



ONE BILLION RISING TOOLKIT

PLAN!

- Gather your team to help plan the event.
- Choose your location, your start and ending time.
- Choose your music and practice your dance moves! Create practice and rehearsal times.
 - To learn the choreography, go to the following link (you can find more on Youtube):
<https://www.youtube.com/watch?v=mRU1xmBwUeA>
 - If you don't want to use the Debbie Allen choreography for "Break The Chain," we encourage you to consider creating your own choreography or using choreography created by activists around the world. Since 2012, activists have been creating their own dances locally and they are incredible.
 - Are there other aspects of the program that you want to include? A parade through town? Theater skits? Poems? Invited guests or speakers?
- Decide how you want to RISE. It can be anything! What goals do you have for your event? What do you want to change? Make your demands explicit!
- Decide what actions or pledges you want your audience to make. Is there a petition you want them to sign? Public commitment to stop FGM? Enroll girls in school? Build a youth-friendly health care clinic?
- Make signs, posters, stencils, shirts, & any other artistic method to spread the word and engage your community.

RISE!

- On or around 14 February, leave your work, leave your school, interrupt the day, rise for revolution, dance, drum, and demand an end to the violence!
- Make 14 February 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 CAI and One Billion Rising Facebook Page and across your own social networks.

PUBLICIZE!

- Contact local press to share details about your event.
- 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 Revolution blogger. Write a piece to be posted on our blog and share it with everyone in your network!
- Go door-to-door. Announce the event on the radio, church service, school classrooms or community meetings.
- Distribute posters.
- Take the message to the streets!
- Wear your One Billion Rising Revolution t-shirt, or make your own!

SHARE!

- Invite all of your friends to join the One Billion Rising Revolution campaign.
- Twitter, Facebook, & Instagram: Share information about your event and relevant news stories, quotes, and videos about what inspires you to drum, dance, and rise.
- Tweet and retweet using the hashtags **#1billionrising**, **#riseinsolidarity**, **#RiseResistUnite** and **@vday**
- Create a Facebook event page for an event you are organizing/hosting.
- Change your profile picture, cover photo, and twitter header to One Billion Rising Solidarity.
- Share Your V-Day and/or One Billion Rising Story. Share your pictures and stories with CAI and ONE BILLION RISING pages.
- We invite you to help us tell the story of the movement. Create a short video (we suggest between 2-5 minutes in length) telling your story to the camera, or in voice over, or an animated piece. Get creative.

- Share your photos, video and audio updates with the global audience using **#1BillionRising**, **#RiseInSolidarity**, and **#RiseResistUnite!** Please film and photograph your event using the highest resolution files available and then share them with us after your event.