

**HUMAN AID
& ADVOCACY**



AWARENESS TO ACTION

**A Comprehensive
Guide to Advocating
for Palestine**



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INTRODUCTION

The unimaginable horrors of the Zionist genocide in Gaza have left many gripped by a deep sense of frustration—desperate to support the Palestinian cause, yet unsure how. But the truth is: **real, tangible change is within reach, and we have a pivotal role to play on the path towards Palestinian liberation.** With our du'as and ritual worship as the bedrock, strategic, organised and relentless action has the power to shift the political trajectory in favour of the Palestinian cause.

This is a **step-by-step guide** on how **every individual** can be an **effective** and **powerful advocate for Palestine.** It outlines our key messages and provides **practical strategies for action** — from harnessing social media and participating in meaningful boycotts, to challenging mainstream media bias, lobbying MPs, and supporting advocacy groups. The guide concludes with recommended reading and resources to deepen your knowledge and strengthen your commitment to the struggle for Palestinian liberation.

To maximise its impact, you should **use this guide to coordinate collective action within your existing networks.** By adopting these practical steps **collectively and consistently,** we stand a much greater chance of creating lasting impact:

- Form groups to work collaboratively (*via WhatsApp or other messaging apps*)
- Assign specific areas of activism to different members
- **Consistency is key!** By forming communal advocacy groups, we foster mutual accountability and encourage one another to stay engaged and committed over time.



1.

TEN KEY MESSAGES

1. This did not start on October 7th, 2023

- October 7 wasn't a cause, but a **symptom of over a century of Israeli oppression, dispossession, and murder of Palestinians**
- The global focus on the events of October 7 only serves to emphasise the **decades of indifference** to the ethnic cleansing, brutal Israeli occupation, and unimaginable atrocities and injustices, that Palestinians have endured.

2. Israel does not have the right to self-defence

- Israel has been **internationally recognised** as an **occupying power** since 1967.
- Under international law, Israel **does not have the right to self-defence** against the West Bank and the Gaza Strip.
- Articles 47–78 of the Geneva Conventions impose **substantial obligations** on **occupying powers**; it is **nonsensical** for a **settler colony** such as Israel **to claim self-defence** against the native population it is colonising.

3. The Palestinians have a legal right to resist

- Under International law, Palestinians have a **legal right to armed struggle** against occupation, to achieve self-determination and liberation.
- The UN General Assembly Resolution 37/43 asserts **"the legitimacy** of the **struggle** of peoples **for independence, territorial integrity... and liberation from colonial and foreign domination / occupation by all available means, including armed struggle"**.

4. Israel has turned the Gaza Strip into a concentration camp

- Despite withdrawing in 2005, Israel maintains a brutal, **full blockade of Gaza** with complete **control** over its **borders**, access to **water**, communications and internet, **electricity**, fuel, **food** and medical aid.
- Nothing enters or leaves Gaza without Israeli permission, making it the **biggest open-air prison in the world**.
- Before October 7, Israel **deliberately "put Palestinians on a diet"** by restricting food, and **"mows the lawn"** by periodically bombarded Gaza, killing thousands each time.

5. Israel is committing a genocide against the Palestinians

- On 26 January 2024, the **International Court of Justice (ICJ)** ruled that Israel is **'plausibly committing genocide in Gaza**.
- Genocide is defined as the **intentional destruction** of a national, ethnic, racial, or religious **group, in whole or in part**.
- Israel has used starvation as a weapon of war; **deliberately targeted** schools, hospitals, mosques, bakeries, water facilities and **civilians**.

6. Israel fabricated atrocities on October 7th to justify its genocidal campaign in Gaza

- The claims of systematic **rape, beheaded babies** and other violent acts, parroted by the West have been **proven false**.
- The unique barbarity of the fabrications **provided the pretext** for the genocide of Palestinians.
- At the heart of this grand scandal are two **Israeli disaster relief groups**, ZAKA and United Hatzalah, who **invented** and then spread **malicious propaganda**.

7. Palestinian groups do not use 'human shields' – Israel does

- The claim that Hamas uses civilians as human shields is **unsubstantiated** and has **never** been **independently verified**.
- It's a **convenient smokescreen**, enabling Israel to disproportionately **target Palestinian civilians** and civilian **infrastructure**.
- Meanwhile, **Israeli human rights group B'Tselem** has documented hundreds of cases of **Palestinians being used as human shields by the Israeli army**.

8. Israel is illegally holding thousands of Palestinians captive

- Ceasefire demands include the release of all **Israeli hostages**, but don't include the 5,200 **Palestinian hostages in Israeli prisons** who are consistently **dehumanised**.
- Nor the 1,200 Palestinians held in administrative detention, which allows **indefinite detention without charge** or trial.
- Since October 7 **arbitrary arrests have soared** with Palestinian prisoners numbering **9,623** as of July 2024. Confirmed reports of **torture, abuse and systematic rape** are ignored by the media.

9. Criticising the actions of Israel is not anti-Semitic

- **Zionism is not Judaism**; it is a **colonial**, racial supremacist ideology founded on the expansionist concept of a **Greater Israel**, spanning well beyond the **Jordan River** and the **Mediterranean Sea**.
- Zionists strategically **conflates** Israel and **Zionism with Judaism** to deflect legitimate criticism.
- This tactic **preys on Western guilt** for allowing the horrors of WWII and also purports to absolve Israel's allies from placing pressure on Israel to comply with international law.
- Meanwhile, the Palestinian slogan of liberation **"from the river to the sea"** is denounced as **antisemitic** or genocidal, despite the fact that the **"Greater Israel"** concept envisions territorial claims that surpass even these **geographical boundaries**.

10. This is not complicated

- Contrary to what many claim, this 'conflict' does **not date back thousands of years, nor** is it **fundamentally religious** in nature.
- The solution is very simple: **Israel must comply with international law**. UN Resolution 242, adopted unanimously by the UN Security Council on November 22, 1967, calls for **Israel's immediate withdrawal from all occupied territories** and the acknowledgement of **the sovereignty, territorial integrity and political independence of every State** in the area.
- While Palestinian groups, including Hamas, **have accepted this settlement, Israel continues to oppose** it in word and action, expanding illegal settlements and destroying any possibility of a future Palestinian state.

2.

SOCIAL MEDIA ACTIVISM

What's the problem?

As social media platforms have become **the primary news source for younger generations**, pro-Israeli activists—aware of this reality—are working tirelessly to mobilise and dominate this space to control the narrative and manipulate public opinion.

Who has the ability to do something about it?

We Do! Since the onset of the Israeli genocide, **social media platforms have been instrumental in exposing truths suppressed by mainstream media** while also challenging pro-Israeli talking points. This is practical proof that **our collective voice can break through the wall of pro-Israeli propaganda** in ways that were not available to previous generations.

If you're not already on social media, consider joining X, Instagram, Facebook, or TikTok—they're powerful tools in the fight to shape the narrative. Even **committing to just 10 minutes a day can make a real difference** in challenging misinformation and amplifying the truth.

What action can we take?

1. Use Words of Justice: An AI tool to help win the propaganda war

If you need help posting consistently on social media, wordsofjustice.org is **a powerful AI-powered tool for X and Instagram** that makes it quick and easy way to create sharp evidence-based social media posts.



How to use Words of Justice:

i. Supporting or refuting posts

STEP 1.

Go to wordsofjustice.org and choose your platform—either X or Instagram. From there, select whether you want to **“support”** or **“refute”** a post from the social media feed displayed on the website.

STEP 2.

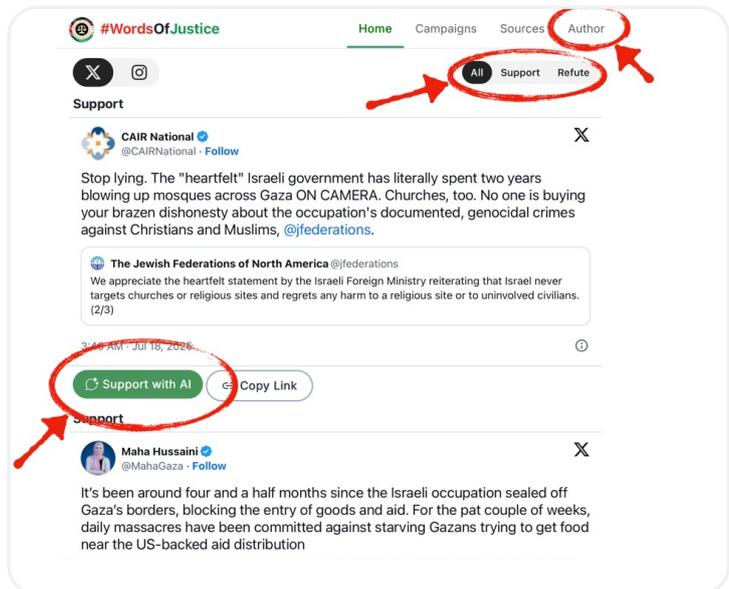
Click **“Generate Reply”** to craft your response. Use the **“Filter”** option to adjust the tone (angry, academic, empathetic, sad, or pithy). Remember, **proofread and fine-tune your reply** before pressing **“Share”**.

STEP 3.

After posting your response, **like** and **retweet/share** the original post. Then, move onto the next post on the feed to continue this process.

ii. Generate original posts

Select **“Author”** and describe the topic or headline you wish to post about using a few keywords. Click **“Generate Reply”** and use the **“Filter”** option to adjust the tone of your post. Proofread and fine-tune your post before pressing **“Share”**.



2. How to boost social media content

i. Across all social media platforms:

- **Tag relevant accounts** to connect it to broader conversations and increase interaction
- **Use relevant hashtags** to increase discoverability
- **Engage with content** shortly after the post goes live—early interaction helps it gain traction.
- **The best times to post** are typically during weekday mornings and early evenings, when users are most likely to be checking their feeds.

ii. Platform-specific:

**X (Twitter):**

- Like, reply and retweet pro Palestinian content
- The most effective way to boost pro-Palestinian content visibility is to “quote tweet” (*reposting a tweet with your own comment added above it*)

**Instagram:**

- Like, share, and comment on pro-Palestinian content as this signals value to the algorithm.
- Share the post to your story with a personal note – this increases reach and visibility.

**Facebook:**

- Like, share, and comment—comments carry strong weight in the algorithm.
- Sharing the post with your own caption can extend its reach beyond the original audience.

**TikTok:**

- Like, comment, share, and save—it all contributes to pushing the content to more users via the ‘For You’ page.
- Sharing the video to your story helps expand its reach.

3. General advice when engaging in social media

- Don't get angry
- Don't swear
- Don't name-call (ad hominem attacks)
- Don't libel people
- Avoid all tropes or stereotypes
- Ignore “trolls” who try to goad you by making outrageous statements
- Pause before hitting send! Even deleted tweets may have been screen-grabbed and used to damage peoples' careers years afterwards

What will you have achieved with your action?

Zionists are increasingly panicked by their unprecedented loss of control over the narrative during the ongoing genocide, responding with smear campaigns against pro-Palestinian voices and calls for censorship and suppression of free speech. Rather than deter us, **this should strengthen our resolve** to expand our presence on social media, amplify our message, and become the leading voices for truth and justice as the mainstream media continues to fade into irrelevance.

3.

STRATEGIC BOYCOTTS

What's the problem?

The Israeli economy is supported—directly or indirectly—by a host of multi-national companies, academic institutions, and financial groups.

Who has the ability to do something about it?

We do! Boycotts have gained momentum since the beginning of the genocide in Gaza. **Global giants like Starbucks, McDonald's, KFC, and Coca-Cola lost billions of dollars**, with many of their branches shutting down across the Muslim world. **This is practical proof that boycotts work**—but only when we act collectively and refuse to back down.

Choosing to forgo a favourite snack or drink is a small price to pay in the effort to apply pressure on those who support the genocidal state of Israel. **Our commitment to the boycott must remain unflinching until Palestinian liberation is fully realised**, regardless of any temporary ceasefires.

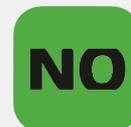
What action can we take?

1. Download a boycott app

There are mobile phone apps available that offer comprehensive boycott lists and include barcode scanners, allowing you to check any product for ties to Israel—complete with supporting evidence.

Here are the two most widely used apps:

1. **No Thanks:** Available on App Store and Google Play
2. **Boycat:** Available on App Store and Google Play



2. Lobbying in your local area

Grocery Stores:

- Many local grocery stores **continue to sell Israeli dates**, which are difficult to identify as they are rarely labelled as being from Israel. With **Palestinian alternatives widely available**, the community should **respectfully but firmly** urge stores to stop selling Israel dates while offering alternative suppliers for Palestinian dates. *(See the guidance below for Israeli dates.)*
- While persuading store owners to stop supplying Coca-Cola or Pepsi products may be challenging, we should **encourage them to offer alternative drink brands** by sharing information about other suppliers.

Local restaurants:

- While some Muslim-owned restaurants have already stopped supplying drinks owned by Coca-Cola or Pepsi, many still continue to sell them. Local patrons should respectfully but firmly **encourage these establishments to join the boycott of such products** and offer information for alternative suppliers.
- Also, a restaurant offering nothing but Coca-Cola or Pepsi products, is not an excuse to choose from them rather, seek alternatives such as water.

Your local masjid:

- While boycotting is a vital form of resistance against Zionism, many Muslims remain unaware or have yet to take action. **Consider approaching your Imam or mosque committee to request permission to display posters with boycott information inside your mosque.**
- You can also respectfully request that your Imam educate the congregation over the importance of engaging in boycotts.



3. High priority boycott list

This list is by no means comprehensive, but it highlights the high priority targets for boycotts that we all should observe as a minimum.

Food & Drink

- Coca-Cola products:
(Sprite, Fanta, Powerade, Dasani, FUZE tea)
- Nestle products:
(Perrier, Nescafé, Nespresso, NIDO, Gerber, Cerelac, Kit Kat, San Pelligrino, Smarties, Häagen-Dazs, Boost, Milo etc.)
- Pepsi products:
(Walkers, Pepsi, Mountain Dew, 7 Up, Mirinda, Gatorade, Tropicana, Lipton Ice Tea)
- SodaStream
- Cadbury

Restaurants/Food stores

- McDonalds, Papa John's, Burger King, Pizza Hut, KFC
- Starbucks, Costa Coffee, Pret-a-manger
- Tesco, Lidl, Next

Other priority companies to boycott

- Airbnb, Booking.com
- AXA, Barclays, HSBC
- HP, Dell, Siemens



Israeli Dates

Check the label on date packaging and avoid products marked as originating from **Israel**, the **West Bank**, the **Jordan Valley**, or those with **no country of origin** listed. See below for a list of Israeli date brands to boycott, which are often found in halal grocery stores:

- Supermarkets: ASDA, Tesco, Iceland and Waitrose and others sell dates from Israel
- Hadiklaim, Star Dates, King Solomon, Jordan River, Jordan Plains, Carmel, Mehadrin, Galilee



What will you have achieved with your action?

- **Boycotts were a key tool** in the global effort to dismantle apartheid in South Africa. They successfully pressured governments and companies to cut ties with the apartheid system, undermining its legitimacy leading to its eventual dismantlement in the 1990s.
- With this as a historic precedent it is clear that our boycott and divestment efforts have a **central role to play** in undermining the colonial, apartheid Israeli regime.

4. BRINGING BIASED MEDIA TO ACCOUNT

What's the problem?

Mainstream media coverage is **complicit in Israel's crimes** against Palestinian. It routinely echoes Israeli propaganda to justify atrocities, while minimising or ignoring the systemic abuses inflicted on Palestinians. This not only **shields Israel from legal accountability** but also obstructs efforts to pursue justice for its ongoing war crimes.

Below are examples of manipulative media techniques to be aware of:

1

Israeli actions are **described passively** to avoid identifying Israel as the perpetrator of violence e.g. '100 Palestinians killed in a raid.'

2

Palestinian actions are **described actively** to clearly frame those under occupation as the aggressor, **subverting** an understanding of the **inherent power imbalance** between occupier and occupied.

3

Coverage affords **Israeli casualties disproportionately more attention** and **emotional resonance** than Palestinian casualties, despite the significantly higher numbers of the latter, contributing to the dehumanisation of Palestinian

4

By omitting reference to **land theft** and **apartheid policies**, the discourse frames Palestinians as **obstacles to peace**—portraying them as **inherently hostile** and **ignoring their legitimate grievances**, thereby **conflating resistance with irrational violence or antisemitism**.

Who has the ability to do something about it?

We do! The **power of collective action can be harnessed to demand journalistic integrity** from media organisations. Misinformation and bias should never be tolerated.

What action can we take?

1. Use 'Accountable Media' and 'NewsCord'

Accountable-media.com is a powerful new platform that identifies articles breaching **Ofcom** and **IPSO** standards and provides ready-to-use complaint templates, empowering the public to **quickly** hold broadcasters, publishers, and regulators accountable for biased or misleading journalism.

NewsCord.org uses AI to collate news coverage from hundreds of sources distilled into concise summaries and highlighted coverage differences so that you can easily spot inaccuracies and biases in news coverage.

NewsCord's AI can make mistakes, always check the original sources.

Enter a Full Article URL or News Topic...

Browse Topics

Trending Now USA **War on Gaza** Ukraine War Crime Britain India Entertainr

Israel Bombs Catholic Church in Gaza, Killing Three and Injuring Priest (33 sources)

Israel Bombs Gaza With Nail-Packed Drones, Kills Over 30 Including Civilians and Churchgoers (10 sources)

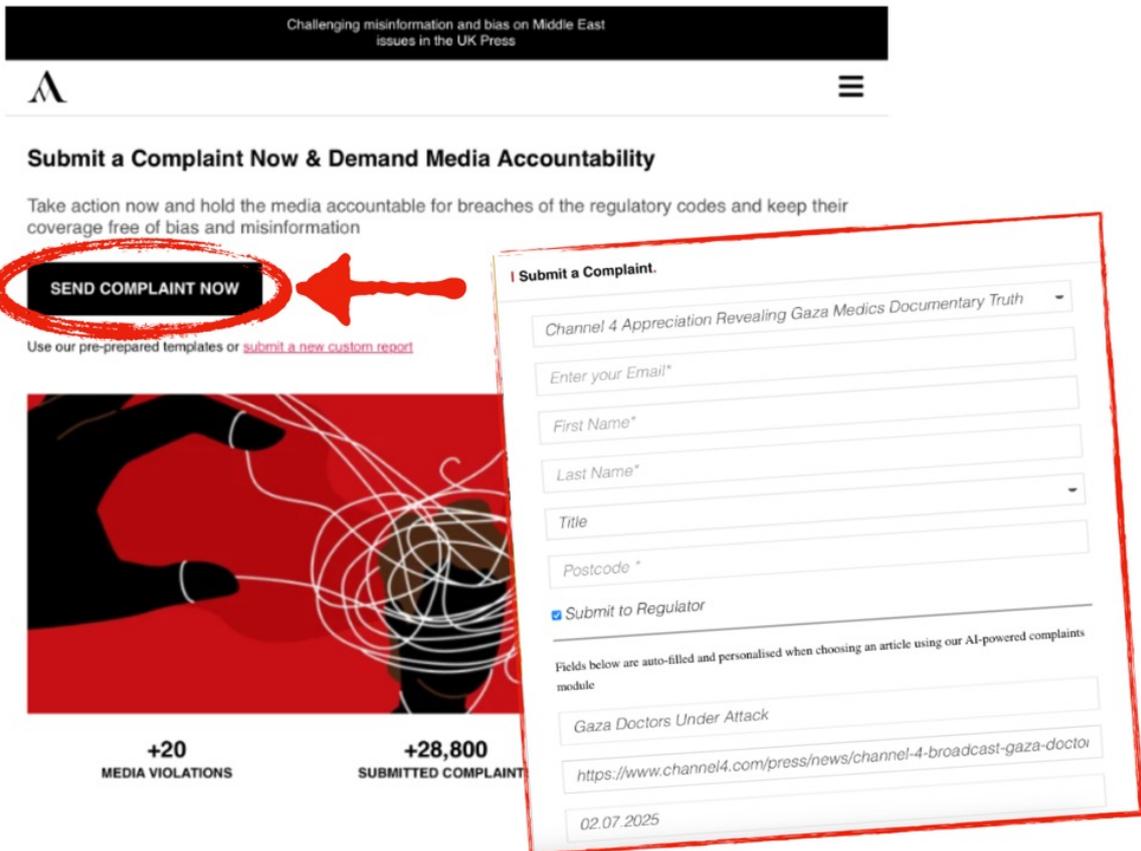
18 July, 2025

Option 1: Submit complaints for existing breaches

- Visit accountable-media.com and browse the dropdown list of articles flagged for breaching regulatory standards.
- Select from this list of articles and use the simple fill-in form to submit your complaint with just a few clicks.
- This process takes **no more than 1 minute** to complete – keep checking back to Accountable Media to submit complaints on the latest breaches.

Option 2: Flag up biased articles for complaints

- Use the newscord.org website, mobile app or [Instagram Page](#) to identify inaccurate, **partial or biased reporting**. Newscord collates and categorises articles on the latest events based on tone and style (e.g., passive vs. active voice), making it **quick and easy to spot bias** and misinformation.
- Once you come across problematic articles, **report it to Accountable Media**. They will review the article and, if approved, draft a complaint template. You can then submit a complaint by using the fill-in and click form and share with others to do the same.



2. File complaints against biased TV, radio and print media

Alternatively, you can apply pressure about biased Israel-Palestine coverage through these traditional complaint channels:

Print Media



- **IPSO** – Independent Press Standards Organisation: www.ipsa.co.uk
- **IMPRESS** – Independent Press Regulator: <https://www.impressorg.com>

TV / Radio



- **Contact Ofcom:**
<https://www.ofcom.org.uk/make-a-complaint> Tel: 020 7981 3040
or 0300 123 3333 or complain via their website
- **BBC:**
www.bbc.co.uk/complaints or Tel: 03700 100222
- **ITV:**
E-mail: viewerservices@itv.com or Tel: 0344 881 4150
- **Channel 4:**
www.channel4.com/4viewers/contact-u
- **Sky:**
<https://www.sky.com/help/articles/how-to-make-a-complaint>
or E-mail: viewerR@sky.uk Tel: 03442 410 265

What will you have achieved with your action?

By collectively and consistently challenging biased and misleading articles, we can hold the media accountable for breaching regulatory codes and help ensure more accurate, balanced coverage. Failure to meet these standards can lead to formal corrections, fines, or even suspension of a broadcaster's license.

5.

LOBBYING YOUR MP

What's the problem?

The **UK government denies that a genocide is taking place** in Gaza, as well as any involvement in what experts consider a 'plausible' genocide, citing its adherence to international law. Yet its ongoing arms sales, imports from illegal settlements, and collaboration in intelligence and resources **deeply implicate the UK in Israel's war crimes**.

Below are **three key political issues** that demand our collective pressure on elected representatives:

USE OF RAF AKROTIRI BASE

According to investigative journalists at Declassified UK, **RAF Akrotiri in Cyprus**, a British sovereign base is being utilised to fly **intelligence-gathering planes** over Gaza and potentially even to **transport military supplies to Israel**.

BRITISH NATIONALS FIGHTING IN THE IDF

Currently, a group of lawyers have submitted a 240-page **war crimes complaint** against **10 British citizens** who **fought for the Israeli Defence Forces (IDF)** a foreign army, in Gaza.

BAN ON ILLEGAL SETTLEMENT GOODS

The UK imports goods that are produced in **Israeli settlements** located in the **occupied** West Bank, East Jerusalem, and the Golan Heights which are **illegal under international law**.

Who has the ability to do something about it?

Many are justifiably sceptical about the effectiveness of lobbying MPs, given the **political establishment's deep alignment with Israeli interests** and the reality that individual MPs rarely influence foreign policy unless there's major cross-party consensus.

However, we believe **lobbying MPs remains a vital avenue for advocacy**, for the following reasons:

- Grassroots pressure can **lead to parliamentary questions**, debates, or votes on the issue.
- It can **help push the Overton Window** (the range of ideas and policies considered acceptable in public discourse) in favour of the Palestinian cause.
- Some MPs may already be sympathetic but need **popular pressure** to act.
- The political landscape is rapidly changing, and **certain demands are increasingly within reach** — such as banning goods from illegal settlements or prosecuting British nationals serving in the IDF.

What action can we take?

1. Submit a targeted email to your MP

Click on the link below or scan the QR code to access our **MP lobbying email tool** – choose the issue you wish to lobby your MP and contact them directly in under a minute.

[MP lobbying email tool](#)

This MP Lobbying Tool currently includes templates for the three most urgent lobbying issues, and will be updated as new concerns arise on the political landscape. Be sure to **check back regularly to stay informed and continue applying pressure** on our MPs.



2. Ask to meet them at their local surgery *(the address will be on their website)*

MPs hold regular constituency surgeries where they meet with local residents to hear their concerns. These are an ideal opportunity to raise your issue directly and personally—check their official website or contact their office to find out when and where the next surgery is taking place and how to book an appointment.

3. Ask them to visit a community organisation

For MPs already sympathetic to the cause, inviting them to visit a local organisation—such as a charity, mosque, youth centre, or support group—helps ground your issue in real-life impact. It not only personalises your cause but also shows community support, making it harder to ignore and more likely to leave a lasting impression.

Advice

1

Research your MP before reaching out to tailor your approach effectively. A useful starting point is www.theyworkforyou.com. Consider the following:

- Are they a member of Conservative Friends of Israel or Labour Friends of Israel?
- Have they ever spoken for or against Israel in the Commons?
- What Early Day Motions (EDMs) have they signed?
- Are they a member of any relevant All-Party Parliamentary Group?

2

Evidence to your MP that there are a reasonable number of local voters who share your position on Palestine as this can strengthen your impact.

3

Keep in mind that **MPs are representatives, not delegates** – they may already have strong views and may react negatively to perceived bullying, electoral threats or coercion.

4

If your MP is already supportive of Palestine, **pressure them to take more decisive steps** from the actions above.

5

Encourage your friends and family to use our email lobbying tool to contact their MPs – this is a collective effort, and our impact increases with every voice added.

What will you have achieved with your action?

By taking these actions you are **directly challenging the UK government's complicity** in potential violations of international law. Your efforts help increase political pressure on MPs to speak out in Parliament, scrutinise government policy, and push for tangible changes such as suspending arms exports, prosecuting war crimes, and banning illegal settlement goods.

Every email, social media post, and in-person meeting **sends a clear message**: constituents will not accept silence or complicity.

You may not change their stance on Palestine, but by applying pressure, you can at least influence their tone and rhetoric on the three issues outlined above.

6.

SUPPORTING GROUPS FIGHTING FOR LIBERATION

What's the problem?

The hard reality is that, no matter how well-intentioned, **our charitable efforts alone cannot dismantle the deeply rooted systems of oppression** sustaining this historic injustice.

Who has the ability to do something about it?

We do! Many groups and organisations are harnessing specialist skills — whether legal, creative, or technical — to advance the cause of Palestinian liberation. While we each have a personal duty to stand up for Palestine, these groups are often better positioned to drive impactful and lasting change.

What action can we take?

1. Support Palestinian advocacy groups

Beyond our own personal advocacy, one of the most powerful ways we can support the cause of Palestinian liberation is by lending our material or financial support to existing groups making real, tangible impact on the ground.

Here are some groups **at the forefront of the struggle** that we recommend you follow and support:

PAL Commission:

<https://palwarcrimes.org>

A Palestinian led group that criminally prosecute individuals involved in the theft of Palestinian land, halting illegal land sales, and defending Palestinian life and territory from Israel's ongoing settler-colonial violence.

Global Legal Action Network (GLAN):

<https://www.glanlaw.org>

The Global Legal Action Network (GLAN) is a unique non-profit organisation that works with affected communities to pursue innovative legal actions across borders, challenging states and other powerful actors involved with systemic injustice. Their vision is justice across borders.

Riverway to the Sea:

<https://www.riverwaytothesea.org>

Riverway to the Sea is a new organisation dedicated to understanding and confronting the racist ideology of Zionism through comprehensive legal education, robust critical debate, and the strategic coordination of international legal actions.

Human Aid & Advocacy:

<https://humanaid.org>

Human Aid & Advocacy is an international NGO that integrates humanitarian relief with bold advocacy. We believe that providing aid is essential—but not sufficient. To truly address the crises facing the Muslim world, we must confront and challenge the underlying systems of oppression driving them.

European Legal support centre:

<https://elsc.support/newsletter/>

The European Legal Support Center (ELSC) is the first and only independent organisation defending and empowering the Palestine solidarity movement in Europe through legal means. They provide free legal advice and assistance to associations, human rights NGOs, groups and individuals advocating for Palestine in mainland Europe and Britain.

2. Stay alert to emerging advocacy opportunities

Many critical developments go unreported by mainstream media, yet they present important chances for us to **act, raise awareness, and alert relevant advocacy groups** to mobilise a response. Keep track of ongoing developments by regularly checking these important websites:



News & analysis:

DeClassified:
www.declassifieduk.org

The GreyZone:
thegrayzone.com

Mondoweiss:
mondoweiss.net

Electronic Intifada:
electronicintifada.net

Canary:
www.thecanary.co

NewsCord:
newscord.org



Social media:

Now in Palestine:
<https://www.instagram.com/nowinpalestine/?hl=en>

Slingshot Palestine:
<https://www.instagram.com/slingshotpalestine/?hl=en>

Pulse of Pal:
<https://www.instagram.com/pulseofpal/?hl=en>

Palestine Reveals:
<https://www.instagram.com/palestinereveals/?hl=en>

Humanti Project:
<https://www.instagram.com/humantiproject/?hl=en>

What will you have achieved with your action?

By offering sustained support to these groups, we not only help maintain their vital work but also **enable them to grow** and become an even more powerful force for change.

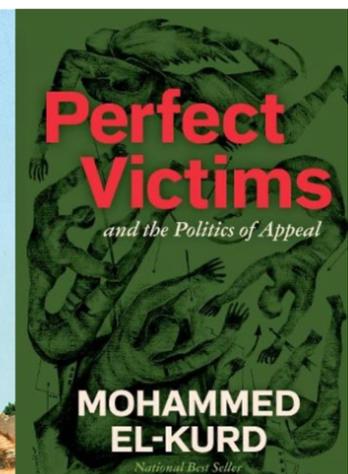
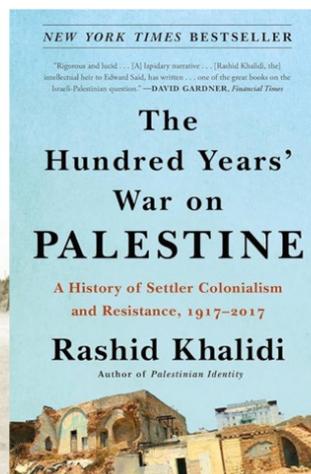
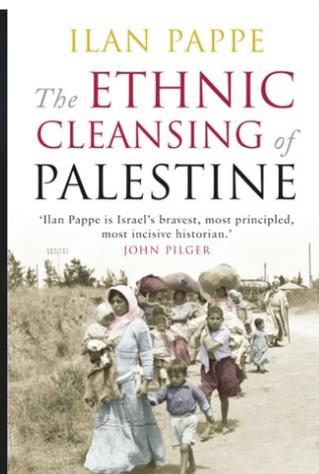
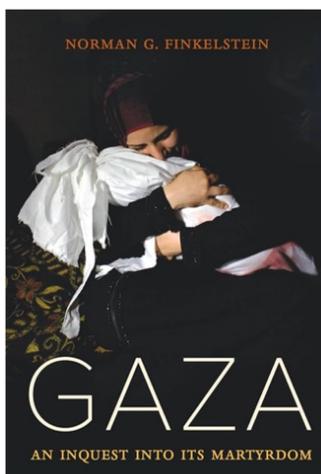
7. READING AND RESOURCES

Knowledge is essential to effectively advocate for Palestine. It is the key to understanding the **historical, political, and social context** that will enable us to raise awareness, counter misinformation, and support the pursuit of justice and Palestinian self-determination.

Below is not an exhaustive list but will help guide you towards a greater understanding of Palestine and provide you with the tools to be an advocate for our brothers and sisters in Palestine.

Books

- Palestine: A Beginner's Guide by Ismail Adam Patel
- The Hundred Years' War on Palestine by Rashid Khalidi
- The Ethnic Cleansing of Palestine by Ilan Pappé
- An Oral History of the Palestinian Nakba by Nur Masalha and Nahla Abdo
- Palestine: A Four Thousand Year History by Nur Masalha
- Gaza: An Inquest into Its Martyrdom by Norman Finkelstein
- I Saw Ramallah by Mourid Barghouti
- In Search of Fatima: A Palestinian Story by Ghada Karmi
- My People Shall Live by Leila Khaled
- Perfect Victims by Mohammed El Kurd
- The Israel Lobby and US Foreign Policy by John J Mearsheimer & Stephen M Walt
- Palestinians: The Invisible Victims by James J. Zogby
- Hamas: Unwritten Chapters by Azzam Tamimi
- Unveiling Tyranny: The Genocide in Gaza & False Zionist Narratives on Palestine – <https://sapienceinstitute.org/unveiling->



Articles & Website Resources

- Palestine 101 by DecolonizePalestine: <https://decolonizepalestine.com/introduction-to-palestine/>
- Myths database by DecolonizePalestine: <https://decolonizepalestine.com/myths/>
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