

# HOW TO PARTICIPATE ON MARCH 8TH

1. JOIN THE RALLY AND MARCH AT WASHINGTON SQUARE PARK AT 5 PM AND PARTICIPATE IN THE ONE HOUR STRIKE AT 4 PM.
2. ORGANIZE OR PARTICIPATE IN PICKET LINES AND DIRECT ACTIONS OF CIVIL DISOBEDIENCE HAPPENING IN THE CITY. THIS CAN BE DONE IN SUPPORT OF ALREADY EXISTING CAMPAIGNS OR LABOR NEGOTIATIONS OR CONTROVERSIES, ESPECIALLY IF INVOLVING WORKING WOMEN.
3. ORGANIZE A WORK STOPPAGE AT 4 PM IN YOUR WORKPLACE. IF YOU HAVE A UNION, GET IT ON BOARD; IF YOU DON'T, ASSESS WITH YOUR COWORKERS WHETHER IS POSSIBLE TO ORGANIZE A WALKOUT WITHOUT JEOPARDIZING YOUR JOB OR DISCUSS HOW TO ENGAGE IN ACTIONS SHORT OF STRIKE.
4. FIND CREATIVE WAYS OF MAKING THE STRIKE VISIBLE IN THE SPACES YOU INHABIT AND SUSTAIN (HOUSEHOLD, PAID WORK PLACE, COMMUNITY AND PUBLIC SPACES): PUT UP SIGNS INDICATING WHAT THE WOMEN'S STRIKE IS FIGHTING FOR; MARK SPACES WITH SIGNS OF THE LABOR PERFORMED IN THEM, WHO DOES IT AND UNDER WHAT CONDITIONS; PLACE A BANNER IN YOUR BUILDING IN SUPPORT OF AFFORDABLE HOUSING AND AGAINST GENTRIFICATION.
5. STRIKE FROM GENDER ROLES.
6. WHEN POSSIBLE, LEAVE DOMESTIC AND CARE WORK. OTHERWISE, ORGANIZE WAYS OF SOCIALIZING IT: HAVE CO - WORKERS, CLASSMATES, NEIGHBORS, OR HOUSEHOLD MEMBERS TAKE CARE OF THE COMMONS TOGETHER IN A FAIR WAY; PREPARE FOOD COLLECTIVELY; EXPLORE WAYS OF SOCIALIZING CHILD CARE.
7. EXPERIMENT WITH WAYS OF MAKING VISIBLE THE LABOR YOU AND OTHER WOMEN PERFORM IN DIFFERENT SPACES: PERFORM COLLECTIVELY WORK THAT IS USUALLY DONE BEHIND CLOSED DOORS, IN COMMON SPACES; GATHER MULTIPLE WORKING TOOLS IN A VISIBLE SPACE; HANG OUT CLOTHES IN THE OPEN.
8. ORGANIZE DISCUSSIONS WITH FAMILY MEMBERS, NEIGHBORS, FRIENDS AND COWORKERS ABOUT WHAT IS A WOMEN'S STRIKE, WHAT IT IS FIGHTING FOR AND HOW TO PARTICIPATE.
9. GET YOUR COWORKERS, FRIENDS, FAMILY AND NEIGHBORS WHO SUPPORT THE STRIKE TO SHOW IT ON THEIR BODY BY WEARING RED CLOTHES OR RIBBONS.
10. MAKE THE ONE HOUR STRIKE VISIBLE THROUGH MEDIA. TEXT FIVE OF YOUR FRIENDS AT 4:00 PM LETTING THEM KNOW HOW YOU ARE STRIKING AND WHY, POST A PICTURE (TAG IWS - NYC ON FACEBOOK OR INSTAGRAM, @WOMENSTRIKEUS) AND ASK THEM TO DO THE SAME. REPOST ALL IWS - NYC MESSAGES ON FACEBOOK, INSTAGRAM AND TWITTER DURING THAT HOUR.

CONTACT US AT [INTERNATIONALWOMENSTRIKENYC@GMAIL.COM](mailto:INTERNATIONALWOMENSTRIKENYC@GMAIL.COM) FOR MORE INFORMATION AND ORGANIZING HELP.  
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