

A DAY WITHOUT A WOMAN

- MARCH 8, 2017 -

On International Women's Day, women and our allies will act together for equity, justice and the human rights of women, through a one-day strike demonstration of economic solidarity. In the same spirit of love and liberation that inspired the Women's March, we join together in making March 8th A DAY WITHOUT A WOMAN.

Anyone, anywhere, can participate on March 8th in one or all of the following ways:

1. Wear RED in solidarity women
2. Women, do not engage in paid and unpaid labor
3. Avoid spending money (with exceptions for small, women- and minority-owned businesses that support gender, racial, and economic equity/Day Without A Woman)

You can find more information on A Day Without A Woman in our [FAQs here](#).

We've put together this kit with all the tools and graphics you'll need to support A Day Without A Woman on social media in the days leading up to March 8th.

Quick Links

- Website: <https://www.womensmarch.com/womensday>
- Letter to Employers: <https://www.womensmarch.com/letter>
- Facebook: <https://www.facebook.com/womensmarchonwash>
- Twitter: <http://twitter.com/womensmarch>
- Instagram: <https://www.instagram.com/womensmarch/>

Use the hashtag #IStrikeFor

Let everyone know what inspires you to strike on March 8th using the hashtag #IStrikeFor.

A #DayWithoutAWoman is a day without me

Post a photo of yourself on social media with this caption: “A #DayWithoutAWoman is a day without me.” Here’s an [example](#).

Update your Facebook & Twitter with these graphics



Click [here](#) to download this profile picture.



Click [here](#) to download this banner for Facebook.



Click [here](#) to download this banner for Twitter.

Suggested Social Media Captions

Twitter

- Join me and @womensmarch in making March 8th a #DayWithoutAWoman. #IStrikeFor <https://www.womensmarch.com/womensday>
- On #DayWithoutAWoman, we'll act for equity, justice & the human rights of women through a one-day demonstration of economic solidarity.
- #DayWithoutAWoman sends a clear message that our social systems are upheld by the work—paid & unpaid—that women perform on a daily basis.
- In the spirit of women and their allies coming together for love and liberation: #DayWithoutAWoman @womensmarch <https://www.womensmarch.com/womensday>
- Our economic structure exploits & devalues caregiving & unpaid work and the people who perform it. #DayWithoutAWoman <https://www.womensmarch.com/womensday>
- On March 8th, we'll unite as everyday citizens to stand against the oppression & devaluation of human rights. #DayWithoutAWoman
- We believe gender justice is racial justice is economic justice #DayWithoutAWoman #IStrikeFor <https://www.womensmarch.com/womensday>
- We must create a society in which all women are free and able to care for and nurture themselves and their families. #DayWithoutAWoman
- We must create a society in which care & domestic work don't fall overwhelmingly on women - esp women of color. #DayWithoutAWoman
- Millions of us stood together on January 21st. Our #ArmyOfLove greatly outnumbers the army of fear, greed & hatred. #DayWithoutAWoman

- On January 21st, we marched. On March 8th, we strike. #DayWithoutAWoman #IStrikeFor @womensmarch
- On #DayWithoutAWoman we withdraw from economic systems that harm us and support the businesses, organizations & communities that sustain us.

Facebook / Instagram

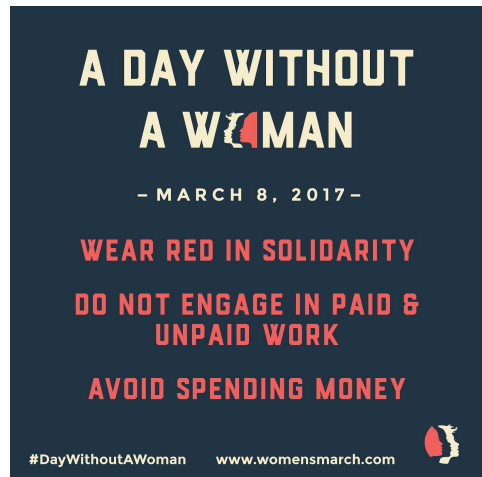
- Join me and @womensmarch in making March 8th a #DayWithoutAWoman.
<https://www.womensmarch.com/womensday>
- On March 8th, women and our allies will act for equity, justice and the human rights of women, through a one-day demonstration of economic solidarity. Join the @womensmarch in making 3.8.17 a #DayWithoutAWoman. #IStrikeFor
www.womensmarch.com/womensday
- A DAY WITHOUT A WOMAN sends a clear message that our social systems are upheld by the work—paid & unpaid—that women perform on a daily basis. Join the Women's March on Washington in making March 8th a #DayWithoutAWoman. #IStrikeFor
www.womensmarch.com/womensday
- We work peacefully while recognizing there is no true peace without justice and equity for all. Join @womensmarch in making March 8th a #DayWithoutAWoman.
<https://www.womensmarch.com/womensday>
- When millions of us stood together on January 21st, we saw clearly that our army of love greatly outnumbers that of fear, greed and hatred. Let's raise our voices together again, to say that women's rights are human rights, regardless of a woman's race, ethnicity, religion, immigration status, sexual identity, gender expression, economic status, age or disability. Join @womensmarch in making March 8th a #DayWithoutAWoman.
<https://www.womensmarch.com/womensday>
- We believe gender justice is racial justice is economic justice. Join us on March 8 for #DayWithoutAWoman. We will demonstrate just how important women are to the American economy, and the strength of our resistance when any one of these is threatened. #IStrikeFor #WhyIResist <https://www.womensmarch.com/womensday>
- We must create a society in which all women are free and able to care for and nurture themselves and their families. #DayWithoutAWoman #IStrikeFor
<https://www.womensmarch.com/womensday>

- We must create a society in which care & domestic work don't fall overwhelmingly on women - especially women of color. #DayWithoutAWoman
- Millions of us stood together in January. Our army of love greatly outnumbers the army of fear, greed & hatred. #DayWithoutAWoman #IStrikeFor
<https://www.womensmarch.com/womensday>
- On January 21st, we marched. On March 8th, we strike. Join us. Demonstrate your commitment to the resistance! #DayWithoutAWoman #IStrikeFor
<https://www.womensmarch.com/womensday>
- Here are 3 ways you can participate in #DayWithoutAWoman on March 8th: 1. Wear RED in solidarity. 2. Women and gender-oppressed people only, do not engage in paid & unpaid work. 3. Avoid spending money (with exceptions for small, women- and minority-owned businesses that support gender justice.)
<https://www.womensmarch.com/womensday>

Download and share these graphics. [Head here for the full set of graphics.](#)



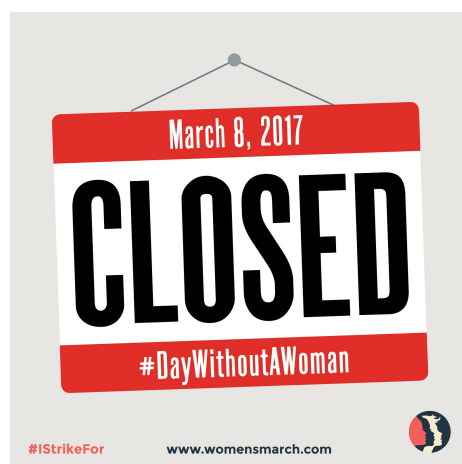
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In solidarity!
The Women's March Social Media Team