

# THERE ARE OVER 100 THINGS THAT YOU CAN DO TO CREATE A BETTER WORLD

✓ STRENGTHEN YOUR CIVIL COURAGE BY CHOOSING A CHALLENGE FROM THIS LIST

- 1 Dare to speak up the next time you hear someone use an expression you feel is racist, sexist or homophobic.
- 2 Take a first aid course so you are prepared when someone needs your help.
- 3 Tell the story of Raoul Wallenberg's courageous acts to three other persons.
- 4 Invite a group of people you do not know well to a dinner. Mix viewpoints and personalities.
- 5 Conduct social emergency drills: talk to people around you about what actions to take if you see someone collapse/faint, see a fight break out, etc.
- 6 Be a legal guardian for an unaccompanied child refugee.
- 7 Ask yourself each day if you have done something to improve the life of another human being. Make sure you can answer 'Yes' to this question.
- 8 Visit a refugee center near you. Ask the residents what you can do to help them.
- 9 Bag the groceries at a supermarket for someone who is unable to do it themselves.
- 10 Have coffee/tea with someone you believe has opinions that are different from yours. Don't try to persuade them to agree with you, just try to understand them and get them to understand you.
- 11 Spend an hour learning about human rights. Knowledge is power.
- 12 Learn more about situations in war-torn countries and share that knowledge with people you know.
- 13 Dare to speak up the next time you hear someone say something bad about another person.
- 14 Instead of gifts for your next birthday, request that a contribution be made to a charity.
- 15 Continue to help those who are new in your school or workplace to get acquainted with everyday life, not only on the first day.
- 16 Use critical thinking skills toward what is published in social media. Do further investigation about its accuracy.
- 17 Break the silence around taboo subjects. Discuss with a friend or colleague.
- 18 Take time to learn about a person who you think has acted with moral courage. Bring some of what you learned into daily life and share your awareness with others.
- 19 Offer assistance the next time that you see someone treated badly in town. Are you uncertain? Approach and ask the person if they need help.
- 20 Create a safe environment in public places by saying 'Hello' to people you do not know.
- 21 The next time that you notice an injustice in your community, contact the appropriate political representatives and call for change.
- 22 Offer your skills as a tutor or language buddy.
- 23 Write a thank-you letter to someone who has had a positive effect on your life. Don't forget to send it.
- 24 Offer your seat on the bus to someone. Kindness nurtures kindness.
- 25 Contact companies that have sexist advertising and question their intentions. Also contact the advertising agencies directly.
- 26 The next time you are about to say something negative about a person who is not present, stop yourself and instead say something nice about someone.
- 27 Think solutions rather than obstacles. View everyday problems and societal problems as challenges!
- 28 Donate money to an organization you believe in instead of buying a present for someone's birthday.
- 29 The next time you see something bad or dangerous happen, be quick with your mobile phone and call 112 (911). It is better to make a call too quickly than to wait too long.
- 30 Share your umbrella with someone who has forgotten theirs.
- 31 Participate in a peaceful demonstration. Invite others to take part, too.
- 32 Take a stand in social media to call attention to social injustice.
- 33 Ask a homeless person if there is something you can do to help them.
- 34 Look up a story about a person who you think has made a difference in a positive way for others and spread that information.
- 35 Take responsibility for the atmosphere in your surroundings. Dare to change an unpleasant atmosphere even if you are not the one who is at risk.
- 36 Strengthen others by pointing out the positive things they do or have done for others.
- 37 Give compliments on actions and personality, rather than just on the person's physical attributes.
- 38 Organize or be engaged in local activities for newly arrived persons.
- 39 Invite someone you believe feels left out or alone to an event you will be attending.
- 40 Give something away each day, such as a hug, a compliment, or your time.
- 41 Stand up for our fellow human beings.
- 42 Take responsibility as a teacher, a parent or a student and get involved against bullying. Dare to see what is happening and take action!
- 43 Ask persons you encounter how they are feeling today, and pay attention to the answer.
- 44 Counter group pressure by speaking positively about people who do unconventional things.
- 45 Contribute your time to introduce two people in your network that you believe could help or learn from one other.
- 46 Pay it forward. The next time that someone does a favor for you, not only thank them, but also do something good for someone else.
- 47 Thank a friend who shares a different opinion, even if you do not agree, to encourage an environment of diverse viewpoints.
- 48 Assist in explaining to people who come to Sweden how the Swedish school system works.
- 49 Share examples of your own mistakes. Tell someone about a mistake that you made and what you learned from it.
- 50 Be observant when someone looks up to you and take responsibility to be a good example for young people you know. Offer your mentorship to someone who needs support.
- 51 What are your strengths? Write down 5 positive characteristics you have.
- 52 Look at every individual as the friend you have not yet met.
- 53 Donate a reasonable amount of your income each month to a charity you believe in.
- 54 Take time to read about equality. Spread the knowledge onward.
- 55 Take extra time to reflect. Do what is right instead of what is easy.
- 56 Start a collection on Facebook for the benefit of an organization, a person or something you believe in.
- 57 Understand and work to challenge the status quo. Strive to be aware of your privilege and consider your own actions.
- 58 Educate yourself about those cultures that are unfamiliar to you. Help others to understand.
- 59 Help someone overcome a fear.
- 60 Encourage someone to follow their dream.
- 61 Pay attention to when someone needs your help. Look around you and act.
- 62 Devote one month to getting involved in an organization that does something you believe in.
- 63 Donate an experience to someone who is unable to afford such an experience.
- 64 The next time you are in a social situation, speak with someone who looks lonely there.
- 65 Clean out your closet/cellar. Is there something that you no longer need? Donate it to someone who needs it more.
- 66 Call someone who you know is lonely.
- 67 Being all alone is not always being strong. Invite someone you know who is alone to a holiday or birthday celebration.
- 68 Contact a nursing home nearby and volunteer your time. You will gain significant knowledge in return.
- 69 Smile at a stranger.
- 70 A laugh extends life. Make someone around you laugh.
- 71 Help someone to shop and carry home their bags.
- 72 Dare to follow your inner compass, find your own path in life.
- 73 Share stories with children about individuals who inspire you.
- 74 Knock on the door of a neighbor with whom you are not yet acquainted and introduce yourself.
- 75 Make an agreement with your colleagues/classmates to practice no-tolerance against sexual harassment for a whole day. Then analyze what happened. What did you notice?
- 76 The next time you are on the bus or subway, don't spend all of your time looking at your telephone – look around you and pay attention to situations where you could be of assistance.
- 77 Reflect over your core values and work actively to live up to at least one of these each day.
- 78 Organize a group of people who want to change the same thing as you do and get involved together to make this happen.
- 79 Do something you believe in instead of something that is expected of you.
- 80 Create patterns of positive thoughts with individuals in your surroundings by asking them what makes them happy.
- 81 Read about LGBT. Spread the knowledge further.
- 82 Donate a day of your time toward something good, such as volunteering for an organization, a person or a company that does something you believe in.
- 83 Discuss inspiring people who are no longer with us. When we talk about someone, their memory lives on.
- 84 Challenge someone you feel doesn't take social responsibility to adopt on one of the items from this list and encourage your friends to do the same.
- 85 Involve someone you know in resolving a difficult dilemma that you are thinking about.
- 86 Who is your role model? Tell someone close to you.
- 87 Contact an after-school program or youth center in your neighborhood and volunteer your time. You will receive much more in return.
- 88 Take the initiative to meet many different people, not just those closest to you.
- 89 Always be honest, even if it is not always appreciated. Honesty stands the test of time.
- 90 Communicate in ways to avoid disagreement and misunderstanding.
- 91 Let someone go ahead of you in line at the supermarket.
- 92 Praise the positive qualities of your friends. When you do others will follow.
- 93 Pay for the coffee of the person standing behind you in the queue.
- 94 Break the culture of silence at your school/workplace surrounding taboo subjects.
- 95 Take responsibility for the atmosphere at your workplace/school. Talk to your manager/teacher when you see that someone has been hurt/offended.
- 96 Raise the question: What does civil courage mean to you?
- 97 Share this list and challenge your friends to do at least 5 of the items listed.
- 98 Always offer to help, even if you are not certain it is needed.
- 99 Listen to what refugees have to say. Be open, get acquainted with others' observations and experiences.
- 100 Be an agent of change in society, engage yourself and make a difference.