Digital Activism Reality Check

Honest self-assessment questions to evaluate your digital activism patterns and identify where you might be stuck in cycles that feel productive but don't create lasting change.

Digital Engagement Patterns

Let's examine how your online activism translates into real-world impact. Be honest – this is about awareness, not judgment.

1   **When you share activist content, what happens next?**

Do you follow up with concrete actions?

| I always follow up with offline action |

| Sometimes I take additional steps | | I usually just share and move on |

| I've never thought about follow-up |

2   **Can you name three specific policy changes that resulted from online campaigns you've participated in?**

Think about concrete, measurable outcomes – not just awareness raised.

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Yes, I can name specific victories

I can name one or two

I know of general improvements

I can't name any specific changes

3 **How do you feel immediately after posting about social issues versus a week later?**

Consider the emotional arc of your digital activism.

Energized both times

Good at first, neutral later

Good at first, empty later

Anxious or drained both times

Pause and reflect: What patterns do you notice in how you engage with activism online? What drives you to share or post?

Take a moment to write your thoughts...

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Online vs. Offline Balance

Real change requires both digital and physical presence. Let's assess your balance.

1 **When was the last time your online activism led to a face-to-face conversation with someone who disagrees with you?**

Not arguments, but genuine dialogue aimed at understanding.

Within the past month

Within the past 3 months

Within the past year

Can't remember

2 **Do you spend more time sharing content about issues than learning about organizations working on them?**

Compare time spent posting versus researching who's doing the work.

I research much more than I share

About equal time on both

I share more than I research

I mostly just share

3 **If social media disappeared tomorrow, would your political engagement increase, decrease, or stay the same?**

Be honest about how dependent your activism is on digital platforms.

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It would increase   It would stay the same

It would decrease somewhat   It would disappear entirely

Consider this: What would your activism look like without any digital tools? What skills would you need to develop?

Imagine your activism without screens...

Measuring Real Impact

Impact isn't measured in likes or shares, but in tangible change. Let's get specific.

1 **Have your political activities contributed to any specific policy changes you can point to?**

Think local: city council decisions, school board policies, workplace changes.

Yes, multiple specific changes

Yes, at least one change

I've participated but unsure of impact

No specific changes

2 **Do you know what your local elected officials are working on and how to contact them?**

Not just their names, but their current priorities and how to reach them.

Yes, and I contact them regularly

Yes, but I rarely contact them

I know some of them

I don't know who they are

3 **Can you name three community organizations working on issues you care about?**

Local groups doing on-the-ground work, not just national organizations.

Yes, and I'm involved with them

Yes, but I'm not involved

I can name one or two

I can't name any local groups

Remember: These questions aren't meant as judgment, but as awareness tools. Many dedicated activists find gaps between their digital engagement and their deeper political goals. That's valuable information, not failure.

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Final thought: What's one specific action you can take this week to move from digital activism to real-world organizing?

Make it specific and achievable...