

Pod Possibilities Zine for Care and Mutual Aid

Resource Guide

Made with love and care by
Detroit Safety Team

What becomes more possible when you have a pod?

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*Save trees and print these double sided, fill your pod map out and have it be the inner side of your pod zine. Keep your zine in your wallet for easy access. Make sure that some folks in your inner circle have a copy/photo of your pod.



Pod Maps were created by Mia Mingus of the Bay Area Transformative Justice Collective, BATJC. Learn more about pod maps and their history below:

[Pods and Pod Mapping Worksheet](#)

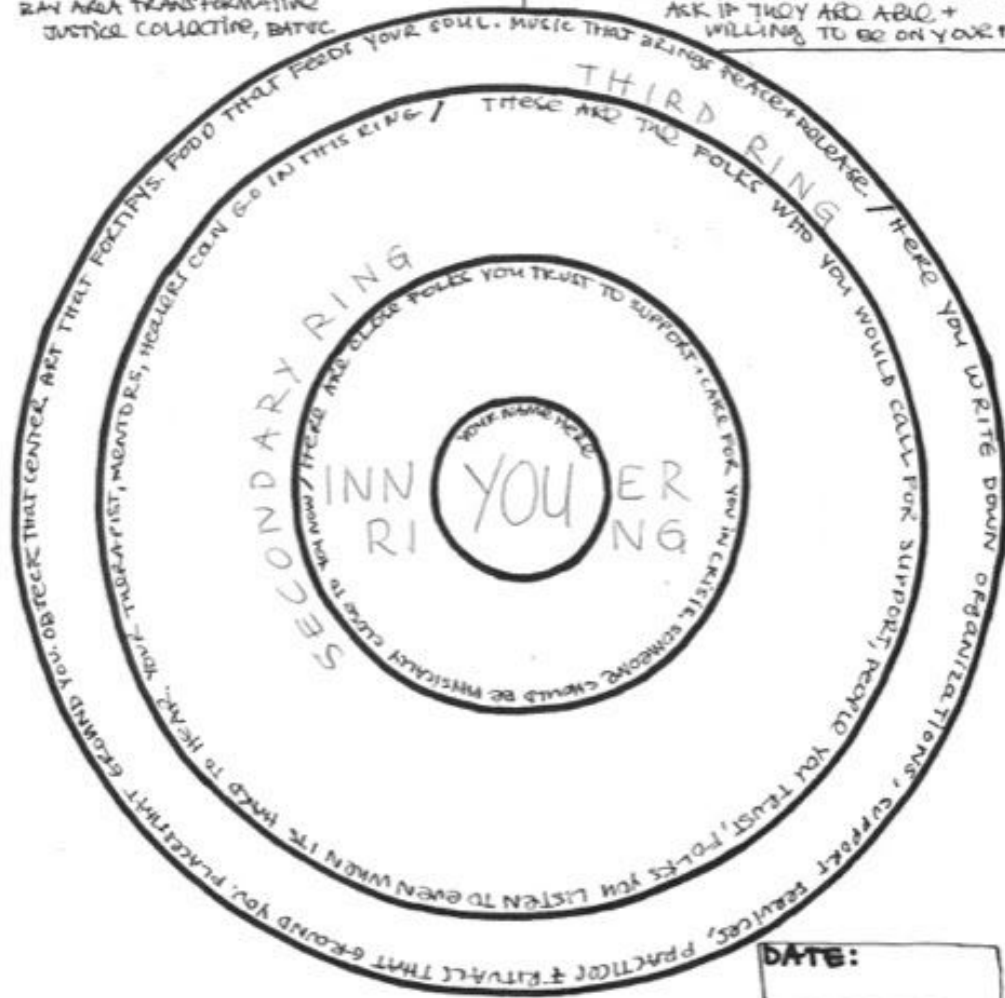
<https://batjc.wordpress.com/pods-and-pod-mapping-worksheet/>

TIPS ON HOW TO POD MAP:

FILL OUT YOUR OWN
POD MAP
 A TOOL FOR CARE + MUTUAL AID

FROM THE GENIUS MIA MINGUS OF THE
 RAW AREA TRANSFORMATIVE
 JUSTICE COLLECTIVE, BATIC

1. POD MAP PARTNERS WORK!
 LET SOMEONE HELP YOU THROUGH YOUR POD MAP.
2. TAKE A BREATH. CENTER IN YOUR WHOLESNESS. BE REAL ABOUT YOUR NEEDS.
3. ASK FOR THE CARE YOU WANT!
 ASK FOR THE SUPPORT YOU NEED!
 ASK YOUR POD PEOPLE FOR CONSENT,
 ASK IF THEY ARE ABLE + WILLING TO BE ON YOUR POD.



DATE:

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write it out

IS THERE ANY STATEMENT/SAYING/QUOTE THAT GROUNDS YOU?

- **POD MAP TIPS**
- **POD MAP WITH A PARTNER!**
CHOOSE SOMEONE TO HELP YOU THROUGH THE POD MAP PROCESS.
- **POD MAP WITH INTENTION!**
THIS IS A TOOL. THE MAP IS THOUGHTFUL, HONEST + CLEAR. YOU ARE ON THE POD MAP TO GET BETTER. IT WILL SERVE YOU.
- **CONSENT IS PART OF CARE!**
ASK PEOPLE IF THEY HAVE THE CAPACITY TO GIVE THE CARE + SUPPORT YOU NEED. + NAME ON YOUR PODMAP.
- **KEEP IT UPDATED!**
THIS IS A LIVING DOCUMENT. KEEP IT UPDATED.
- **WRITE OUT CONTACT INFO!**

A POD MAP IS A LIVING MAP MEANT TO HELP YOU OR OTHERS BEST CARE + SUPPORT YOU IN A TIME OF NEED. POD MAPS CAN BE USED TO SUPPORT FOLKS IN MENTAL HEALTH CRISIS, LIVING W/ ABUSE, SICK, AGING, IN ACCOUNTABILITY PROBLEMS OR - THOSE IN NEED OF CARE.

POD MAP HISTORY

POD MAPS CAME FROM MIA WINNERS OF THE BAY AREA TRANSFORMATIVE JUSTICE COLLECTIVE.

POD MAPS CAME FROM WORK SUPPORTING TALKS IN DOMESTIC VIOLENCE CRISIS SITUATIONS BE BETER CONNECTED TO THE SUPPORT IN THEIR LIFE.

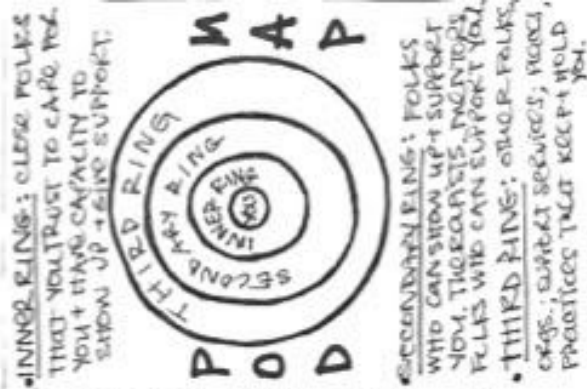
FOLKS ARE MORE SPECIFIC THAN "COMMUNITY". YOUR POD ARE TWO FOLKS THAN CAN + WILL CARE FOR YOU IN TIME OF NEED.

A POD MAP IS A PRACTICE THAT ASKS US TO BE IN COMMUNICATION WITH OURSELVES + OTHERS.

POD + FORMER/INTELLIGENCE
www.bayjc.worldpress.com/
pod-out-podmaping-workshop

A NOTE ON CONSENT

A PODMAP IS ONLY COMPLETE WHEN WE HAVE HAD CONVERSATIONS WITH OUR POD PEOPLE + ASKED THEM TO SHOW UP + GIVE CARE IN THE WAYS THAT WORK BEST FOR US. THIS IS A PRACTICE THAT CAN STRAIN US BEYOND COMFORT TO CLEARLY ASK FOR THE CARE WE DESIRE!



POD MAP 101

WHAT IS A POD MAP?

A POD MAP IS A TOOL AND LIVING DOCUMENT FOR CARE DURING CRISIS. IT IS A MAP THAT HELPS A PERSON IDENTIFY THE SUPPORT IN THEIR LIFE. POD MAPPING IS A PROCESS WHERE WE ASK FOR CONSENT FROM THOSE WE HOPE CAN CARE AND SUPPORT US.

POD POSSIBILITIES

A RE-MAPPING ZINE CREATED FOR CARE + MUTUAL AID.

THIS ZINE WAS CREATED BY: DEREBIT SAFETY TEAM

WHAT BECOMES POSSIBLE WHEN YOU HAVE A POD?

- QUESTIONS TO GUIDE SUPPORT FOR YOUR POD AND YOU AT SNICTIONS**
- **HOW HAVE I TAPPED INTO MY RESILIENCE IN THE PAST/PRESENT?**
THOSE CAPS I INTO THE PAST
 - **WHO DO I TRUST TO HOLD ME ACCOUNTABLE?**
BE ONE OF THOSE WHO'S ABLE TO SHOW UP FOR ME?
 - **HOW DO I WANT PEOPLE TO SHOW UP FOR ME?**
HOW DO I LIKE PEOPLE SHOWING UP FOR ME? ASK THEM TO SHOW UP FOR ME
 - **WHO HAS SHOWN UP FOR ME IN THE PAST / WHO WOULD SHOW UP FOR ME IF I ASKED? WHO WOULD I CALL IN A CRISIS?**
THESE ARE PROBABLY THE MOST

Pod Possibilities Zine How-to-Guide

1. Cut along the line as noted below:



2. Fold the zine like this:



3. The front/cover of your zine:



HOW TO FOLD A

SHEET-O-PAPER

INTO A

8-PAGE ZINE

