



SHARE

- Invite all of your friends to join the One Billion Rising campaign.
- Twitter, Facebook & Tumblr: Share information about your event and relevant news stories, quotes and videos about what inspires you to strike and rise.
- Tweet and retweet using the hashtags #1billionrising, #reasontorise, and @vday.
- Create a Facebook event page.
- Change your profile picture to the OBR logo.
- Add a "twibbon" to your Twitter profile picture.
- Invite your colleagues or schoolmates to join you with this letter.
- Download OBR videos & MP3s to play at your event from the Music & Video Resource Page.

PUBLICIZE

- Download and share the One Billion Rising logo (available in a variety of languages but if yours isn't there, make one!).
- Contact local press to share details about your event. Here is our Press Release Template.
- Blog and submit articles to your local media outlets about why you will rise.
- Create a website, blog, or Tumblr for your event.
- Become a One Billion Rising blogger. On a regular basis, write a piece to be posted on OBR's blog and share it with everyone in your network!
- Distribute posters. Use our poster templates or make your own.
- Use the OBR stencil. Take the message to the streets! Tag our logo and let your whole neighborhood know about the rising.
- Wear your OBR t-shirt, or make your own.
- Download the OBR stickers.

PLAN

- Gather your team to help plan an event.
- Choose your strike location and a start time.
- Choose your music. Here are some ideas.
- Decide how you want to rise. Here are some examples.
- Make signs, posters, and any other decorations.

RISE!

- It is 14 February 2013. Leave your work, leave your school, interrupt the day, dance, and demand an end to the violence!
- Make 14 February 2013 a "day of action" by organizing your friends or colleagues to volunteer at local women's shelters or service centers – promote your plan on the OBR Facebook page and across your own social networks.
- Consider the impact of your rising. What mark can you and those who rise with you leave behind in your community? Organize to change a law, get more funding for women's programs, or model new non-violent ways of being in your city, office, or college.
- READ and DOWNLOAD Eve Ensler's Newest Monologue "Rising": Eve has just written a new piece which she composed during her recent travels in India, amidst the incredible uprising there. We envision this monologue as a beautiful addition to your event to motivate the participants to dance.