

About the 1@1 Minute for Women's Equality



What if everyone who wants women's equality could connect at the same moment in the same powerful action, no matter where or who they are?

The 1@1 Minute for Women's Equality is a grassroots global action for unity and inclusion.

On **January 19, 2019** at **1pm Eastern Time**, women and allies everywhere will rise as they are able, to link in the same shared action. On the anniversary of the worldwide rising for women and girls, we will unite for one minute of focus for equal rights, justice, opportunities and representation. All are welcome to take part in this action as a small step to broaden our awareness of others' lives and struggles, to connect their triumphs to our own, and to creatively collaborate on equality for all.

The 1@1 Minute is a personal consciousness-raising moment. Some use it in silence, mindful of those without the liberty to raise their voices, to rise against their oppressors, to protest in safety or in numbers. Some spend the minute in song or primal scream.

As a suggestion, some participants start the 1@1 Minute with a focus on the PAST, thinking of their mother, grandmothers, their whole female lineage – as well as giving thanks to those who have fought and sacrificed for women's equality.

Some participants focus next on the PRESENT and how not all women can enjoy the same rights and freedoms; how different life is for those who are detained or imprisoned or without access to shelter, water or other essentials; the disproportionate number of women who will never see their lost wages due to a government shutdown. We link with shared compassion for all who struggle and recommit to work for solutions.

Finally, some participants envision a FUTURE in which women are truly equal. Full equality for women and girls doesn't exist in any nation on Earth. What would that feel like? Look like? What's the next step to achieve that vision? Challenges will always exist, but our unity can give us strength to overcome them.

1pm Eastern Time is **2pm** Atlantic Time, **12pm** Central Time, **11am** Mountain Time, **10am** Pacific Time, **9am** Alaska Time, and **8am** in Hawaii.

Help spread the word, especially to those who feel forgotten, excluded or hopeless. 1@1 is for everyone.