



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**. *(coming soon)*

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. *(Press release template coming soon)*
- 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 template *(coming soon)*, 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 *(coming soon)*, or make your own.

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 February 14, 2013. Leave your work, leave your school, interrupt the day, dance, and demand an end to the violence!
- Make February 14, 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.