

1@1 Women's Equality Actions

www.1at1.org

THE 1@1 MINUTE FOR WOMEN'S EQUALITY: SUGGESTED SCRIPT FOR MARCH ORGANIZERS

ABOUT:

On January 19, 2019 at 1pm Eastern Time, women and allies everywhere will rise as they are able to connect for one shared minute of focus for women's equality. On the anniversary of the day when people everywhere gathered for equal rights, equal opportunities and equal representation for women and girls, we will connect with all who want the same but may not be able to physically attend a march. The 1@1 Minute for Women's Equality is one small, simple action at this divided time to unify women and allies beyond boundaries, borders and bigotry.

IF YOUR EVENT STARTS BEFORE 1PM EASTERN:

Announcement of the 1@1 Minute for Women's Equality

(Can be repeated at regular intervals leading up to 1PM. The blanks in the first line are for your local time at 1PM Eastern and your location. If possible, please have someone shoot video of the announcement and upload it to bit.ly/1at1_video_uploads for a compilation reel.)

"We have an announcement: At exactly _____ o'clock here in _____, each of us will take an action that will join participants all over the world: the 1@1 Minute for Women's Equality. At 1pm Eastern Time, we'll connect with our sisters and allies at other marches, as well as with those who want the same things we're here for but who are unable to join a march. So listen for the countdown leading up to the 1@1 Minute for Women's Equality. We'll unite worldwide for the largest shared rally in human history!"

Intro and countdown to the 1@1 Minute for Women's Equality

(Start about a minute before 1PM Eastern so your countdown ends on the hour. If possible, please have someone shoot video and upload it to bit.ly/1at1_video_uploads for a compilation reel.)

"In a moment, we'll count down to the 1@1 Minute for Women's Equality. All over the world, women and allies will be taking the same action at the same time. For one minute, we'll focus on women's equality to create the largest shared rally in the world. Feel free to use the minute to focus on any of the following:

- To see that you're a link in a long chain of female ancestors;
- To feel grateful to the women who've fought for our freedoms;

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- To have compassion for the struggles of girls and women detained or incarcerated or under constant threat, without the means that many of us take for granted, but whose freedom is bound to ours;
- To visualize women's equality, since it doesn't exist in any nation on Earth;
- To support a Sisterhood of power that sustains us all!

Are you ready? Here we go: 5...4...3...2...1..."

(Start a minute of focus in silence, or song, or chanting, or action, or whatever your gathering has agreed to do for the minute together. We suggest you end the minute in a hearty yell or song. Please thank your participants for joining.)

IF YOUR EVENT STARTS AT 1PM EASTERN:

(Start about a minute before 1PM Eastern so the countdown ends on the hour. If possible, please have someone shoot video and upload it to bit.ly/1at1_video_uploads for a compilation reel.)

"All over the world at this exact moment, women and allies are taking the same action at the same time, and we will too. Here in _____, we're starting this gathering by joining the 1@1 Minute for Women's Equality. For one minute, we'll focus together to create the largest shared rally in the world. We'll connect with our sisters and allies at other marches, as well as with those who want the same things we're here for but who are unable to join a march. If they can't go to a march, we will bring the march to them! If you want, use this minute to focus on any of the following:

- To see that you're a link in a long chain of female ancestors;
- To feel grateful to the women who've fought for our freedoms;
- To have compassion for the struggles of girls and women detained or incarcerated or under constant threat – or government workers who will never see their lost wages – without the means that many of us take for granted, but whose freedom is bound to ours;
- To visualize women's equality, since it doesn't exist in any nation on Earth;
- To support a Sisterhood of power that sustains us all!

Are you ready? Here we go: 5...4...3...2...1..."

(Start a minute of focus in silence, or song, or chanting, or action, or whatever your gathering has agreed to do for the minute together. We suggest you end the minute in a hearty yell or song. Please thank your participants for joining.)

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For more information about the 1@1 Minute for Women's Equality, visit 1at1.org or contact Karen at info@1at1.org.

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CONNECT COAST TO COAST
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