

# MUTUAL AID

DON'T SHOOT PDX

**BLACK LIVES  
STILL MATTER**



What does  
Mutual Aid  
look like to you?

Mutual Aid is provided by Legal Observers, Street Medics, Youth Organizers promoting civic engagement, Donors and Volunteers (including those bringing art for protest and those raising money and hosting fundraisers), Community Organizers distributing PPE Supplies (like Fires Igniting the Spirt), and meals (like our work with Mothers). Mutual Aid also is Jail Support, Child Care, Carpooling, Educational Resources & much more!

**“Building and distributing our own access so we don’t have to depend on the system”**

# HISTORY OF MUTUAL AID

Marginalized communities have been practicing mutual aid for a long time; however white supremacy, displacement, and gentrification have disrupted community efforts. There is a long history of communities coming together to support one another - mutual aid is not brand new.



# MUTUAL AID & ACTIVISM

"ART IS AN INSTRUMENT  
TO COMMUNICATE  
OPPRESSIVE SYSTEMS"

Mutual Aid is Community Organizing. It is something that Black people have always relied on to survive in America. We have always counted on one another.

## How Mutual Aid Works

"WE DON'T WANT TO CONTINUE  
FEEDING INTO THESE SYSTEMS  
OF OPPRESSION JUST BECAUSE  
THEY EXIST TO MAKE US FEEL  
SAFE WE NEED TO INVEST  
IN BUILDING COMMUNITIES  
SO THAT WE CAN ACTUALLY  
BE SAFE AND HAVE RESOURCES  
WITHOUT HARMING ONE ANOTHER"

IT TAKES A LITTLE YOU AND  
A LITTLE ME TO GROW THIS  
COMMUNITY



What does MUTUAL AID look like to you? Take some time to reflect and use the space below to draw, write, or express however you like, how you view mutual aid. Let this be a moment for yourself to just be expressive.

"DON'T TRY DO IT  
DO IT FROM WHERE  
YOU ARE START  
HONING IN ON THE  
THINGS THAT ARE  
IMPORTANT TO  
YOU BECAUSE SOCIETY  
NEEDS NEW VALUES"



Take a picture and tag our Insta  
[@dontshootpdx](https://www.instagram.com/dontshootpdx)



# COVID-19

“People had time to see the news and to be inundated with all this information about the inequities that were happening in the Black community. That’s why I think so many people showed up for the protests, because people are asking me all the time, “Why do you think so many people came out this time? What do you think was different?” And I was like, we all had truth, we had the report! We all had solid information and evidence of the true disparities that were happening to Black America. People showed up because they received that truth during a global crisis, a pandemic. They knew that they needed to show up to support each other.”-- Teressa Raiford, Don’t Shoot Portland

As we know, since the COVID-19 crisis erupted in America, numbers of studies and health research publications have pointed to serious health disparities and systemic inequities that show racial trends and a lack of resources and health care accommodations for Black Americans.

Using Science, we were able to protect activists during the Covid 19 Pandemic when law enforcement used violence against protesters for showing up for George Floyd. Check out the Report!

#### Title

Riot Control Agents: Systemic Reassessment of Adverse effects on Health, Mental Stability, and Social Inequities

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Full Report  
can be found  
@Don't Shoot PDX.org



# Our Current Portland Mutual Aid Ecosystem:

It's All Connected!  
Mutual Aid is Community  
Working Together.

The support of Indigenous Artists and Comrades helped us promote Know Your Rights info via art, promotional infographics, organizing, etc.

Working with #KeesLoaded and Trap Kitchen PDX, we began Feeding Black Portland, which continues on with outpourings from local businesses and several donors. They even helped feed firefighters and other first responders.

The Tear Gas Ted artwork and other anti-racist art, posters, political art and rallies helped us raise funds for a lawsuit against the City of Portland (which we won the injunction for!)

The Federal Lawsuit against Donald Trump was to support MOMs showing up for Shai'India Harris, an 18-year-old victim of gun violence.

We are still organizing to serve our vulnerable neighbors with Not Black Friday weekly meals.

Fires Igniting the Spirit distributed mutual aid to those in need. We gave them PPE including thousands of masks, cleaning supplies, water, gloves and hygiene items initially. They are now a non-profit, expanding to serve Indigenous communities throughout the region to provide mutual aid, including building homes on reservations for those displaced by the wildfires this summer.

All of these are parts of essential community mutual aid

# STAY ENGAGED!

Instagrams to follow:

@dontshootpdx

@pdxfreefridge

@fires\_igniting\_the\_spirit

Visit [dontshootpdx.com](https://dontshootpdx.com) for updated volunteer opportunities and donate to their site directly.

You can also donate to street medics on the ground (Portland Action Medics are on Venmo at @Rosehip-medics).

If you can, be prepared to physically and financially provide jail support.

(General Defense Committee is on Venmo/Cash app at @pdxgdc \$pdxgdc).

Needs are constantly evolving, so check back often to see how you can contribute! @Don'tShootPDX hosts a "Mutual Aid for Black Lives Matter" on their linktree a great place to start! (link in bio)

WHAT CAN YOU DO NOW

## ACCESSIBILITY MATTERS

Please find below a written description of this publication.

This publication is made up illustrations, type, color blobs, and solid color backgrounds. The cover includes an illustration with the title of the publication Mutual Aid by Don't Shoot PDX. The zine focuses on the topic of Mutual Aid by providing context and history on the term within the first couple of pages with illustrations placed in the background. We then jump into Mutual Aid and Activism - this section is largely made up of quotes mixed with illustrations and activities for ways to make this publication your own. The following topic covered is an overlook that Don't Shoot PDX has been doing throughout COVID-19, with information about the activism that has taken place following the murder of George Floyd. Highlighting the Report that was made to help educate and document these times that we are living in. The full report can be found on the Don't Shoot PDX website. Our current Portland Mutual Aid Ecosystem is a page that highlights all the different initiatives and works going on within the idea of Mutual Aid directly here in Portland during the publication Jan/2021. The page is laid out to have little text boxes each giving you a very quick summary of the works happening. WHAT CAN YOU DO this page is themed around giving you a snapshot look at ways for you to stay engaged past reading this publication. We provide a list of Instagrams to follow and ways to continue to stay up to date on current events (this page is your homework)! Our back cover is where you can find information such as who created this publication- Designers, illustrators, and collaborators. You can find a brief description of Don't Shoot PDX and learn that all information was sourced and provided by them for this publication and learn about the hands who helped make this publication possible

This description is being provided to make our publication more accessible.

**All content from this zine was sourced from quotes pulled from Teresa Raiford's Keynote Speech from PNCA's Graduate Symposium: Forms of Care, Building the World We Need, an interview of Teresa Raiford, and content from Don't Shoot PDX's Instagram.**

## About Don't Shoot PDX:

Don't Shoot Portland is a Black-led human rights nonprofit that advocates for accountability. Since 2014, we have implemented art, education and civic participation within our programming to create social change. Our organizing and activism work include educational workshops to support the outreach of our continued advocacy as first respondents and has helped community members

### All Artwork Provided By Corinne Salter:

Mutual aid is what keeps our communities together. My illustrations in this zine are all about people supporting people in a positive and uplifting way. My work is intended to make people smile, displaying the joy and light of mutual aid in social justice. As artists, we are responsible for making people feel and think, and I have chosen to make people think about the things that are important to me, in this case these things being social justice and community. Insta-

This publication was edited and printed by the following PNCA Print Media Graduate Students: Isabel Campos Bedard, Christina Martin, Cassie Ferguson & Margaux Mellott. @printmediamfa

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