

# Continuum of Civic Engagement

Civic engagement comes in many forms. Today you hold one role, but tomorrow you could play a completely different one. Explore where you fall on the Continuum of Civic Engagement and take action!



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	Build Empathy	Connect with Others	Give Resources	Give Time & Skills	Be Heard	Start Organizing	Get Political
Support	<p>Lend an ear! Start listening to others' perspectives and ask or read about their lived experiences.</p> 	<p>Be kind to, and show compassion for, folks in public (even if nobody on social media can see it!).</p> 	<p>Diversify your giving! Make a one-time donation to an organization that fills the most pressing needs in the city.</p> 	<p>Support a neighbour or community member – say hello and reach out to people in your local area.</p> 	<p>Learn about the most pressing issues – on your street, in your neighbourhood, and across the city.</p> 	<p>Find social or recreational groups, campaigns, and activities in your community to get involved with.</p> 	<p>Make sure to vote and encourage your family, friends, colleagues, and social media followers to vote as well.</p> 
	TAKE ACTION! CHALLENGE YOURSELF TO ACT ON ONE OF THESE IDEAS TO GET STARTED:						
	<ul style="list-style-type: none"><li>Read a book</li><li>Watch a documentary</li><li>Listen to a podcast</li><li>Read <a href="#">Toronto's Vital Signs Report</a></li></ul>	<ul style="list-style-type: none"><li>Thank someone</li><li>Share a compliment</li><li>Ask another person a question</li></ul>	<ul style="list-style-type: none"><li>Discover causes and programs</li><li><a href="#">Find out where to donate</a></li><li>Make a donation</li></ul>	<ul style="list-style-type: none"><li>Do a favour for a neighbour</li><li>Bring a meal to someone</li><li>Offer to help in the moment</li></ul>	<ul style="list-style-type: none"><li>Sign petitions</li><li>Share causes on social media</li><li><a href="#">Fund local journalism</a></li><li>Discuss issues with friends and family</li></ul>	<ul style="list-style-type: none"><li>Look for posters in your neighbourhood</li><li>Research social media groups or forums</li></ul>	<ul style="list-style-type: none"><li>Mark the election date on your calendar</li><li>Grab your identification and voter information card</li><li>Vote</li></ul>
Participate	<p>Seek out learning opportunities, from blog posts to conferences, and share your learnings with your peers.</p> 	<p>Chat with your neighbours – introduce yourself and ask open-ended questions about their lives.</p> 	<p>Make a lasting impact by donating on a monthly basis. Alternatively, you could provide an in-kind donation.</p> 	<p>Figure out which organizations are addressing the city's most urgent needs and then sign up to volunteer with them.</p> 	<p>Write a letter to your city councillor, MP or MPP, sharing your perspective on a community issue, or attend a protest.</p> 	<p>Convene like-minded people to research and discuss a particular issue, and then brainstorm and implement solutions.</p> 	<p>Research candidates' platforms and decide who to support. You could take it a step further by helping out with their campaign!</p> 
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	<ul style="list-style-type: none"><li>Share learning resources with others in your network</li><li>Ask questions to prompt a discussion</li><li>Start with <a href="#">this blog</a></li></ul>	<ul style="list-style-type: none"><li>Make a new connection in your community</li><li>Start by asking someone, "How are you?"</li></ul>	<ul style="list-style-type: none"><li>Discover ways to give monthly by exploring <a href="#">giving guides</a></li><li>Find an organization to commit to that aligns with your priorities</li></ul>	<ul style="list-style-type: none"><li>Reflect on what time and skills you have to give</li><li>Research volunteer roles on <a href="#">VolunteerToronto.ca</a></li><li>Apply for a role</li></ul>	<ul style="list-style-type: none"><li>Think about what you'd like to see change</li><li>Write a letter and send it – check out <a href="#">this template</a> to get started</li></ul>	<ul style="list-style-type: none"><li>Identify organizations you align with</li><li>Apply to become a volunteer or board member</li><li>Explore training</li></ul>	<ul style="list-style-type: none"><li>Read candidate platforms</li><li>See how organizations like <a href="#">Social Planning Toronto</a> compare candidate platforms</li></ul>
Lead	<p>Make space and give way for others, learn and live allyship – change your habits or evolve your perspectives.</p> 	<p>Participate in local spaces, such as "Caremongering" Facebook groups and community events.</p> 	<p>Provide long-term support to a charity by making a major gift, setting up a fund, or naming them in your will.</p> 	<p>Flex your teamwork skills by lending your professional expertise to a board or leadership team.</p> 	<p>Come to City Hall's public hearings and consultations prepared to make your case! Your voice matters!</p> 	<p>Create something new for the community (program, campaign, grassroots group, petition, or protest).</p> 	<p>Fill out that paperwork and run to be a School Board Trustee, City Councillor, MP, MPP, or even Mayor!</p> 
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	<ul style="list-style-type: none"><li>Make a commitment</li><li>Lean into the difficult</li><li>Learn more by reading Volunteer Toronto's <a href="#">"Empathy Into Action" blog</a></li></ul>	<ul style="list-style-type: none"><li>Find online communities</li><li>Attend an in-person community event</li><li>Start actively engaging</li></ul>	<ul style="list-style-type: none"><li>Discover new cause(s)</li><li><a href="#">Be strategic with your philanthropy</a></li><li>Consult the city's community foundation for how and where to give</li></ul>	<ul style="list-style-type: none"><li>Take a course on <a href="#">Becoming a Board Member</a></li><li>Apply to be a board member</li></ul>	<ul style="list-style-type: none"><li><a href="#">Learn about public hearings</a> and attend</li><li>Prepare to participate</li></ul>	<ul style="list-style-type: none"><li>Identify a gap in services</li><li><a href="#">Learn how to start a grassroots group</a></li></ul>	<ul style="list-style-type: none"><li><a href="#">Learn about the electoral process</a></li><li>Prepare to run</li><li>Begin campaigning</li></ul>