

# SOCIAL MEDIA CALENDAR



Mark your calendars, Zontians! Here is a guide to important days when we can amplify our voices and advocate for women's rights, equality and empowerment. Let's make a difference together by raising awareness on social media and using relevant hashtags.

# January

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## Amelia Earhart Day

#WomenInSTEM

On Zonta International Amelia Earhart Day, we commemorate the records she broke on this day in 1935. We celebrate her contributions to the aerospace industry and her empowerment of women in science. See how our Amelia Earhart Fellows are taking space and expanding horizons for us all at [www.zonta.org/AEFellowship](http://www.zonta.org/AEFellowship).

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## International Day of Education

#WomenInSTEM

#WomenInBusiness

On International Day of Education, celebrate the power of education in driving peace and development, especially for women and girls. Quality education is key to creating a more equitable world for all. Learn more about Zonta's educational programs and see how you can make a difference at [www.zonta.org](http://www.zonta.org).

# February

11



## International Day of Women and Girls in Science

#WomenInSTEM

The International Day of Women and Girls in Science was established to help achieve full and equal access to and participation in science for women and girls, and further achieve gender equality. To further celebrate the contributions of women in STEM, Zonta is proud to support the next generation through the Zonta Women in STEM Scholarship Award.

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## World Day of Social Justice

#ZontaEmpowers

The World Day of Social Justice is a day to promote fairness and equality for all. Zonta is committed to advocating for social justice through efforts to combat poverty and gender inequality and defend human rights.

# March

8



## International Women's Day and Zonta Rose Day

#RoseDay

On 8 March, Zonta International celebrates International Women's Day and Zonta Rose Day, honoring women for their achievements regardless of national, ethnic, linguistic, economic or political divisions. Support this mission by making a donation to the Zonta Foundation for Women in their honor.

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## International Day of Happiness

#ZontaEmpowers

Celebrate the International Day of Happiness by recognizing that true joy comes from a world where women and girls are empowered, respected and given equal opportunities. Join Zonta International and become part of a global community dedicated to making this vision a reality.

30



## International Day of Zero Waste

#BuildABetterWorld

#ZontaSaysNOW

Celebrate sustainability for a brighter future for women and girls. Through the Zonta Says NOW campaign, Zonta is driving gender-equal climate action by reducing waste and promoting environmental responsibility, creating a healthier, more equitable world for all.

# April

7



## World Health Day

On World Health Day, recognize the vital role of health in empowering women and girls worldwide. Did you know that girls who marry before 18 are at higher risk of health complications and face greater challenges in accessing healthcare? Working together to end child marriage is vital to ensure a healthier future for all.

**#ZontaEmpowers**  
**#EndChildMarriage**

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## Earth Day

On Earth Day, highlight the importance of environmental stewardship in building a sustainable future for women and girls. Climate change disproportionately affects women, making it crucial to take action for both the planet and gender equality.

**#ZontaSaysNOW**  
**#BuildABetterWorld**

# May

15



## International Day of Families

#EndChildMarriage

On International Day of Families, Zonta International acknowledges the power of family connections in creating resilient communities. By ending child marriage, girls can thrive within their families and contribute to a stronger, more resilient future.

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## International Day of Living Together in Peace

#BuildABetterWorld

On International Day of Living Together in Peace, Zonta International highlights the importance of working together across differences to build a peaceful and inclusive society. In armed conflict and post-conflict settings, safeguarding women's rights is crucial to achieving lasting peace and stability for all.

# June

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## World Environment Day

**#ZontaSaysNOW**

Celebrate World Environment Day by emphasizing the need for collective action to protect our natural resources and promote a healthier planet. Through the Zonta Says NOW campaign, we advocate for gender-equal climate action to ensure a sustainable future for all.

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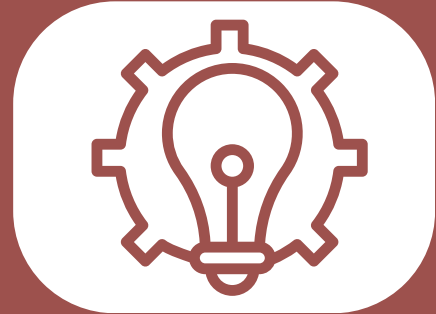
## World Refugee Day

**#BuildABetterWorld**

Observe World Refugee Day by recognizing the resilience and courage of refugees. Zonta International stands with women migrants and refugees, advocating for their protection and the opportunities they deserve to rebuild their lives with dignity.

# July

15



## World Youth Skills Day

#ZontaEmpowers

World Youth Skills Day emphasizes the importance of empowering youth through education and skill development. The Zonta Young Women in Leadership Award supports this mission by recognizing and nurturing young women who are prepared to lead and innovate for a better future.

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## World Day against Trafficking in Persons

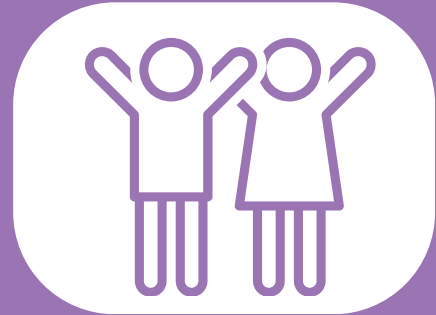
#ZontaSaysNO

On World Day Against Trafficking in Persons, Zonta International reaffirms its commitment to combating human trafficking. Zonta advocates for the protection and empowerment of victims, especially women and girls, to end this grave violation of human rights.



# August

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## International Youth Day

**#ZontaEmpowers**

On International Youth Day, celebrate the energy, creativity and potential of young people. Zonta Z and Golden Z clubs empower youth to make their voices heard and their contributions valued, fostering the next generation of leaders and advocates.

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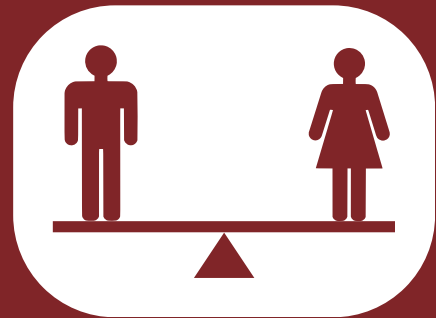
## World Humanitarian Day

**#BuildABetterWorld**

On World Humanitarian Day, Zonta International honors the bravery and dedication of humanitarian workers who risk their lives to help those in need, advocating for the support of these everyday heroes.

# September

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## International Equal Pay Day

**#ZontaEmpowers**

Globally, women earn about 20% less than men. On International Equal Pay Day, established by the Equal Pay International Coalition in 2019, Zonta International joins the call to raise awareness of the gender pay gap and advocates for global pay equity to ensure women receive fair compensation for their contributions.

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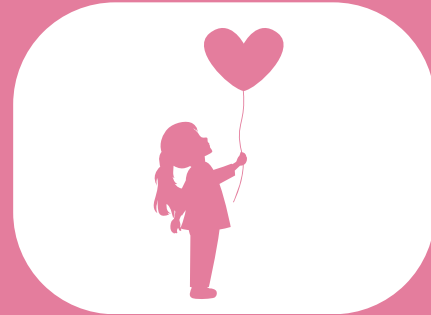
## International Day of Peace

**#BuildABetterWorld**

On International Day of Peace, Zonta International stands with those who work tirelessly to resolve conflicts and promote peace. The organization advocates for the rights and protection of women migrants and refugees, ensuring they have the opportunity to contribute to and benefit from a peaceful future for generations to come.

# October

11

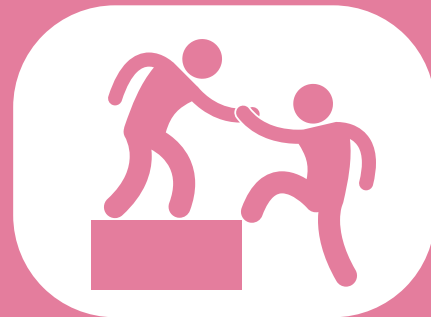


## International Day of the Girl

Adolescent girls have the right to a safe, educated and healthy life. On the International Day of the Girl, Zonta International emphasizes the urgency of ending child marriage, addressing the challenges girls face and promoting their empowerment and human rights.

**#ZontaEmpowers**  
**#EndChildMarriage**

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## International Day of Care and Support

Mark International Day of Care and Support by highlighting the importance of providing care and assistance to those in need. By joining Zonta International, you become part of a global community dedicated to empowering women and girls. Encourage others to join us in making a meaningful impact together.

**#BuildABetterWorld**

# November

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## Every Member Every November

#ZontiansInAction

Every November, Zonta International urges all members to support the Zonta Foundation for Women, funding vital programs that empower women and girls globally, from education and health to ending violence. Visit [zonta.org/donate](https://zonta.org/donate) to make your impactful contribution.

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## International Day for the Elimination of Violence against Women

#ZontaSaysNO  
#EndChildMarriage

The International Day for the Elimination of Violence Against Women raises global awareness of issues like rape and domestic violence. Zonta International's "Zonta Says NO" campaign is dedicated to ending violence against women and girls, advocating for a world free from fear and harm.

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## 16 Days of Activism

#16DaysofActivism  
#ZontaSaysNO

The Zonta Says NO to Violence Against Women campaign begins with the 16 Days of Activism from 25 November to 10 December. Zonta clubs and districts are encouraged to take action locally, nationally and internationally to change gender-based attitudes and behaviors to end violence against women. Visit [Zontasaysno.com](https://Zontasaysno.com) for more information.

# December

10



## Human Rights Day

Human Rights Day, observed on the final day of the Zonta Says NO campaign, marks the 1948 adoption of the Universal Declaration of Human Rights. It reminds us of the global commitment and Zonta's mission to uphold dignity and end violence against women and girls.

#BuildABetterWorld  
#ZontaSaysNO

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## International Human Solidarity Day

Mark International Human Solidarity Day by emphasizing the importance of coming together across differences to support one another and advance the common good. Joining Zonta International connects you to a global network committed to empowering women and girls, fostering solidarity and driving positive change worldwide.

#ZontaEmpowers

# Recommended Hashtags

**#BuildABetterWorld**

**#ZontiansInAction**

**#BuildABetterWorld**

**#ZontaEmpowers**

**#ZontaSaysNO**

**#EndChildMarriage**

**#AddYourVoice**

**#RoseDay**

**#EndChildMarriage**

**#WomenInSTEM**

**#WomenInBusiness**