

How to Support

The Woman Life Freedom Movement

01. Engage on Social Media



Social media can be a powerful tool to raise awareness and amplify the voices of those impacted by the situation in Iran. Here are two ways you can help:

- Engage with posts about Iran and the Woman Life Freedom movement (react, comment, or repost).
- Create and share your own content (e.g., share news articles, infographics, or personal stories).

02. Contact Your Representatives



Contact your local representatives, senators, or members of parliament. Encourage them to take action, such as issuing statements or introducing legislation in support of the revolution in Iran.

Scan or click on the QR code to download a template for a letter to elected officials.



03. Attend Rallies



Another way to take action is to attend rallies and protests in support of the protests in Iran.

These gatherings can bring attention to the situation in Iran and show support for those who are fighting for their rights and freedoms.



Note that taking meaningful action requires ongoing commitment and effort. It's not just about attending one rally or making one phone call. It's about being informed, staying engaged, and advocating for change over the long term.