

19 Ways You Can #PressForProgress on International Women's Day

There are countless ways, really, but here's a few to get you started.

By [Hannah Smothers](#) Mar 8, 2018

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Last year on International Women's Day, many women pushed for



Day Without a Woman, a strike organized by the Women's March. But this year's International Women's Day theme, #PressForProgress, asks the opposite. Women are leading the charge for equal rights, and whether you already donate to eight organizations and spend your entire weekend volunteering or are just looking for ways to start getting involved, here are a bunch of ways to #PressForProgress.

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If you've always wanted to be in charge

Have you considered running for office? At the Women's Convention in October, Emily's List founder Stephanie Schriock said more women than ever before signed up for trainings on how to **run for office** in 2017 and an unprecedented number of women added their name to ballots in local, state, and federal elections. So far, 2018 looks to be no different.

If you need support or want to learn more about running for office, Emily's List offers trainings around the country for women looking for a crash course in political candidacy. Ignite National has chapters in United States high schools and colleges to help foster political ambition in women who are thinking of running someday. She Should Run operates an online incubator that's basically a giant support network of women running for office. Women's Campaign Fund has resources ranging from tip sheets to one-on-one consultations and trainings. Or, if you're just looking for preliminary info, Cosmopolitan.com also has a list of tips for running for office as part of an entire, comprehensive guide to running for office at every level. And if you aren't interested in running, per se, but still want to be involved, the best place to start is attending a local community meeting and getting to know your neighborhood leaders.



If politics isn't your thing, you could **run a local bra and menstrual product drive** for homeless women, or **become a Girl Scout leader**. Or you could take a note from Sally Field in *Norma Rae* and lead the effort to **form a union in your workplace**. Research shows that women (particularly women of color) with union jobs earn more money and offices with unions have better gender representation — both good things for progress toward workplace equality.

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If you'd prefer to volunteer

Most cities have local resources for finding volunteer opportunities near you. And a lot of national organizations also have local affiliates and may have volunteer spots in your town. Here are just a few options.

Become a clinic escort. The stigma against abortion is still very real and shows no sign of going away anytime soon, which means there are still anti-choice protesters camped out outside clinics that provide abortions all over the world. Help shield patients from the protesters by signing up to be a clinic escort at Planned Parenthood or your local clinic.

Translate for MADRE. If you speak Spanish or Kurdish, MADRE (an organization that helps strengthen women-led grassroots movements in a handful of foreign countries) could use your help translating written communication.

Volunteer with GLAAD. GLAAD believes positive and accurate media messages about LGBTQ people will "accelerate acceptance." If you want to help fight stigma surrounding LGBTQ communities and learn about public relations, GLAAD is a good place to start.



chooses to report a sexual assault to police, depending on where they live, they're given the option to have a trained advocate in the room. Check with your local sexual assault service provider for more information on training and becoming an advocate.

If you're in the mood to donate money

If you've got a bit of extra cash you want to give to dedicated people doing great things, here are a few groups that help women around the world and will gladly accept your donation. Want to donate to somewhere else, but need help deciding where? Groups like GlobalGiving accept donations and re-allocate them to local organizations around the world.

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Women on Web and Women on Waves

Two different organizations with similar goals, Women on Web and Women on Waves are international collectives that deliver medication, birth control, abortion services, and training sessions on safe abortion all over the world.

Black Women's Blueprint



Women's Blueprint works specifically to combat sexual violence against black women through things like community organizing and local workshops.

The TIME'S UP Legal Defense Fund

Announced by a group of Hollywood actress on January 1, Time's Up is an organized movement with a singular goal: Ending workplace harassment and sexual misconduct. To help women with legal fees associated with reporting sexual misconduct and workplace harassment, and to help women who face retaliation for reporting, the movement includes a legal defense fund. In just a few months, the fund has already raised more than \$20 million and taken up more than 1,000 cases.

Essie Justice Group

Essie helps support women who have loved ones in prison through peer support and interaction with other national incarceration advocacy organizations. The group also encourages women to campaign for things like bail reform, and more broadly helps women speak out about what it's like to have an incarcerated loved one.

Planned Parenthood

Or, if you live somewhere on the growing list of places without a Planned Parenthood clinic, consider donating to your local women's health clinic. Planned Parenthood helps everyone — not just women — by providing STI tests, contraception and information on contraception, routine wellness exams, and abortions. For some, its services are life-saving.

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Inspired by Malala Yousafzai, the Malala Fund helps secure girls' right to at least 12 years of education through fundraising, donations, and research and education.

EngenderHealth

EngenderHealth does a *lot*, including spreading information about family planning, addressing maternal health needs by improving medical facilities, and mobilizing men as partners in reproductive health.

Black Women's Health Imperative

BWHI seeks to reach health equity for black women, who have been historically underrepresented in medical research. The group leads research on what healthy black women do (because, as BWHI says on its website, research tends to focus on *unhealthy* black women) and advocates for local, state, and federal policies that help black women access healthcare.

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