

Developing a Conscientious Objector File

These are suggestions -- not all items will apply to you.

- 1)** Keep a notebook/journal of things done or thought about.
- 2)** Gather relevant schoolwork: art, reports, papers, book reports, videos, projects. Keep in your file or summarize in your journal.
- 3)** Keep notes on events such as meaningful movies, books, plays, speakers, class discussions that seem relevant.
- 4)** Ask the school librarian to suggest relevant books to read about war, pacifism, conscientious objection history, etc.
- 5)** Attend peace events. Have yourself photographed participating. Write date and location on the back of the photo or to digital file.
- 6)** Join a peace club, service club, human rights group, church sponsored group, etc.
- 7)** Document any personal activities that are illustrative of your sensitivity, altruism, interest in helping others (helping an elderly neighbor, working at a soup kitchen, church youth work).
- 8)** Volunteer in community projects (social service, environmental, clean-up project, tutoring, social action) and note your participation and feelings in your notebook.
- 9)** Write a letter-to-the editor expressing your views; keep a copy in your file.
- 10)** Create music, art, poetry, writings of your feelings and ideas.
- 11)** If you are a vegetarian for humane reasons, note your feelings in your journal.
- 12)** Document any demonstrations of "compassionate care" such as

care of an elder, child, animal, etc.

13) Write a letter describing your C.O. views as they are evolving. Mail the letter to yourself and keep it (unopened) in your file to show the postmark date.

14) If you've helped with a scout group, religious group, etc, have the adult sponsor write a brief confirmation of your involvement, with the date.

15) Use your imagination!

Remember these ideas are very important should you need to make a case for a conscientious objection exemption if you are drafted. However, if a return of the draft seems imminent you will need more information to be successful in making your case.

Help and advice is available at Community Alliance of Lane County, [click here for email addresses](#).

More information is available on the web from the [Center on Conscience and War](#) and [Point of Clarity](#).

Julie Rogers and Carol Van Houten, volunteers with Community Alliance of Lane County, developed these suggestions.