


Draft as of March 5 2025. Please check back for updates.

International Women's Day Rise Up for Justice & Democracy: Social Media Toolkit

 Saturday, March 8, 2025

 **We Will Not Be Silenced – All Women, All People, Rise Up!**

 **Americans abroad: Tell us where you live, and where you vote and send a message to your lawmakers! Demand that they defend democracy!**

DA Global Social Media Handles - Tag or Collab w/ us!

- Facebook - <https://www.facebook.com/DemsAbroad/>
- Instagram- <https://www.instagram.com/demsabroad/>
- Threads: <https://www.threads.net/@demsabroad>
- Twitter / X - <https://x.com/DemsAbroad>
- TikTok - <https://www.tiktok.com/@demsabroad>
- BlueSky: @demsabroad.bsky.social
- Mastodon - <https://mastodon.social/@democratsabroad>
- LinkedIn - <https://www.linkedin.com/company/democrats-abroad/>
- Reddit - https://www.reddit.com/user/Democrats_Abroad/

Messaging & Key Themes

Why We're Taking Action:

Our rights, freedoms, and democracy are under attack. The Trump-Musk regime and far-right extremists are pushing an anti-woman, anti-immigrant, anti-LGBTQ+, and anti-democratic agenda at an unprecedented scale.

What's at stake?

- Project 2025 is an extremist blueprint for American authoritarianism—gutting women's rights, LGBTQ+ protections, DEI policies, and democracy itself.
- Attacks on bodily autonomy and self-determination are escalating at a terrifying rate.

- Trump, Musk, and their enablers want to erase human progress – they want to silence women’s history, silence people of color, change the story of what America, democracy, and civil rights even are.

This is NOT just a rollback. This is a coordinated effort to destroy decades of progress and to destroy our futures.

🔥 Silence = consent. Get loud this March 8. 🔥 If not now, when? If not you, who?

March 8 is International Women’s Day—a global moment for resistance. This is our time to march, post, organize, and demand justice.

Key Messages for Your Posts

- ✓ Government for the people, by the people — not the billionaire class!
- ✓ Fire Musk! Get DOGE out of Federal government
- ✓ Women’s rights = human rights. No compromise.
- ✓ Reproductive freedom is non-negotiable. We fight for safe and legal abortion access.
- ✓ We fight for all people. Women, LGBTQ+, people of color, immigrants—this is a fight for all Americans.
- ✓ Tyranny has no place in America. Laws should protect the people from oppression, not protect oppressors from accountability.
- ✓ Silence = consent. If not now, when? If not you, who?
- ✓ Tag your member of Congress and your US Senators in your social media posts

- Here is a list of Twitter/X handles for US House members:
<https://pressgallery.house.gov/member-data/members-official-x-handles-119th-congress>
- Here is a list of US Senate and US House member social media handles, including other social media platforms: <https://tragecancer.org/congressional-social-media>
- If you are not sure who your US senators and US congressperson are, visit [USA.gov](https://www.usa.gov) and look them up with your US voting address: <https://www.usa.gov/elected-officials>

Hashtags to Use

General:

**#March8 #RiseUp #InternationalWomensDay #GlobalDayofAction #DemocratsAbroad
#IWD2025 #NotGoingBack #Resist**

For Reproductive Rights:

#ReproductiveRights #HumanRights #ProChoice #MyBodyMyChoice

For Immigrant Rights
#ImmigrantsMakeAmericaGreat #ProtectDACA #KnowYourRights

Against Authoritarianism:
#StopProject2025 #FireMusk #DefendDemocracy

Sample Social Media Posts

Call to Action (Before March 8):

 Our rights are under attack. 

The Trump-Musk regime is waging war on women, families, LGBTQ+ people, immigrants, people with disabilities, and democracy itself.

March 8 is International Women's Day—a Global Day of Action to fight back. 

 Find a march, start your own, or take action online.

 Silence = Consent. Say NO and get LOUD about it.

 I am NOT going back. Are you?


#March8 #RiseUp #InternationalWomensDay #GlobalDayofAction #DemocratsAbroad
#IWD2025 #NotGoingBack #Resist

 Find an event near you: (we will have a link to the a Global map of events)

 Join the International Women's Day RISE UP FOR JUSTICE & DEMOCRACY Virtual event on Saturday March 8: [RSVP here](#)

On the Day of Action (March 8):

 Today, we rise up. We are marching, resisting, and fighting for our rights. The people are under attack — women's rights, immigrant rights, democracy itself is on the line, but we will not be silenced!

 Share a photo, tag your location, and use #March8 #RiseUp #InternationalWomensDay #GlobalDayofAction #DemocratsAbroad #IWD2025 #NotGoingBack #Resist

 Find an event near you: [see here](#)

 Join the International Women's Day RISE UP FOR JUSTICE & DEMOCRACY Virtual event on Saturday March 8: [RSVP here](#)

For Virtual Participants:

Can't march in person? You can still take action! 💻🗣️

- 📌 Post a sign from home
- 📌 Share what you are fighting for
- 📌 Tag your lawmakers and demand action

🔗 Join the International Women's Day RISE UP FOR JUSTICE & DEMOCRACY Virtual event on Saturday March 8: [RSVP here](#)

Use #RiseUp #InternationalWomensDay #IWD2025 #WomenResist #Resist and let's flood the internet with resistance!

👊 Post on March 9 (Follow-up & Momentum):

Yesterday, we marched. Today, we keep fighting. 💜🔥

🗣️ This movement doesn't stop here. Stay engaged. Defend reproductive rights. Protect women & all people. Fight fascism. The fight continues.

#March8 #RiseUp #InternationalWomensDay #GlobalDayofAction #DemocratsAbroad
#IWD2025 #NotGoingBack #Resist

🎨 Graphics, Visuals, Videos

- **Share PHOTOS & SHORT VIDEOS from live protest events — big or small!**
 - Call in to the International Day of Resistance Virtual March and share live video from your protest event.
 - Share to your DA country committee social media pages (get in touch with your DA country committee Comms team if you aren't sure)
 - Pictures of protest signs with bold, clear messages, group shots of protesters are great
- **Social media protest.** No matter where you are in the world, you can protest online via social media.
 - Print this card (or write your own)
 - Fill in the blank with what concerns you most right now in the world. It can be a sentence, a few bullet points, or an image.
 - Take a selfie image or a short video & share it on social media - tag your CC comms channels, DA Comms channels, and your elected officials.
 - To look up your elected officials social media handles, see here:

- Here is a list of Twitter/X handles for US House members:
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 - If you are not sure who your US senators and US congressperson are, visit [USA.gov](https://www.usa.gov) and look them up with your US voting address:
<https://www.usa.gov/elected-officials>
- **Send your photos in to Global Comms**
 - Send an email to comms@democratsabroad.org with your photos attached
 - Subject: images from (your name) for International Women's Day
 - In the body of the email please also include names of those featured (if important), where the photos were taken, and your permission for the photos to be used publicly by Democrats Abroad. You must be sure that anyone featured in the images understands and agrees to this usage.
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Engagement Strategy - get loud, add your voice, and SHARE!

- ✓ Tag key accounts & allies – @DemocratsAbroad, @womensmarch, @ACLU, @PPFA, @MoveOn, @IndivisibleTeam, @NAACP, etc.
- ✓ Engage with others – Reply, retweet, and comment on #GlobalDayOfAction posts.
- ✓ Amplify local events – Share details about in-person marches happening worldwide.
- ✓ Go live! – If safe, livestream parts of your march or online event.
- ✓ Encourage people to share personal stories – Why are YOU marching?



MEDIA PRESENT? SOME TALKING POINTS

Why are we marching? What are we hoping to achieve?

- We are rising up to defend our rights & those of all Americans, especially those targeted by the regime - Women, LGBTQ+, people of color, and immigrants.
- We are rising up to protect the laws which undergird our democracy, and against their tyrannical attempts to take over and dismember our government.
- We are rising up to show the world, and Americans at home, that this regime does not represent us - in fact ~75 million of us voted Democratic in the presidential election.

- **This regime is leading the US away from being a democracy towards authoritarianism, and away from our allies to stand with other authoritarian regimes around the world, AGAINST the democratic countries – I never thought I'd live to see the day when America turned its back on our allies, and I cannot stand by silently while that happens**
- **NOTE: (DO NOT COMMENT DIRECTLY, OR SAY THE NAME OF A SPECIFIC COUNTRY OR WORLD LEADER, ESP the one you are in, but talking in these general trends/terms is ok)**