

# Taking Action Together:

## A Doctors Without Borders Discussion Guide

At Doctors Without Borders/Médecins Sans Frontières (MSF), our lifesaving work goes beyond providing medical aid. We report back on what we see in the field: sharing the challenges we face and calling for change when it helps us serve our patients.

We know that you share this commitment to spreading awareness about communities in crisis around the world. You can help us continue this global work by bringing that conversation to your own community.

Use this guide to spark discussion around key themes in our work. You can use the questions to dive deeper into each topic and explore new ways to take action with those in your circle.

### PROVIDING CARE

- Discuss:**
- *“Practicing medical humanitarian action is about helping strangers; people you have never met and may never see again. It is an act of protest against the suffering of others.”* – Jason Cone, Former Executive Director, MSF-USA. Why do you believe helping strangers is meaningful?
  - All around the world, MSF treats people regardless of their race, religion, or politics. Imagine you were an MSF physician in the field: How would you explain to your colleagues why this principle matters?
- Act:**
- Hear straight from one of MSF’s field staffers through our On the Road program. Watch a recent presentation at [DoctorsWithoutBorders.org/OntheRoad/Videos](https://DoctorsWithoutBorders.org/OntheRoad/Videos), or visit [DoctorsWithoutBorders.org/OntheRoad](https://DoctorsWithoutBorders.org/OntheRoad) to learn more about upcoming events near you.

### BEARING WITNESS

- Discuss:**
- *Témoignage*, or bearing witness, is one of the core tenets of MSF. We believe that speaking out about what we see in the field, including violence and persecution, is crucial to serving our patients. Why might speaking out against atrocities be a risky choice? Why is it worth the risks?
  - What are some situations that you face in your own life where staying silent can cause more harm than good?
- Act:**
- Start an “article club” at your school, library, or community center. It’s like a book club—but participants only need to read an article or two, which are chosen before the meeting. Together, you can discuss challenges faced by people in need around the world. (Hint: [MSF’s quarterly Alert magazine](#) is a great place to find articles to talk about.)

## FLEEING HOME

- Discuss:**
- What types of challenges might refugees face on their journey as they flee conflict or persecution? What types of challenges might refugees face once they arrive at their destination?
  - If you had to say goodbye to a loved one—and did not know when, or if, you would see that person again—what would you tell them?
- Act:**
- Listen to firsthand accounts of people who have been forced from home. [The “Forced From Home” playlist on the MSF-USA YouTube channel is a great place to get started.](#) You can even share the video that inspires you most with your friends and family on social media.

## SEEKING SAFETY

- Discuss:**
- What responsibilities do you believe we have to people who are forced to flee their homes and become refugees?
  - *“Migration is not a crime. Saving lives is not a crime.”* – Dr. Joanne Liu, Former International President, MSF. What would it look like to treat refugees with compassion?
- Act:**
- Stand with refugees by sharing our stories with your community and posting about this critical issue on social media using the hashtag #StandWithRefugees.

## MSF & YOU

- Discuss:**
- Navigating ethical dilemmas is a daily part of our work at MSF. Share a difficult choice you have encountered in your own life. What steps did you take to reach a resolution?
  - How does your family work together to help people in need?
- Act:**
- Take a moment to write down what your values are—either on your own or together as a group. For each value, brainstorm a concrete action related to MSF’s work that you can put into practice in your community.

Thank you for taking part in a thoughtful discussion about how we can care for people in need and for helping us to provide medical aid in over 70 countries around the world. You can help us continue this lifesaving work by visiting

[DoctorsWithoutBorders.org/TakeAction](https://DoctorsWithoutBorders.org/TakeAction)