# How to share messages at a protest

Easy Read guide 2023

The Commons Social Change Library

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We wrote this guide in an easy to read way.

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Contact details are at the end of this guide.

You can ask for help to read this guide.

A friend, family member or support person may be able to help you.

## How to share messages at a protest

### Protests

A protest is when people meet together in one place to call for social change.

Social change is when change happens that affects many people.

A positive social change makes things better for people.

For example, a law may be changed to stop discrimination.

There are many ways you can share messages at a protest.

You can use art to share messages.

You can use humour to share messages.

### Some ways to share messages

Write or paint a message on cardboard.

Print a message on paper and glue it onto cardboard.

You can add a stick and make it into a sign.

Hold up a sign that is given out by the campaigners.

Paint a message on material to make a banner.

Wear a badge with a message on it.

Wear a t-shirt with a message on it.

Write or paint a message on an umbrella.

Wear or carry something that is connected to your message.

### Things to think about

What is the message that you want to share with people?

What materials will you need?

* Do you want to make it on your own or with others?
* Will you need help?
* Who can help?

## Contact us

You can email us:

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You can write to us:

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You can visit our website:

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