

Democracy Action Resource

This resource is designed to help you take informed, trauma-informed, and effective action to defend democracy, protect dissent, and counter authoritarian tactics. It includes key facts, credible organizations, and ways to plug in.

What is the Big Lie?

The Big Lie is Donald Trump's false claim that the 2020 U.S. presidential election was "stolen" from him through massive voter fraud. This allegation was debunked by bipartisan election officials, dozens of court rulings, and Trump's own Justice Department. The Big Lie fueled the January 6th attack on the Capitol and continues to drive voter suppression, gerrymandering, and election subversion.

Where to Plug In Right Now

Brennan Center for Justice – <https://www.brennancenter.org/>

Protect Democracy – <https://protectdemocracy.org/>

Indivisible – <https://indivisible.org/>

Common Cause – <https://www.commoncause.org/>

League of Women Voters – <https://www.lwv.org/>

PEN America – <https://pen.org/>

Democracy Docket – <https://www.democracymarket.com/>

MoveOn – <https://front.moveon.org/>

Why This Matters: A Trauma-Informed Lens

Authoritarian tactics are not just political—they are psychological. They erode safety, trust, voice, and empowerment, undermining the social nervous system. A trauma-informed response requires connection, truth-telling, and collective action.

Call to Action

1. Tell the truth loudly—share verified facts and name the tactics.
2. Protect public spaces for dissent—support the Peace Vigil and other symbols of resistance.
3. Anchor in community—talk to neighbors, join local groups.
4. Refuse the nervous system hijack—pause, breathe, and act from clarity.