

Top 10 Reasons to *Sit Down* for the Nasty-full Anthem—#sitdownfortherag

1. Because the United States was founded on **slavery**, Black people still have no rights this white supremacist system is bound to respect, and there is **an epidemic of unpunished murder by police**.
2. Because the U.S.A. was built on and continues to carry out **genocide** of the native peoples.
3. Because America was created by **stealing half of Mexico's land** in a war of conquest, rape and plunder in 1846-48.
4. Because in America **a woman is raped every 2 minutes** and a woman is battered every 9 seconds—violence fueled by a culture of porn and patriarchy.
5. Because **the U.S. massacred over 200,000 innocent civilians at Hiroshima and Nagasaki**, Japan, with nuclear bombs and is the only country that's ever used them.
6. Because **the U.S. murdered 3 million people during the Vietnam War** and has **killed over 1.3 million in the Middle East since 9/11**.
7. Because **America imprisons 2 million people, mostly Black and Latino**—more than any country on earth.
8. Because **the U.S. terrorizes and demonizes immigrants**, deporting 1.7 million in the last 5 years alone.
9. Because **America's wealth comes from exploiting and enslaving millions of people here and around the world, including children**, from Mexico to China to Congo to Bangladesh.
10. Because **America has done more to destroy the planet's environment than any other country on earth**—the U.S. military is the single greatest institutional polluter in the world.

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