#CHAMPIONWOMEN

How to Join the Conversation on Social Media

Celebrate Many Voices, Better Choices

Too many in the media and public try to diminish the influence, perspectives, and policy solutions put forth by women by degrading their appearance and delegitimizing their qualifications. This should not be tolerated.

#ChampionWomen is the only movement of its kind created to expose the problem of objectification, hold offenders accountable, and defend and champion the right of women to speak their minds and be treated with respect.

The goal of #ChampionWomen is to have a society where all women's views are welcomed; where women and men are treated with respect; and where women today and generations to come know they can get involved and make their views known without being personally attacked. We know that if we can create an environment that is welcoming to and respectful of women, we will create a better world.

Hashtag: #ChampionWomen

Images: Suggested images to include with ANY Twitter, Facebook or Instagram posts are included **at the bottom of this kit**. Link back to our main site, www.championwomen.com, include the hashtag #ChampionWomen, and let others know you're making a difference.

Raise Awareness: Join the movement on social media using #ChampionWomen.

Share these suggested posts to show you stand with Champion Women and your friends, loved ones, and followers can too:

- I stand with #ChampionWomen to CHAMPION women's ideas, because we believe that their ideas are powerful forces for change. ChampionWomen.com

- I stand with #ChampionWomen to CELEBRATE and honor women's achievements in thought leadership and action. ChampionWomen.com

- I stand with #ChampionWomen to DEFEND all women against personal attacks that objectify, belittle, or seek to silence them. ChampionWomen.com

- I stand with #ChampionWomen to ENCOURAGE women to run for office, serve their communities, or start their own business. ChampionWomen.com

- I stand with #ChampionWomen to ENSURE that all women feel safe and supported in speaking up for themselves and one another. ChampionWomen.com

- I stand with #ChampionWomen to SUPPORT open and respectful debate on the issues that affect women, their loved ones, and their communities. ChampionWomen.com

- It's time to stop demeaning women. It's as simple as that. Together, let's encourage debate of issues, ideas, people's qualifications and actions. And let's put a stop to personally denigrating women. #ChampionWomen ChampionWomen.com

- Civility, respect, and kindness win the day. It's how we should treat all women. ChampionWomen.com #ChampionWomen

- I'm proudly part of the #ChampionWomen movement to encourage respectful, diverse, and thoughtful conversations. ChampionWomen.com

- I reject all attempts to dismiss the influence & perspectives of women. ChampionWomen.com #ChampionWomen

- Women should be viewed in light of their experience and the intelligence of their ideas, not their appearance. #ChampionWomen ChampionWomen.com

- Those who objectify women must be held accountable. Join me in making that happen. #ChampionWomen ChampionWomen.com

- We must insist that all women, regardless of background and perspective, be treated with dignity, kindness, and respect. ChampionWomen.com #ChampionWomen

- I will not tolerate personal attacks meant to delegitimize women, their ideas, and their work. Join #ChampionWomen to put a stop to this. ChampionWomen.com

- I reject bias that demeans women, and I will call out the hypocrisy of those who objectify them. #ChampionWomen + *link to site or video*

- No woman -- whether she is a college student, a mom, in business, a teacher, or a public official -- should feel silenced, ignored, or intimidated. It's time we #ChampionWomen. + *link to site or video*

- This isn't about politics — this is about empowering ALL women. #ChampionWomen + *link to site or video*

- Of course there will be differences and disagreements. But no matter the differences, civility and respect is the better way. #ChampionWomen + *link to site or video*

- Join #ChampionWomen to change our culture. Challenge those who objectify women -- and defend and champion the right of women to speak their minds and be treated with respect. + *link to video*

- All Women should be treated with respect. Fear of being shamed, mocked, or silenced should have no place in the national debate. #ChampionWomen ChampionWomen.com

- Champion Women is a movement committed to championing the ideas and amplifying the voices of all women. #ChampionWomen ChampionWomen.com

- #ChampionWomen isn't a fad. It isn't a phase. And it isn't a fleeting hashtag. Champion Women is a lifetime commitment to stop the objectification and dismissal of women. ChampionWomen.com

- Champion Women pushes back and calls out those who objectify, dismiss, or degrade women. #ChampionWomen ChampionWomen.com

- Champion Women is a movement to stop the objectification of women, encourage civil discourse, and push for concrete changes so that ALL women are treated with dignity and respect. #ChampionWomen ChampionWomen.com

- No woman should be afraid to share her thoughts and beliefs. We encourage everyone to show respect for others who disagree with them and ask that they be given the same in return. #ChampionWomen ChampionWomen.com

- To allow personal, baseless attacks on women to go unchallenged sends a message to women everywhere: "Keep quiet or suffer the same fate." Join #ChampionWomen to stop this. ChampionWomen.com

- Personal attacks prevent many women from participating in politics and their communities. It's not right or fair, and we all lose out in the end. I stand with #ChampionWomen against this. ChampionWomen.com

- #ChampionWomen is a movement to inspire and encourage all women to stand up, participate, and contribute to the larger debates of our day. Join us: ChampionWomen.com

- It's time to listen. It's time to act. It's time to #ChampionWomen. Join our movement: ChampionWomen.com

Graphics: Save and add one of the Champion Women graphics below to your posts on Twitter, Facebook, and Instagram to show what #ChampionWomen is all about:

To upload a graphic on social media:
1. Right click on an image below and click "save image as..." OR click on the image, redirected to hires photobucket image and download
2. Upload to Facebook, Instagram and Twitter and grab one of the sample social media posts above.

Supporting Organizations and Companies

Give them a follow:
- GirlCrew, @GirlCrewHQ
- Informed Women's Network, @HighInfoVoter
- Future Female Leaders, @FFL_of_America
- BOLD, @BoldTV
- Find Your Fabulosity
- RightNOW
- Republican Women for Progress, @RWFProgress

Digital Ambassadors

These #ChampionWomen ambassadors are an excellent example of someone who debates issues in a civil and respectful manner, they are committed to honest and open debate, and they welcome, and take seriously, all women's voices while defending their own beliefs and opinions:

Give them a follow:
- Adrienne Schweer, @adriennesully
- Amanda Carey Elliott, @AmandaCarey1

- Amber Smith, [@AmberSmithUSA](https://twitter.com/AmberSmithUSA)
- Antonia Okafor, [@antonia_okafor](https://twitter.com/antonia_okafor)
- Bo Derek, [@boderek](https://twitter.com/boderek)
- Bre Payton, [@Bre_payton](https://twitter.com/Bre_payton)
- Carrie Sheffield, [@carriesheffield](https://twitter.com/carriesheffield)
- Cathy Areu, [@AreuCathy](https://twitter.com/AreuCathy)
- Claire Lehman, [@clairlemon](https://twitter.com/clairlemon)
- Harmeet Dhillon, [@pnjaban](https://twitter.com/pnjaban)
- Ingrid Jacques, [@Ingrid_Jacques](https://twitter.com/Ingrid_Jacques)
- Jennifer Lim, [@JenPLim](https://twitter.com/JenPLim)
- Jessie Jane Duff, [@JessieJaneDuff](https://twitter.com/JessieJaneDuff)
- Julie Borowski, [@JulieBorowski](https://twitter.com/JulieBorowski)
- Kat Murti, [@KatMurti](https://twitter.com/KatMurti)
- Kelsey Harkness, [@kelseyjharkness](https://twitter.com/kelseyjharkness)
- Kira Davis, [@RealKiraDavis](https://twitter.com/RealKiraDavis)
- Leslie Bradshaw, [@LeslieBradshaw](https://twitter.com/LeslieBradshaw)
- Lisa Daftari, [@LisaDaftari](https://twitter.com/LisaDaftari)
- Lyndsey Fifield, [@lyndseyfifield](https://twitter.com/lyndseyfifield)
- Rachel Campos-Duffy, [@RCamposDuffy](https://twitter.com/RCamposDuffy)
- Rina Shah, [@RinainDC](https://twitter.com/RinainDC)
- Shoshana Weissmann, [@senatorshoshana](https://twitter.com/senatorshoshana)
- Stacy Washington, [@StacyOnTheRight](https://twitter.com/StacyOnTheRight)
- Tara Setmayer, [@TaraSetmayer](https://twitter.com/TaraSetmayer)
- Vicki McKenna, [@VickiMcKenna](https://twitter.com/VickiMcKenna)

Videos to share:
- [Champion Women | It's time to stop objectifying women. It's as simple as that.](#)
- [How to know if a woman is being objectified](#)
- [Respect women even when we disagree](#)

We want to hear from you!

If you have questions please email us - info@championwomen.com. We will do our best to answer each message.