



August 2026

33 Ways to Free Somebody as a parent

an everyday guide
to freedom

The work of freeing people has never rested in courts and legislatures alone. It lives in the hands of *everyday people like you*. People building on the long tradition of taking responsibility for one another. This is our special edition for parents. We've gathered some of the tactics and tools that ordinary people have created to protect one another from incarceration in all its forms (jails, prisons, and detention centers). Below are 33 ways to free somebody, organized by approach. Pick what works for you, check off what you do, and keep going. *Because freedom is an everyday act.*

1 Keep People Out of Reach

Sometimes freedom looks like preventing system contact by removing barriers and reducing people's exposure to law enforcement.

Got 5 minutes?

- ☐ 1. Get informed about your school's discipline policies and inquire about their racially disparate impact.
- ☐ 2. Find resources on non-punitive discipline and share them with your child's school and educators.
- ☐ 3. Find and use alternatives to calling the police at dontcallthepolice.com.
- ☐ 4. Pay immigrant workers you employ to stay home in moments of increased enforcement; even a day makes a difference.

Got more time?

- ☐ 5. Buy a stack of single-ride public transportation tickets and distribute them to parents and students in need.
- ☐ 6. Organize with parents to change punitive truancy policies.
- ☐ 7. Run for your school board. School boards have the power to decide suspensions and expulsions and set discipline policies.
- ☐ 8. Organize with your school community to halt suspensions.
- ☐ 9. Pool childcare with nearby families so immigrant care providers can safely stay home during raids and enforcement surges.
- ☐ 10. Organize with neighbors to pool money and buy out local street vendors for a week.
- ☐ 11. Join a Police Free School campaign in your city to get cops out of schools at policefreeschools.org.

2 Stand Between

Sometimes freedom looks like running interference: putting yourself between people and the systems looking to incarcerate them.

Got 5 minutes?

- ☐ 12. Walk or drive a child from an immigrant family to school during immigration enforcement surges.
- ☐ 13. Print and share [red cards](#) explaining people's rights during enforcement.
- ☐ 14. Be an emergency contact and authorized pickup for an immigrant parent's child.
- ☐ 15. If you see someone detained by ICE, stop and safely observe. Film if comfortable. Ask if they want you to call someone. Visit the [Justice Committee](#) for more tips.
- ☐ 16. If you see ICE on or near campus, let your campus community know when and where. If you're not already in one, start a group chat with other parents to keep each other informed.

Got more time?

- ☐ 17. Organize a walking school bus to walk immigrant children to school at times when their parents feel safer at home.
- ☐ 18. Attend a Copwatch or ICE watch training.
- ☐ 19. Join NDLO's [Adopt-A-Corner campaign](#).

4 Bring them Home

Sometimes freedom looks like getting folks out.

Got 5 minutes?

- ☐ 26. Pay someone's bail or donate to a bail fund.
- ☐ 27. [Write a letter](#) on behalf a political prisoner with Amnesty International's Write for Rights.
- ☐ 28. Write a support letter for someone navigating the criminal legal system.
- ☐ 29. Find a parole prep guide and send it to someone you know serving a long prison sentence.
- ☐ 30. Tell the medical professionals in your life about the [Medical Justice Alliance](#).

3 Reach Inside

Sometimes freedom looks like lending your time and talents to support folks inside and their connections to the outside world.

Got 5 minutes?

- ☐ 20. [Donate](#) to the Otay Mesa Detention Collective's effort to put money on detained immigrants' commissary accounts so they can call their families and lawyers.

Got more time?

- ☐ 21. Become a pen pal with an incarcerated individual who wants correspondence. Organizations like [Black and Pink](#) and the [California Coalition for Women Prisoners](#) connect volunteers with incarcerated people who want correspondence.
- ☐ 22. Volunteer to teach classes or run programs inside a jail or prison.
- ☐ 23. Speak a language other than English? [Volunteer](#) for Freedom for Immigrants' national immigration detention hotline that helps connect families with detained loved ones.
- ☐ 24. Make it easier for someone to visit their incarcerated loved one; offer a ride, cover hotel costs or watch their kids.
- ☐ 25. Find a local organization that works with families of incarcerated and detained people and to sponsor a family to visit their loved one.

Got more time?

- ☐ 31. [Host](#) a letter-writing party for Amnesty International's Write for Rights.
- ☐ 32. Volunteer with a group that trains people to help incarcerated people prepare their parole applications.
- ☐ 33. If you're a medical professional, volunteer with the [Medical Justice Alliance](#).

These actions come from An Everyday Guide to Freedom, a series lifting the tactics and technologies that everyday people have used to protect each other from incarceration in all its forms. Visit fwd.us/freedom for the full series or scan the QR code to the right.

