

ACTION FOR DISARMAMENT

10 THINGS YOU CAN DO!

Originating from a publication of the United Nations Office for Disarmament Affairs, here are 10 active and thoughtful actions for engaging further in disarmament — ideas for becoming agents for positive social change, a better world for all and securing our common future.

1



STAY INFORMED

There are many useful websites where you can **read up** on nuclear weapons, small arms and light weapons. Most of these sites have **breaking news** — **regional reports, fact sheets, in-depth studies, timelines, calendars** of events and many additional links to facilitate networking and further study.

2



START A CLUB

Start a **school club**, an **after-school programme** or even host a **youth conference**. **Creating forums for discussion** allows for healthy exchanges of ideas and inspires participants to better familiarize themselves with the topics and remain actively engaged.

3



FACILITATE A DISCUSSION

Facilitation is an important skill to acquire and can **help a meeting or conversation run smoothly!** This can be accomplished, even when controversial issues are discussed, by making sure that all the participants get to contribute and be involved during the discussion. When talking about non-proliferation and disarmament issues, facilitation can help manage the discussion when there are differences of opinion and strongly held beliefs.

4



EXPRESS YOURSELF

Make your voice heard — you have the right to do so, especially concerning critical topics such as the proliferation of weapons and the violence associated with them.

Remember to also take into consideration your target audience and their needs and circumstances. This will help get your message across, whether using **video, multimedia, web design, animation or audio production**.

5



HOST A FILM

Showing a film about nuclear weapons, or the proliferation and dilemmas of small arms, is a good way to **attract people to issues, spark debate and move people to action!**

For a good place to start, check out the **Human Rights Watch Film Festival** for high schools and the **Media That Matters Film Festival**.

6



VOICE YOUR CONCERN

Expressing your concern is considered a basic right. The **Universal Declaration of Human Rights** and the **UN Charter** both promote **freedom of expression**. In a democracy, freedom of expression is crucial and elected officials are obliged to listen to their constituents.

Elected officials cast votes on behalf of citizens. These votes should reflect public opinion. Hearing diverse **views from citizens will help inform elected officials**. Your voice is vital!

7



CREATE AN EVENT

Activism for disarmament is often strengthened by public events. An event can **disseminate information** for awareness, **crystallize different but related issues, mobilize people** into social movements, **raise money** for projects and **create new networks** of interested groups!

Events also make visible the critical issues, promote future events and can educate and empower people to become agents for social change.

8



SIGN UP

Social movements are most successful when engaging in appropriate modes of action. Action can be defined by taking the knowledge you have about nuclear weapons, small arms and light weapons and using this knowledge to advocate for change.

One important way to take action is to **join others so that a larger collective voice can speak together**. People can mobilize with others physically in **demonstrations, rallies, marches and teach-ins**. But people can also mobilize virtually by signing petitions.

9



PLAN A PRESENTATION

The **United Nations Office for Disarmament Affairs** website has thousands of documents about disarmament and non-proliferation that can be used as **resources to help you plan your presentation**.

You can also find **speeches** by UN officials, which can be used as a starting point to decide what is most important to you. Speeches are interesting documents because they are often dynamic and written with the bias of spoken delivery.

10



REACH OUT

Many young people today are becoming politically active over the Internet and with new media technologies. These technologies can be a very effective tool for widespread communication about disarmament issues. Youth activists are using **email, online petitions, blogs, Facebook, Twitter, instant messaging** and **social networking sites** to raise awareness and take action.

