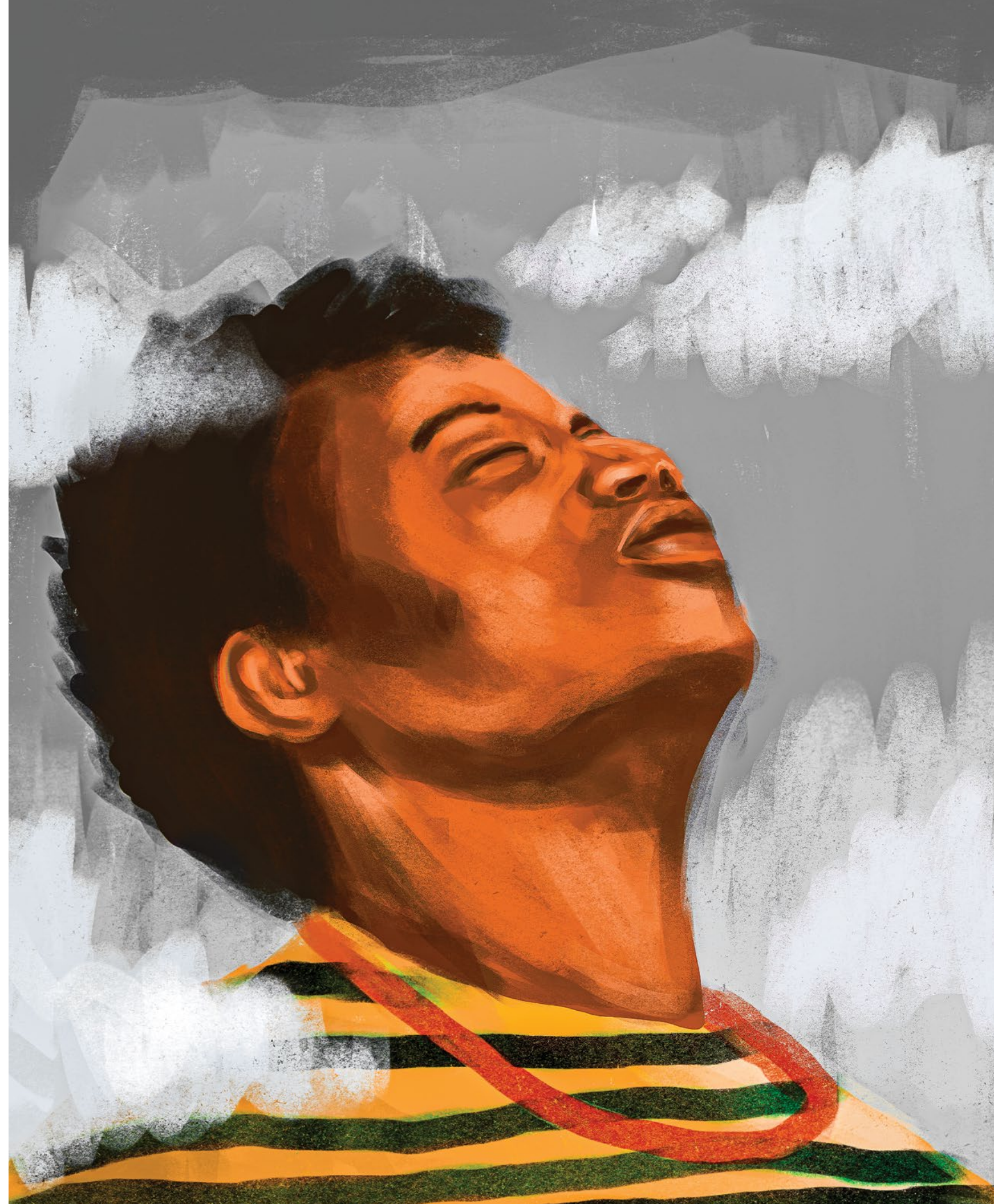
BREATHE

Deep and clear and full.
Our breath is too often taken from us.
Cherish each breath, and fight
for a day where no one else says,

“I CAN’T BREATHE.”



BREATHE



C
IS FOR



Always be careful when
interacting with the police.
Listen, agree, comply.
Your goal is to stay alive.
The time for arguing will be later.



COMPLY

COMPLY

COMPLY

COMPLY

COMPLY

COMPLY

C

BUT TO HAVE A LATER,

YOU MUST STAY ALIVE NOW

Speak loudly and clearly to the officers. When you reach for your ID, tell them exactly what you are doing.

Always keep your hands in plain sight.

Don't run away. Even if you're scared. Follow the officers' directions.

Stay calm. Be respectful. No sass or back talk.

You are allowed to video record your interactions with the police.

Do not resist the officers. Even if you are innocent.

Don't make any quick movements.

E
IS FOR

EQUAL

Everyone is created equal, but not everyone is treated that way.
There are people that will try to convince you that you are less than them.
They are wrong.



EQUAL



ABC'S OF SURVIVAL

F
IS FOR

FREEDOM

Fight for it.
No matter what.
No one is free
until all of us
are free.



G
IS FOR



An object of harm.
A shot rings out.

A thud, then silence.
Another life lost.

A way too many of us die.

GUN

GUN



ABC'S OF SURVIVAL



H
IS FOR
—

Ours runs deep in this country,
deep in this world.
Explore the path forged
by those who came before us.
Then make your own.

HISTORY

ABC'S OF SURVIVAL

I
IS FOR

IGNORANCE

A lack of knowledge, understanding, or awareness.
Sometimes ignorant people have the loudest voices.
Your voice is just as important as anyone else's.
Know that it can change the world.

IGNORANCE



J
IS FOR

JUSTICE

We hope for justice, but don't often expect it.
Justice is making wrong things right.
Our heroes fought for justice.
And you should always pursue it.



JUSTICE



K
IS FOR

KILL

When a life is snatched away.
Some people are killed more
often than others. For no
reason at all but the color of
their skin. Your life is valuable.
Your life is precious.

L IS FOR LOVE



A hug, a smile,
a helping hand.
Fight hate with love—
it can change the world.



M
IS FOR
—

MASK

MASK

We mask our emotions, how we look, how we speak—to portray strength, to fit in. It may feel safe and easy to hide behind a mask. Be true to who you are.

MASK



N
IS FOR

NIGGERS



A hateful, angry, violent word.
A word that people will use against you
because of the color of your skin.



O
IS FOR

OPPRESSION

When a person or system works to keep you down. Sometimes violently visible, oftentimes painfully hidden. Call out oppression anywhere you find it.

OPPRESSION

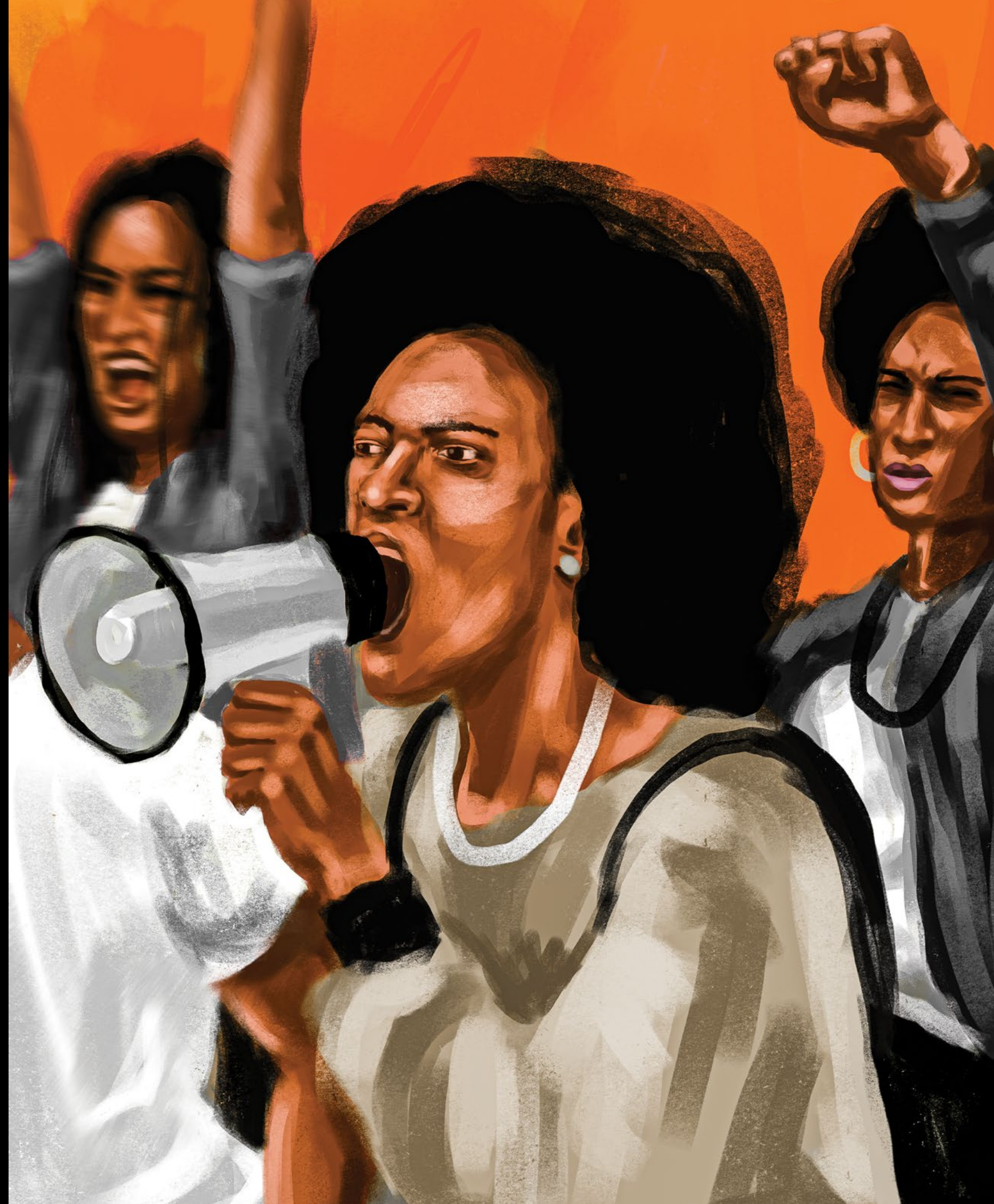


P
IS FOR

PROTEST
PROTEST
PROTEST

A way to make your voice heard.
Protest is a part of our history.
When something is wrong, take action.

PROTEST



Q
IS FOR
—

An identity. A community.
Living truth inside and out.
Love is love is love is love.
And that can never be taken away.

QUEER

QUEER

ABC'S OF SURVIVAL

9



R
IS FOR

Don't run your mouth.
Don't run from the police.
Don't run away.

Run for office.
Run the world.

Run to make change.

RUN

RUN



ABC'S OF SURVIVAL

S
IS FOR

SURVIVAL **SUBMIT**

The point is to survive.
To live a long and happy life.
To learn and to love.
But first, you have to survive today.

SURVIVAL



TROUBLE

TROUBLE

TROUBLE

TROUBLE

TROUBLE

There are good types of trouble. Trouble that makes people stand up and listen. Trouble that helps the people around you. If you're going to get in trouble, get in good trouble.

TROUBLE

T
IS FOR



GET IN GOOD TROUBLE, NECESSARY TROUBLE

- JOHN LEWIS

ABC'S OF SURVIVAL

U
IS FOR

And you can change that.
Demand to see yourself reflected in the world around you.
Television, government, books, and boardrooms.
You can grow up to do anything.



UNDER

UNDERREPRESENTATION

**REP
RESEN
TATION**

ABC'S OF SURVIVAL

U

MEDIA
AGAINST
BLACKS





**V IS
FOR**

Voting is our most sacred duty as citizens.
Our ancestors fought for our right to vote.
What will you do with it?

VOTE

ABC'S OF SURVIVAL

W
IS FOR

We're all in this together.
We all have to pitch in to make this world a better place.
Do the work in your schools, homes, and communities.

WORK

W
W
O
R
R
K

ABC'S OF SURVIVAL

W!



X
IS FOR

XENOPHOBIA

A fear of people from different places,
who may not look or sound like you.
Underneath it all, we are more alike than different.
Open your heart and mind to others.



XENOPHOBIA



YESSIR

Y IS FOR

A survival mechanism—
a word that can help you stay alive.
A word we wish you didn't have to say.





Z
IS FOR

ZEAL

A deep excitement for life.
Keep this excitement no matter what.
Laugh, play, be kind, and remember
who you are and what you stand for.

A **B** **C** D E F G H
I J K L M N O P
Q R S T U V W X
Y Z

This book was written just for you.
We wrote it to teach you important lessons.
The hard lessons.
The ones you might not learn in school.
You have so much to learn, and you teach us so much.

YOU ARE THE ONES **AWARE** OF THE WORLD'S INJUSTICES
THE ONES WHO WILL FIGHT TO HELP US **BREATHE**
THE ONES WHO KNOW WHEN TO **COMPLY**
WHO FIGHT **DISCRIMINATION**
WHO DEMAND **EQUAL** TREATMENT
WHO WORK TO SET EVERYONE **FREE**
WHO WILL END **GUN** VIOLENCE
WHO KNOW OUR **HISTORY**
WHO STRIVE AGAINST **IGNORANCE**
WHO DEMAND **JUSTICE**
WHO WILL PUT A STOP TO SENSELESS **KILLING**
WHO **LOVE** DEEPLY
WHO KNOW THAT IT'S BEST TO TAKE OFF THE **MASK**
WHO WILL SHUT THE DOOR ON THE WORD "**NIGGER**"
WHO WILL END **OPPRESSION**
WHO **PROTEST** FOR WHAT THEY KNOW TO BE RIGHT
WHO EMBRACE THEIR **QUEER** BROTHERS AND SISTERS
WHO **RUN** FREELY
WHO **SURVIVE**
WHO GET IN GOOD **TROUBLE**
WHO RAIL AGAINST **UNDERREPRESENTATION**
WHO **VOTE** TO CHANGE THE WORLD
WHO PUT IN THE **WORK** TO MAKE OUR COMMUNITIES BETTER
WHO DISMISS **XENOPHOBIA** AND WELCOME ALL CULTURES
WHO KNOW WHEN IT'S NECESSARY TO SAY **YESSIR**
AND WHO APPROACH LIFE WITH **ZEAL**
WE KNOW YOU'LL CHANGE THE WORLD. YOU ALREADY HAVE.

A **JAMAR
CALLENDER**
@jamarcallender,jc
@callamar_23

B **ROBINHO
SANTANA**
@robinho_santana

C **LINOCA
SOUZA**
@linocasouza
@norte_art

D **SEAN
WALTROUS**
feat: Chala Tyson Tshitundu
@seanwaltrous

E **LINOCA
SOUZA**
@linocasouza
@norte_art

F **PARKER-
NIA
GORDON**
@parkerniag_art

G **KINGSLEY
NEBECHI**
@kingsleynebechi
@barepsldn

H **JUNNO
SENNA**
@cavaleiro_iris
@norte_art

I **GABRIEL
RIBEIRO**
@gabs_instintoceltivo
@norte_art

J **LINOCA
SOUZA**
@linocasouza
@norte_art

K **SHAMEL
W.**
@melfolio

L **MIA
SAINÉ**
@heymiasaine
@weareillustration

M **MARIE
HYON**
@Psyop
@baerbrownreps
@hunkydory_us
@wearepoparts

N **COLLIS
TORRINGTON**
@collistory

O **GRAPH
ATIK**
@graphatik

P **ROBINHO
SANTANA**
@robinho_santana

Q **QUINCY
SUTTON**
quincyray_
@weareillustration

R **CIRO
SCHU**
@ciroschu
@norte_art

S **SABRENA
KHADIJA**
@sabrenakhadija
@jackywinter

T **PARKER-
NIA
GORDON**
@parkerniag_art

U **OGA
MENDONÇA**
@ogamendonca

V **TIFFANY
WASHINGTON**
@imtiffany

W **GERONNA
LYTE**
@itsmegeronna

X **ANTOINIE
EUGENE**
@antoinie
@helloscholar

MADE BY BIPOC ARTISTS

ARTIST CREDITS

Y **SHAMEL
W.**
@melfolio

Z **TOONKY
BERRY**
@toonky_berry
@weareillustration

TIME TO ACT

You've read these pages,
you've learned these lessons.
Now, it's your turn to
make change.

Protest is a powerful way to take action. Print out these posters for your next protest, or use them as inspiration to make your own.



PROTEST INJUSTICE

POLICE BRUTALITY

GEORGE FLOYD

MASS INCARCERATION

SEAN BELL

MIKE BROWN

REDLINING

SANDRA BLAND

BOTHAM JEAN

ERIC GARNER

FREDDIE GRAY

EDUCATION



EQUALITY

WAGE GAPS

BREONNA TAYLOR

DANIEL PRUDE

OSCAR GRANT

SYSTEMIC RACISM

ATIYANA JEFFERSON

TAMIR RICE

PHILANDU CASTILE

ACTON STERLING

RAYSHARD BROOKS

LEGAL SYSTEM

HEALTH CARE

**I
WILL
NOT
STAY
SILENT**

A collage of images featuring a woman shouting and a man with a 'No Nukes' sign, overlaid with text and red bars.

THOUGHTS
DRAWERS
THAT LIES

ACTION

WRITE FOR CHANGE

Send a letter to the House of Representatives and the Senate to help change the laws that matter to you.

LETTERS



**SCAN FOR THE HOUSE
OF REPRESENTATIVES**

A great way to work for change is to contact those who represent you.

Write to them. Tell them what matters to you and your community.

Scan these QR codes to find your local representatives in the House and Senate.



**SCAN FOR
THE SENATE**

**DEDICATED TO
ALL VICTIMS
OF INJUSTICE**



THANK YOU

*Andres Libreros
Aaron Sidorov
Anthony Copeland
Antoinette Bobbitt
Antoinie Eugene
Allyson Jones
Bernardo Romero
Bria Washington
Chris Panetta
Ciro Schu
Colin Forsyth
Collis Torrington
Dan Witterman
Danny Lotito*

*David Lampley
Gabriel Ribeiro
Geronna Lyte
Graph Atik
Hailey Cruz
Jamar Callender
Janet Ecke
Jordan Homer
Joshua Daren
Judi Corvinelli
Julia Jo
Junno Senna
Kingsley Nebechi
Linoca Souza
Marie Hyon*

*Mia Saine
Mike Hopkins
Oga Mendonça
Parker-Nia Gordon
Quincy Sutton
Robinho Santana
Sabrena Khadija
Sean Waltrous
Shamel Washington
Success Academy
The NBCDI
Tiffany Washington
Toonky Berry
Tré Seals*



