GETTING INVOLVED CHECKLIST



NOW FUTURE

On My Unit/Office

- [ ] [ ] Raise and report my concerns
- [ ] [ ] Talk to my coworkers about education, issues, and rights
- [ ] [ ] Share UNA resources
- [ ] [ ] Become a Unit/Office Representative

In My Local

- [ ] [ ] Attend and participate in my Local's meetings
- [ ] [ ] Attend and volunteer with my Local's events
- [ ] [ ] Follow my Local on social media
- [ ] [ ] Run for an elected executive or committee position with my Local
- [ ] [ ] Participate in my Local's demand setting and bargaining process

With UNA Provincially

- [ ] [ ] Download the UNA app
- [ ] [ ] Attend applicable UNA workshops (education.una.ca/workshops)
- [ ] [ ] Read UNA's NewsBulletin, and sign up for campaigns and newsletters
- [ ] [ ] Follow UNA on social media
- [ ] [ ] Check out UNA's discussion forums
- [ ] [ ] Sign up for one or more of UNA's Equity Caucuses (una.ca/about/equity-caucuses)
- [ ] [ ] Attend provincial events, rallies, and meetings, such as UNA's AGM
- [ ] [ ] Run for an elected position with UNA provincial

Beyond UNA

- [ ] [ ] Show UNA pride – wear UNA pins, display stickers
- [ ] [ ] Talk about issues impacting health care and workers' rights and get politically active
- [ ] [ ] Follow UNA's affiliates and other labour organizations on social media
- [ ] [ ] Go to affiliates' websites to learn about campaigns and education
- [ ] [ ] Look for opportunities to attend affiliate events (look for draws in the News forum)
- [ ] [ ] Attend and support other unions' events, rallies, and pickets
- [ ] [ ] Run for an elected position with an affiliate