



Action Plan for Supporting Women's Rights

Feed Our Democracy believes that each of our small actions can add up to big change. This Action Plan for supporting Women's Rights gives you some simple steps you can take to make a difference.

ISSUES:

- Representation: Women Make up 51% of the population, but only 19% of Congress.
- Wage Gap: On average, American Women earn 80 ¢ for every dollar earned by men.
- Family Leave: The US lags behind all other developed countries in providing paid family leave, with only 14% of women in the workforce qualifying for the benefit.
- Harassment: In the United States, 83 percent of girls aged 12 to 16 experienced some form of sexual harassment in public schools.
- Reproductive Rights: 29 States are hostile or extremely hostile to abortion rights.
- Violence Against Women 1 in 5 US women has been raped in her lifetime. 1 in 4 has been the victim of domestic violence.

ACTIONS. Here are a few actions you can take now.

1. **VOTE** - More women in office means more support for women's causes and rights. Support organizations like Emily's List, which works to elect pro-choice Democratic Women into office.
2. **SUPPORT LOCAL SHELTERS** - Find and support local women's shelters at <https://www.domesticshelters.org/>.
3. **RAISE THE MINIMUM WAGE** Women make up a disproportionate share of low-wage workers. Call or write your local representatives to ask them to support raising the minimum wage.
4. **HOST A FEED OUR DEMOCRACY EVENT** (toolkit attached) to engage friends in action.
5. **DONATE** to umbrella groups like the National Organization for Women, dedicated to supporting women's rights.

ORGANIZATIONS focused on Women's Rights

- National Organization for Women: National Organization for Women is dedicated to its multi-issue and multi-strategy approach to women's rights.

Join us on [Facebook](#) and [Instagram](#) #FeedOurDemocracy or on Twitter @MeetEatActivate

Feed Our Democracy is a movement dedicated to the notion that the backbone of any democracy is an active citizenry. Whether native born, naturalized, or self-identified, we believe it is every citizen's duty to uphold the democratic ideals of freedom, justice, and equality. Our goal is to offer the inspiration and information necessary to turn each of us into citizen activists -- one event at a time. We encourage people to expand their communities and uphold their ideals as they Meet, Eat and Activate.

- [National Women's Law Center](#): has worked for more than 40 years to protect and promote equality and opportunity for women and families.
- [Emily's List](#): aim is to elect pro-Democratic female candidates to office. Support and donate to help train and elect women who are running for office.
- [Planned Parenthood](#): Planned Parenthood provides reproductive health care, sex education and information to millions of women and young people worldwide.
- [Higher Heights](#): Higher Heights is building a national infrastructure to harness Black women's political power and leadership potential.
- [RAINN](#): the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.
- [Time's Up Legal Defense Fund](#): partner with leading advocates for equality and safety to improve laws, employment agreements, and corporate policies; help change the face of corporate boardrooms and the C-suite; and enable more women and men to access our legal system to hold wrongdoers accountable.

CONTACTS.

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