

# TAKE ACTION!

## SUBMIT YOUR VISION FOR EQUALITY

NOW's **Visions for Equality Campaign** is dedicated to capturing the vast spectrum of images and stories informed by the unique experiences of women across the country and sharing them with the world. Visions for Equality is about uniting people who experience gender discrimination in all of its iterations--and together voicing a demand for equal rights under the law.

We are asking all activists to come together and submit their own interpretation of equality. We want to hear from YOU. How do you picture a world moved by justice and equity? Here's a how-to guide for steps to create and submit your vision!

### STEP 1: BRAINSTORM YOUR VISION.

There are a variety of issues that define equality for each of us. What does gender equity mean to you? Think about what you feel is most needed and write it down. If you need inspiration, go to [VisionsForEquality.com](http://VisionsForEquality.com) and check out what other women have shared on our site!

### STEP 2: ASK A FRIEND TO JOIN.

Our understanding of the world is often shaped and motivated by our friends and family. Talk to a friend about your vision and ask them to write their own as well. If you belong to a NOW chapter, make it a group activity!

### STEP 3: TAKE A PICTURE!

After you've decided what you want to say, write down your vision on a piece of paper and have a friend or cohort take a picture of you holding it. Here are some examples of previously submitted Visions!



## STEP 4: SUBMIT YOUR PHOTO TO NOW!

After you have taken your picture, email it to National NOW at [actionassociate@now.org](mailto:actionassociate@now.org), with the subject line: "V4E Submission". If you are submitting your V4E and you are affiliated with a NOW Chapter, please include your chapter in the subject line: "V4E Submission NOW Chapter". NOW will post your picture to [VisionsforEquality.com](http://VisionsforEquality.com), our Twitter account, and our Instagram. If you have a social media account and would like to be tagged in the post, please list your Twitter and Instagram handles in the email and we will tag you in all posts.

### For example:

*"Hello my name is Jane and I am submitting my Vision for Equality. I would like to be tagged on Twitter and Instagram. My Twitter handle is @jane4equality and my Instagram handle is @jane4E."*

## STEP 5: POST YOUR VISIONS ON SOCIAL MEDIA!

After you take a picture of your Vision, post it on your social media accounts using the hashtag #V4E! Don't forget to tag @NationalNOW on Twitter. Whenever you post your vision, we will repost to our 90,000 followers. Take a look below:

