

BE A HERO FOR A BETTER WORLD



"Heroes will not emerge from the wilderness until the political climate... Women are changing the system, making it clean and green and one for all - every gender, race, creed, sexual orientation, age, and ability." - Betty King

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"I'm neither dark and pretentious nor glad to be hated, we are determined to fund a revolution, and will not hold ourselves bound by any laws in which we have no voice or representation." - Angel Adams

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"The connection between women's rights, gender equality, socioeconomic development and peace is increasingly apparent." - Mahnaz Akhavan

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"How important it is for us to recognize and celebrate our heroes and role-plays!" - Maya Angelou

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"The day will come when men will recognize women as his peers, not only at the female, but in counsel of the nation. Then, and not until then, will there be the perfect cooperation, the ideal union between the sexes that shall result in the highest development of the race." - Susan B. Anthony

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"This is your life! The child on the shoulders is just one chapter. The stranger we encounter get the more loving we can be to all." - Cynthia Escobal

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What's Your BetterWorld Issue: Women's Rights ...make a difference... Do One Thing for a Better World. Together We Make a World of Difference! © The Emily Fund Distribute freely - no endorsement implied DoOneThing.org - EmilyFund.org

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"The idea of feminism is self-determination, and it's very open-ended: every woman has the right to become her self, and do whatever she needs to do." - Ani DiFranco

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"The great secret of life, how to really succeed, is to, to make that connection that we've been told is so important, to make that connection that we've been told is so important, to make that connection that we've been told is so important." - Anne Hathaway

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"It is truly a privilege to be able to support all women's causes on a global level." - Tina Turner

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"I've always been a big believer in equality. No one has ever been able to tell me I couldn't do something because I was a girl." - Anne Hathaway

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"Prior to my election, young Cherokee girls would never have thought that they might grow up and become chief." - Wilma Manobar

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"Because of their superior training in human relations - for that is what feminist education really is - women have a special contribution to make to any group enterprise." - Margaret Mead

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"...a political struggle that does not have women at the heart of it, above it, below it, and within it is no struggle at all." - Anandhi Roy

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"Ordinary people like you and me have the chance to make a tremendous difference for ourselves and their children worldwide." - Meg Ryan

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"It will be great when it's not such a big deal when a woman gets a good job." - Susan Sarandon

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"We hold these truths to be self-evident: that all men and women are created equal." - Elizabeth Daily Starke

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"It is not enough to be a hero. It must be a hero. The only one I know who is a hero and who is different from her for the rest of the world is Toni Morrison. She is a hero and she is different from her for the rest of the world." - Toni Morrison

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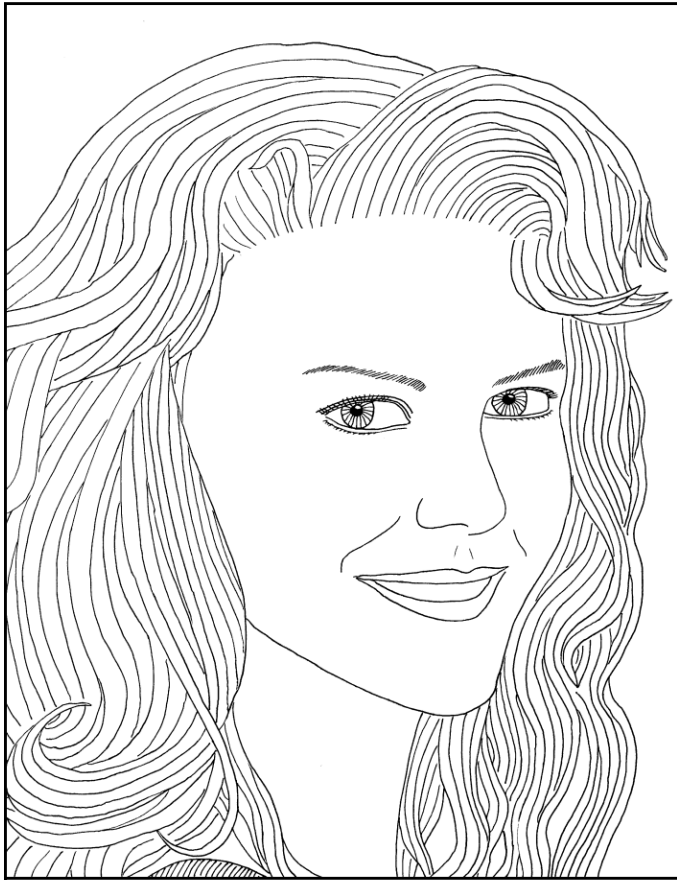
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"I've also very proud to be a hero. Why is that so exciting these days? The reason is because we're being heroes. People are being heroes. People are being heroes. People are being heroes. People are being heroes. People are being heroes." - Sherry Shepherd

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WHAT'S YOUR BETTERWORLD ISSUE? WOMEN'S RIGHTS



"Violence against women is an appalling human rights violation. But it is not inevitable. We can put a stop to this."
-- Nicole Kidman

Even though they make up half the population, women and girls have endured discrimination in most societies for thousands of years. In the past, women were treated as property of their husbands or fathers - they couldn't own land, they couldn't vote or go to school, and were subject to beatings and abuse and could do nothing about it. Over the last hundred years, much progress has been made to gain equal rights for women around the world, but many still live without the rights to which all people are entitled.

The United Nations Charter was a major milestone for women's rights because it was the first international agreement to affirm the equality between men and women. Since then, the UN has been an important advocate for the rights of women. The UN adopted an international bill of rights for women in 1979 and sponsored four global women's conferences. The Millennium Development Goals, which all nations agreed to at the UN in 2000, sets tangible goals for nations to achieve by 2015, several of which deal with empowering women.

International Women's Day on March 8 and **Women's Equality Day**, on August 26 (commemorating the certification of the 19th Amendment which granted women the right to vote), are important annual rallying points to help eliminate discrimination and build support for the rights of women everywhere.

*"We hold these truths to be self-evident: that all men and women are created equal."
-- Elizabeth Cady Stanton*

Do One Thing for a Better World

1. Find out more
2. Hold an event to raise awareness about promoting equal rights for all
3. Contribute to organizations working to promote women's rights and equality

Links for Women's Rights

Center for Women's Global Leadership
(cwgl.rutgers.edu)
Global Fund For Women
(globalfundforwomen.org)
Peace X Peace (www.peacexpeace.org)
Women's Intl League for Peace & Freedom
(wilpf.org)
Women Watch (un.org/womenwatch)

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**"Women will not simply be mainstreamed into the polluted stream. Women are changing the stream, making it clean and green and safe for all -- every gender, race, creed, sexual orientation, age, and ability."
-- Bella Abzug**

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**"If particular care and attention is not paid to the ladies,
we are determined to foment a rebellion, and will not hold ourselves
bound by any laws in which we have no voice or representation."**

-- Abigail Adams

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**"The connection between women's human rights,
gender equality, socioeconomic development
and peace is increasingly apparent."**

-- Mahnaz Afkhami

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"We were idealists. We thought that when we got the vote the whole pattern of politics would be greatly improved and would be dominated by women."

-- Jessie Daniel Ames

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**"How important it is for us to recognize and
celebrate our heroes and she-roes!"**

-- Maya Angelou

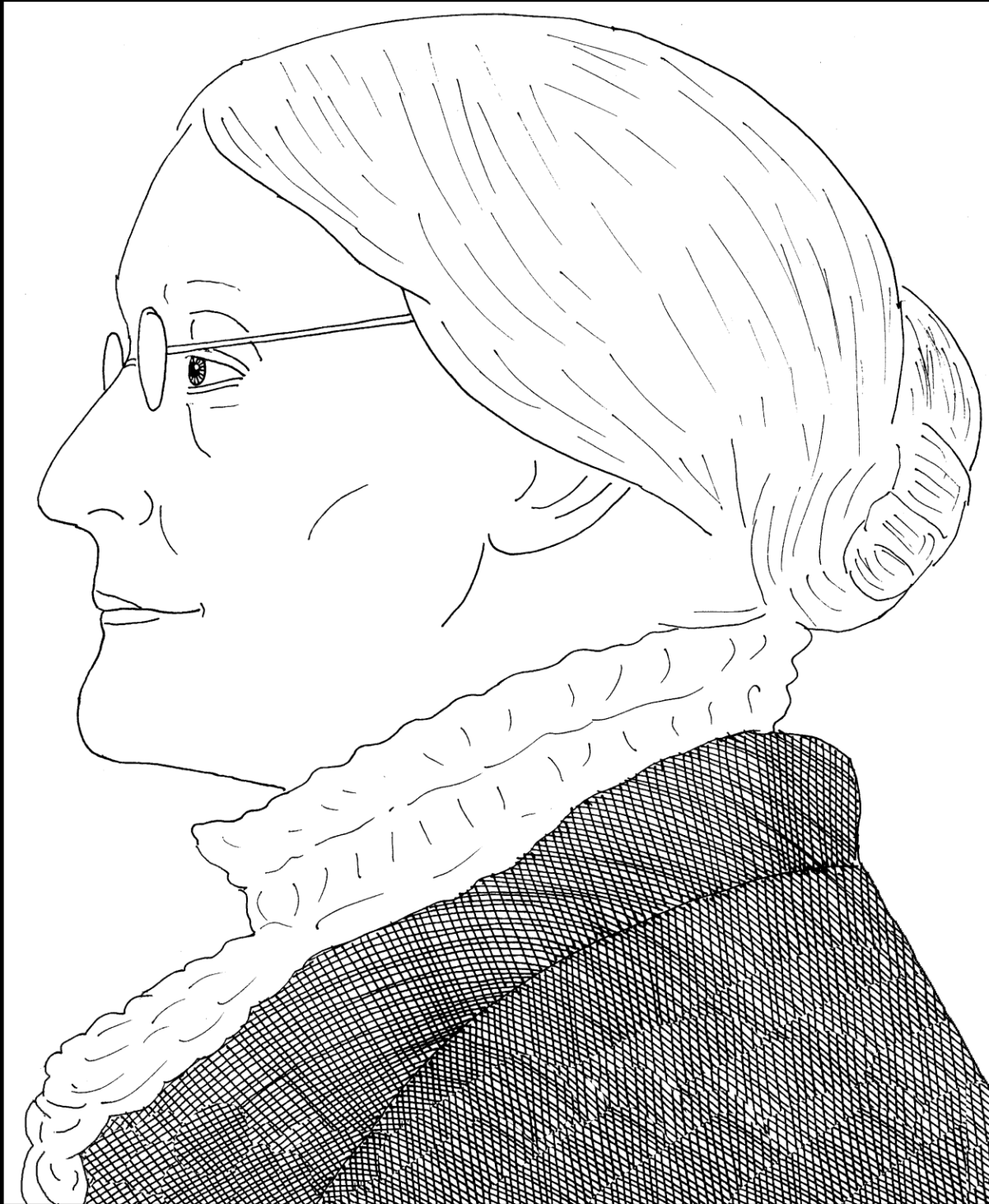
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"The day will come when men will recognize woman as his peer, not only at the fireside, but in councils of the nation. Then, and not until then, will there be the perfect comradeship, the ideal union between the sexes that shall result in the highest development of the race."

-- Susan B. Anthony

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"Instead of getting hard ourselves and trying to compete, women should try and give their best qualities to men - bring them softness, teach them how to cry."

-- Joan Baez

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**"This is your life!!!
The children/husbands/lovers are just one chapter.
The stronger we (women) get the more loving we can be- to all."
-- Cynthia Basinet**

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"It will not do to say that it is out of woman's sphere to assist in making laws, for if that were so, then it should be also out of her sphere to submit to them."

-- Amelia Bloomer

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“We are unalterably opposed to the presentation of the female body being stripped, bound, raped, tortured, mutilated, and murdered in the name of commercial entertainment and free speech.”

-- Susan Brownmiller

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“Feminism is a transformational force, an individual and social force. It is a way of looking at the world—a questioning of power/domination issues, an affirmation of women’s energy.”

-- Charlotte Bunch

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"Everybody counts in applying democracy. And there will never be a true democracy until every responsible and law-abiding adult in it, without regard to race, sex, color or creed has his or her own inalienable and unpurchasable voice in government."

-- Carrie Chapman Catt

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**"The emotional, sexual, and psychological stereotyping
of females begins when the doctor says, 'It's a girl.'"
-- Shirley Chisholm**

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**"My idea of feminism is self-determination,
and it's very open-ended: every woman has the
right to become herself, and do whatever she needs to do."
-- Ani DiFranco**

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"The young women of today, free to study, to speak, to write, to choose their occupation, should remember that every inch of this freedom was bought for them at a great price. It is for them to show their gratitude by helping onward the reforms of their own times, by spreading the light of freedom and of truth still wider."

-- Abigail Duniway

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"We need a kind of feminism that aims not just to assimilate into the institutions that men have created over the centuries, but to infiltrate and subvert them."

-- Barbara Ehrenreich

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"...gender relationships, which are tough for people to deal with, are key to whether a society orients to domination or partnership in all its relations."

-- Riane Eisler

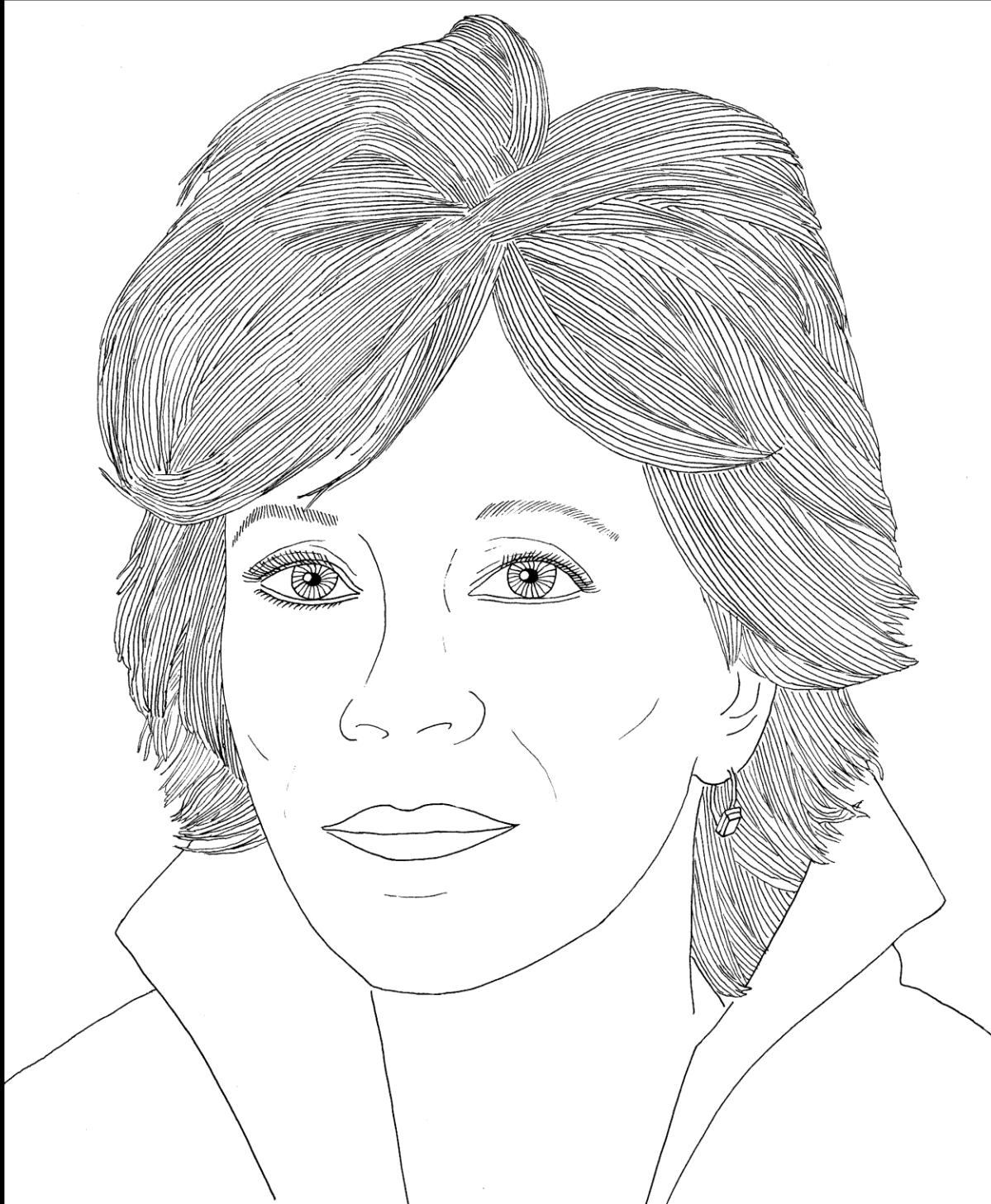
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"Adult women, all of us, have to come to grips with how we have been affected by gender norms, and how we have been silenced. We have to help our daughters. Understanding it within ourselves and helping our young girls stand up for themselves is one way."

-- Jane Fonda

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**"The only way for a woman, as for a man,
to find herself, to know herself as a person,
is by creative work of her own. There is no other way."
-- Betty Friedan**

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**"If you have knowledge, let others light their candles in it."
-- Margaret Fuller**

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"Women's rights are an essential part of the overall human rights agenda, trained on the equal dignity and ability to live in freedom all people should enjoy."

-- Ruth Bader Ginsburg

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"Male and female citizens, being equal in the eyes of the law, must be equally admitted to all honors, positions, and public employment according to their capacity and without other distinctions besides those of their virtues and talents."

-- Olympe de Gouges

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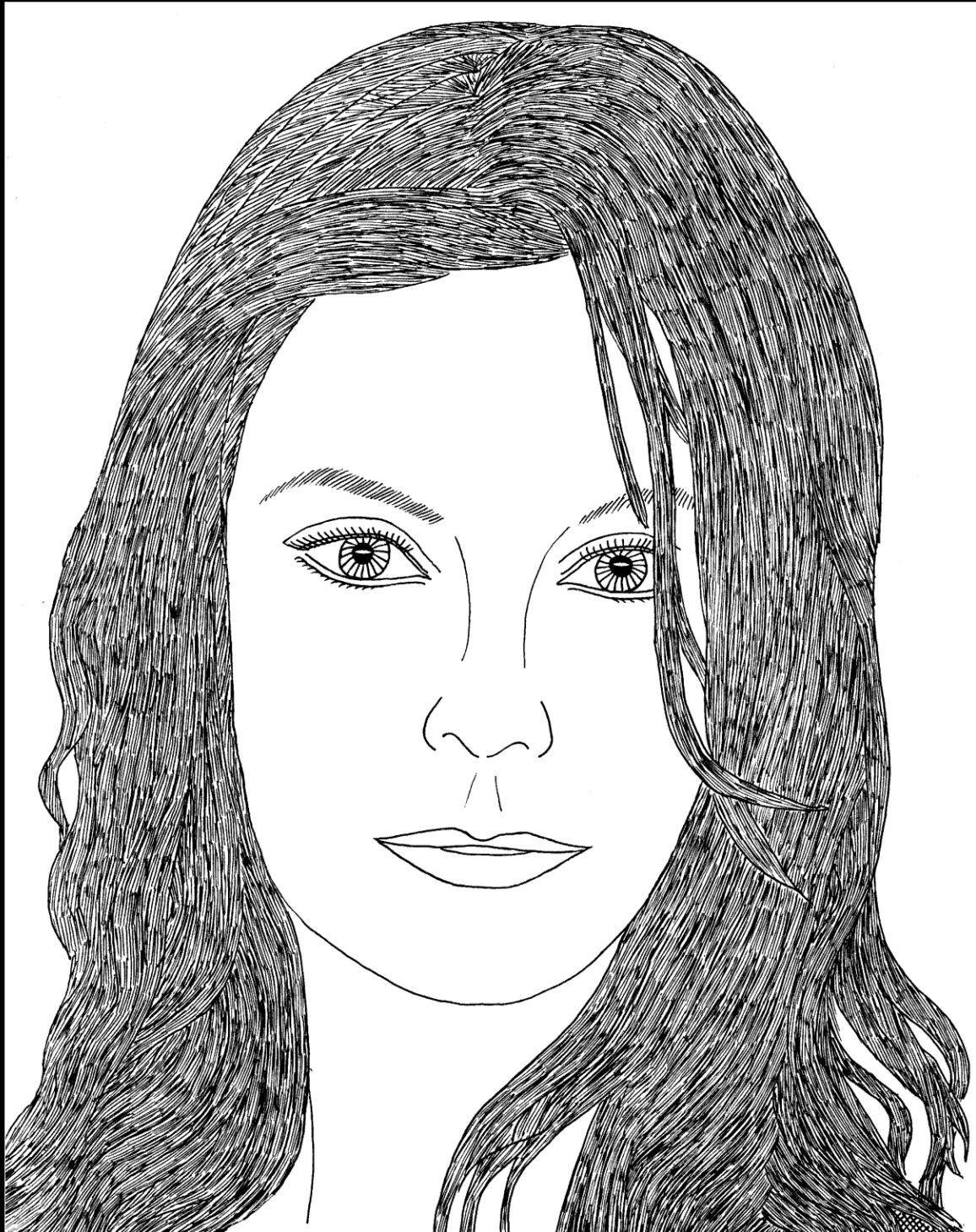
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**"It is truly a privilege to be able to
support all women's causes on a global level."
-- Teri Hatcher**

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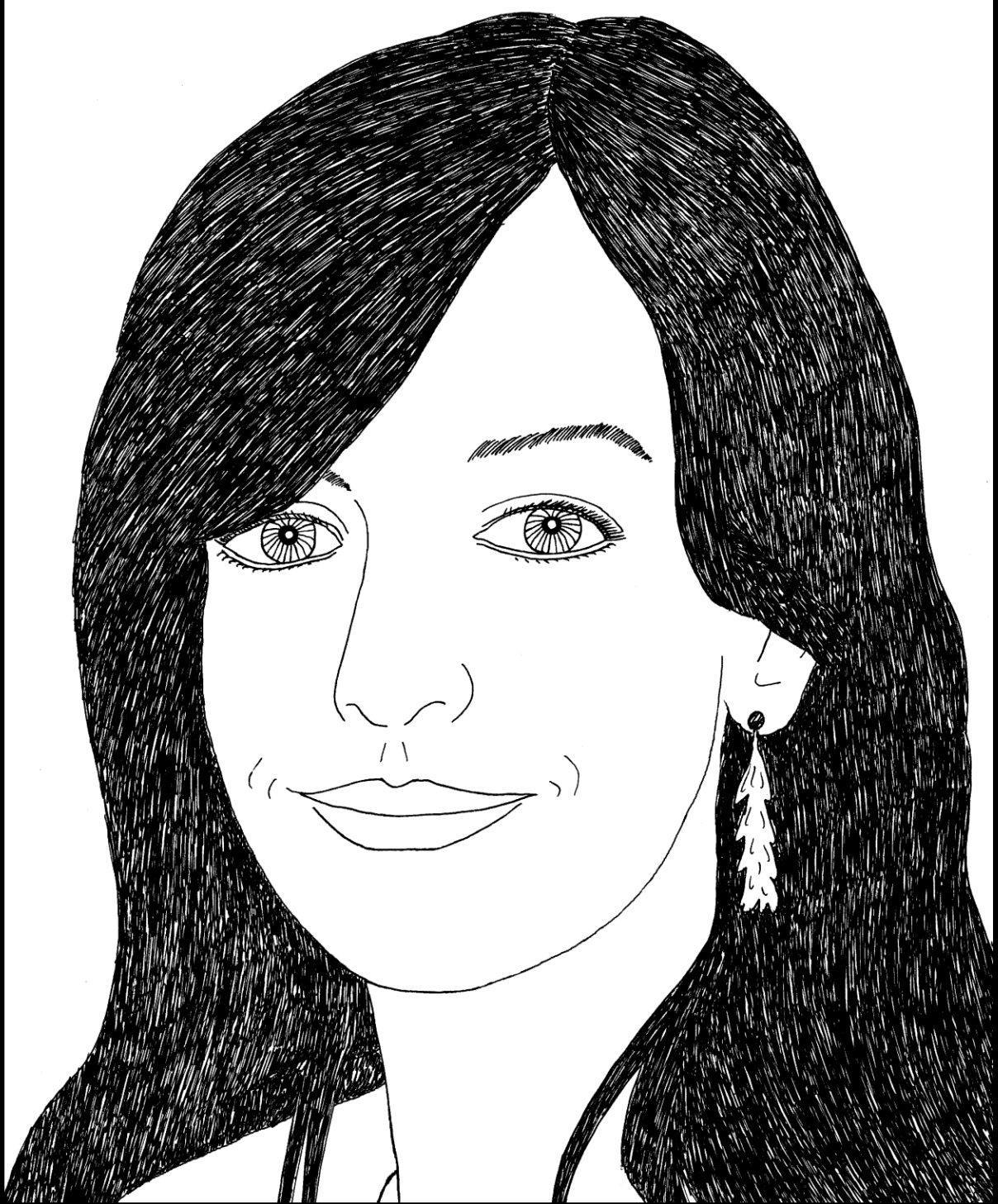
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-- Anne Hathaway

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"When I see the elaborate study and ingenuity displayed by women in the pursuit of trifles, I feel no doubt of their capacity for the most herculean undertakings."

-- Julia Ward Howe

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**"A highly political feminist movement , very broad based, with alliances with other such oppressed classes is necessary for the revolution that is needed to stop the careless crimes against women."
-- Devaki Jain**

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**"Today women in many countries are taking part in various types of movements of protest, some of which are serious struggles for economic and social emancipation."
-- Kumari Jayawardena**

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"Across the world women are joining hands in solidarity and support, in a global women's movement, sharing knowledge and experience and empowering themselves to build a peaceful and fairer world."

-- Marilee Karl

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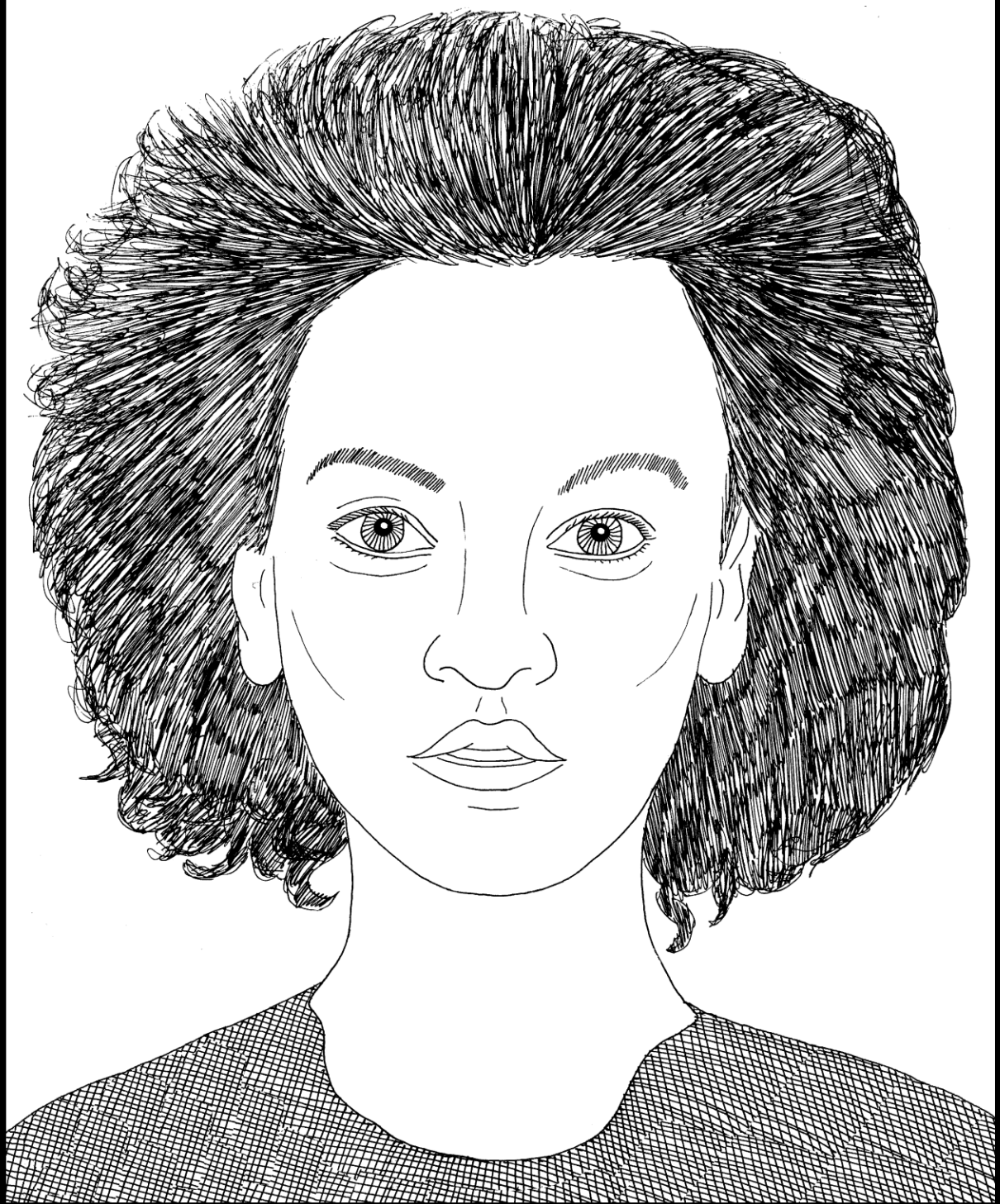
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"The message of our campaign is "Make every mother and child count". This campaign is not just about health. It is also a powerful call for radical progress in women's rights and the rights of their children."
-- Liya Kebede

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"My main goal in education is to raise women's awareness to their rights and to involve them in social work side by side with men in Afghanistan."

-- Lawangina Khan

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**"Violence against women is an appalling human rights violation. But it is not inevitable. We can put a stop to this."
-- Nicole Kidman**

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“I do not believe in sex distinction in literature, law, politics, or trade - or that modesty and virtue are more becoming to women than to men, but wish we had more of it everywhere.”

-- Belva Ann Lockwood

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"Prior to my election, young Cherokee girls would never have thought that they might grow up and become chief."

-- Wilma Mankiller

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-- Margaret Mead

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BE A HERO FOR A BETTER WORLD

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**"The world has never yet seen a truly great and virtuous nation,
because in the degradation of women,
the very fountains of life are poisoned at their source."**

-- Lucretia Mott

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**"In less than a century we experienced great movement. The youth movement!
The labor movement! The civil rights movement! The peace movement!
The solidarity movement! The women's movement! The disability movement!
The disarmament movement! The gay rights movement! The environmental movement!
Movement! Transformation! Is there any reason to believe we are done?"
-- Holly Near**

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**"We have to free half of the human race, the women,
so that they can help to free the other half."
-- Emmeline Pankhurst**

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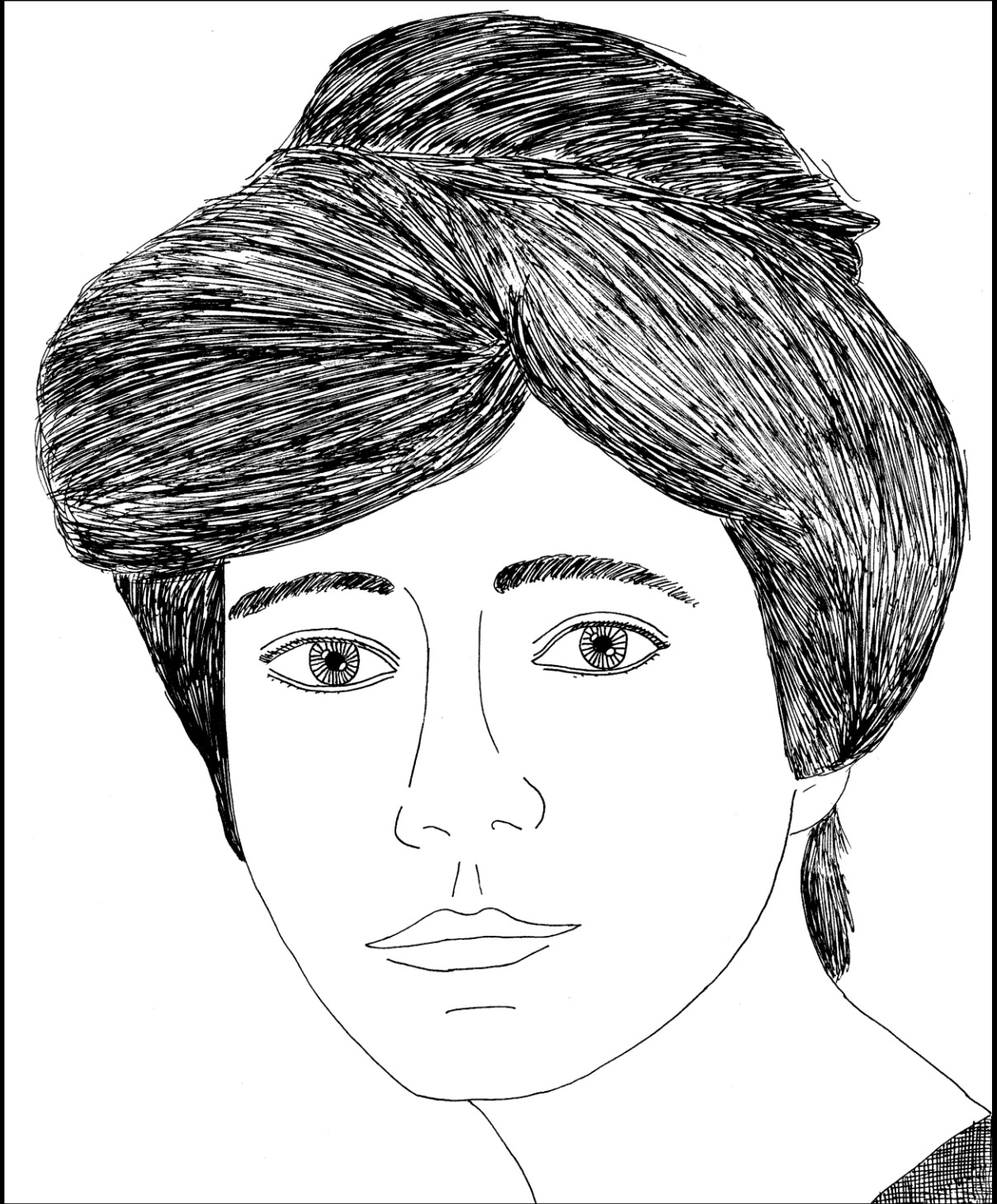
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"I never doubted that equal rights was the right direction. Most reforms, most problems are complicated. But to me there is nothing complicated about ordinary equality."

-- Alice Paul

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"The only way to solve the problem of women's subordination is to change people's mindset and to plant the new idea of gender equality into every mind."

-- Qingrong Ma

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**"If the world was taking care of women,
women would take care of the world."
-- Jane Roberts**

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"...a political struggle that does not have women at the heart of it, above it, below it, and within it is no struggle at all."

-- Arundhati Roy

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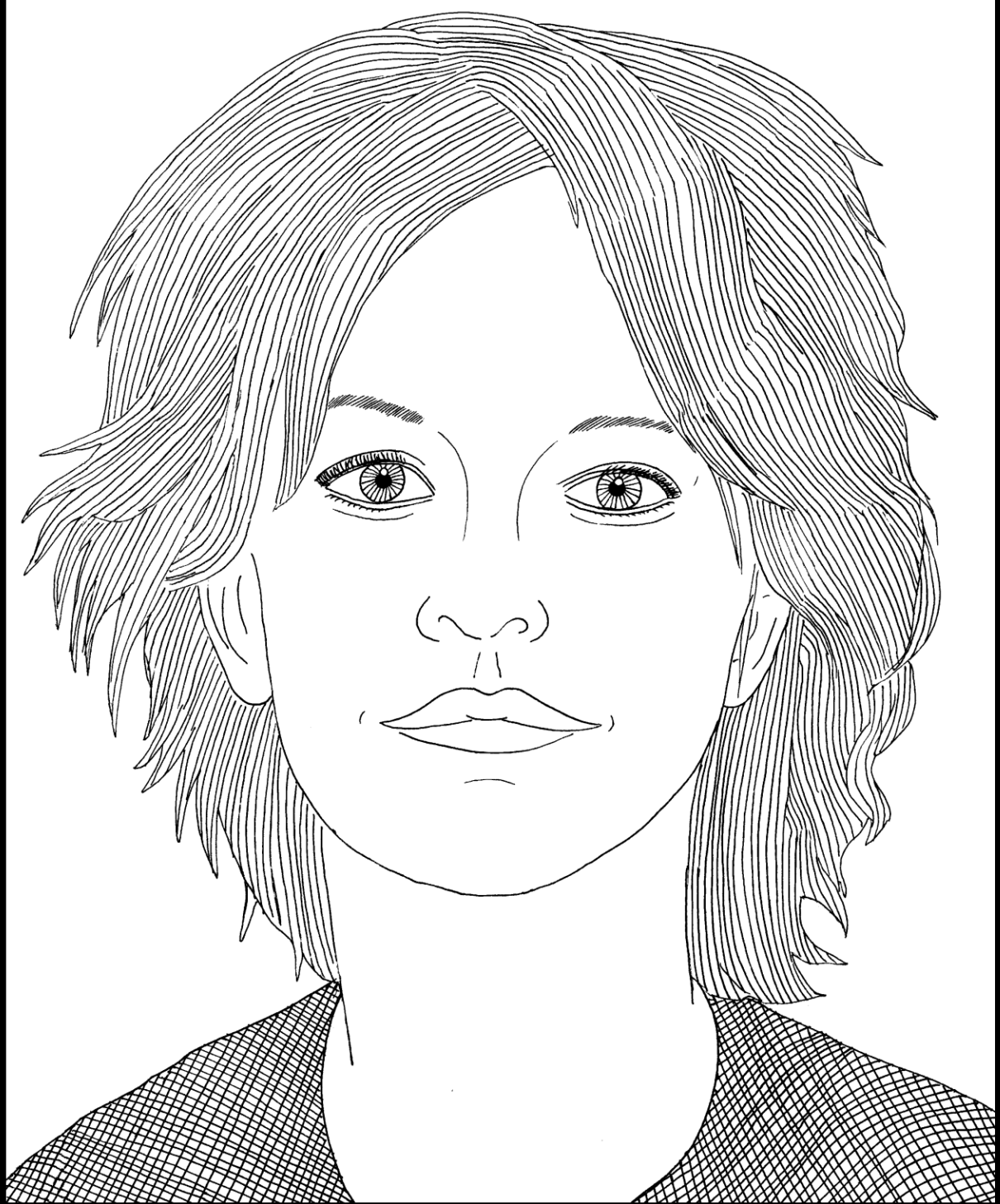
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"Ordinary people like you and me have the chance to make a tremendous difference for mothers and their children worldwide."

-- Meg Ryan

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**"It will be great when it's not such a big deal
when a woman gets a good job."**

-- Susan Sarandon

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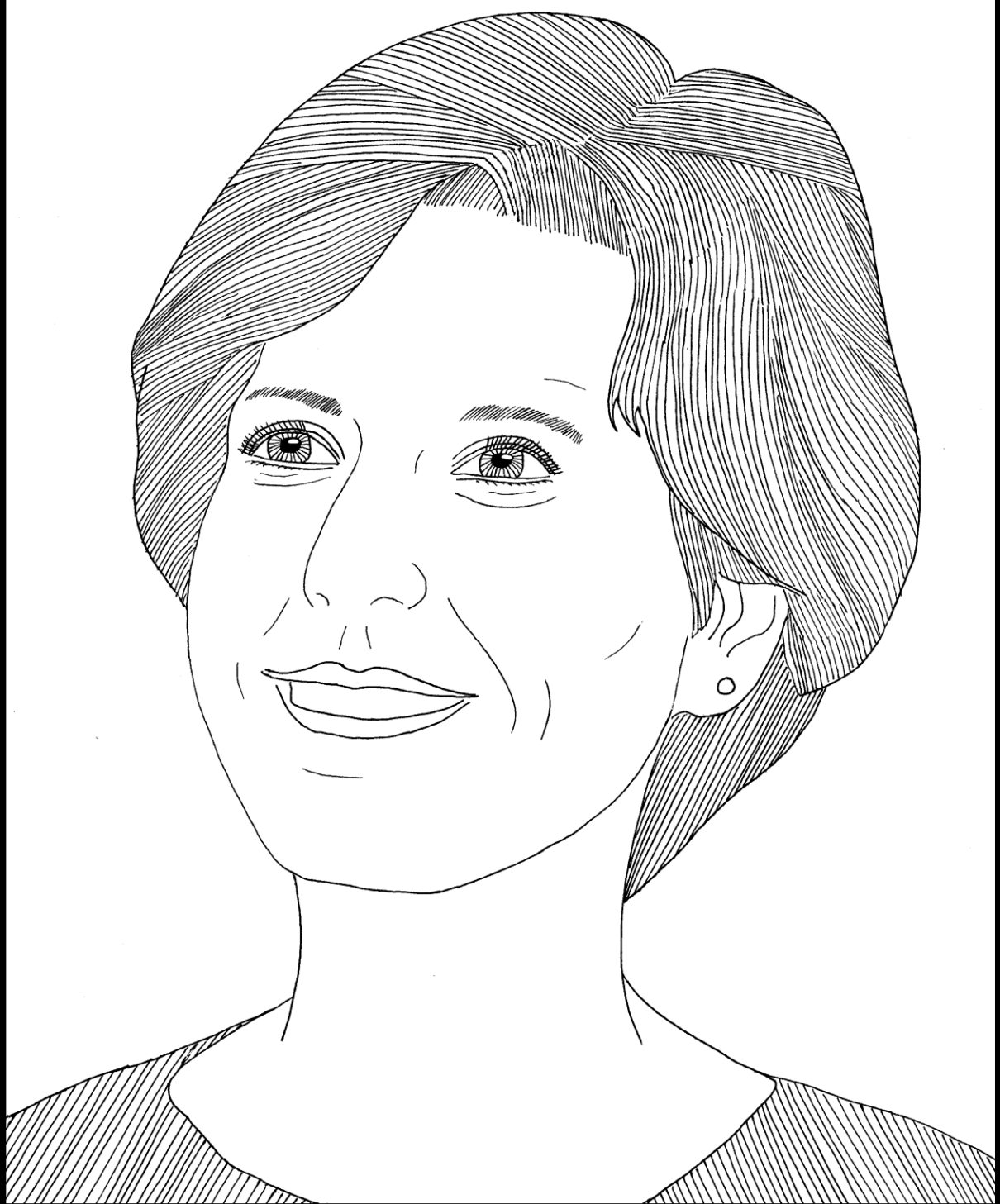
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**"Women's voices help balance out the male energy.
Until we do that, we are not going to have peace in the world."
-- Barbara Simmons**

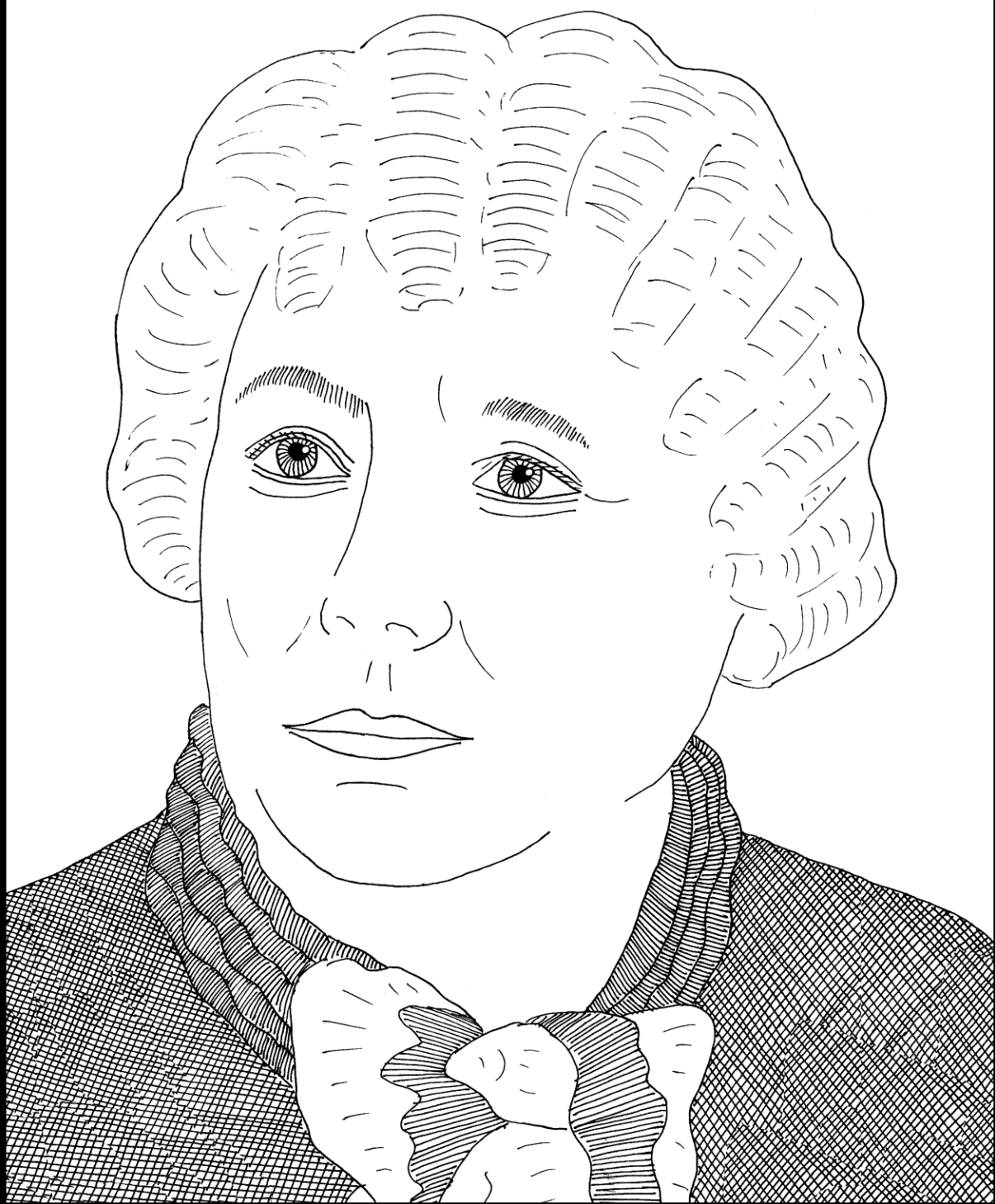
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**"We hold these truths to be self-evident:
that all men and women are created equal."**

-- Elizabeth Cady Stanton

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"This is no simple reform. It really is a revolution. Sex and race because they are easy and visible differences have been the primary ways of organizing human beings into superior and inferior groups and into the cheap labor in which this system still depends. We are talking about a society in which there will be no roles other than those chosen or those earned."

-- Gloria Steinem

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"I think, with never-ending gratitude, that the young women of today do not and can never know at what price their right to free speech and to speak at all in public has been earned."

-- Lucy Stone

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**"Women are the real architects of society."
-- Harriet Beecher Stowe**

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"I am also very proud to be a liberal. Why is that so terrible these days? The liberals were liberators—they fought slavery, fought for women to have the right to vote, fought against Hitler, Stalin, fought to end segregation, fought to end apartheid. Liberals put an end to child labor and they gave us the five day work week! What's to be ashamed of?" -- Barbra Streisand

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BE A HERO FOR A BETTER WORLD

MAKE A DIFFERENCE

MAKE A DIFFERENCE



**"If the first woman God ever made was strong enough to turn the world upside down all alone, these women together ought to be able to turn it back and get it right side up again."
-- Sojourner Truth**

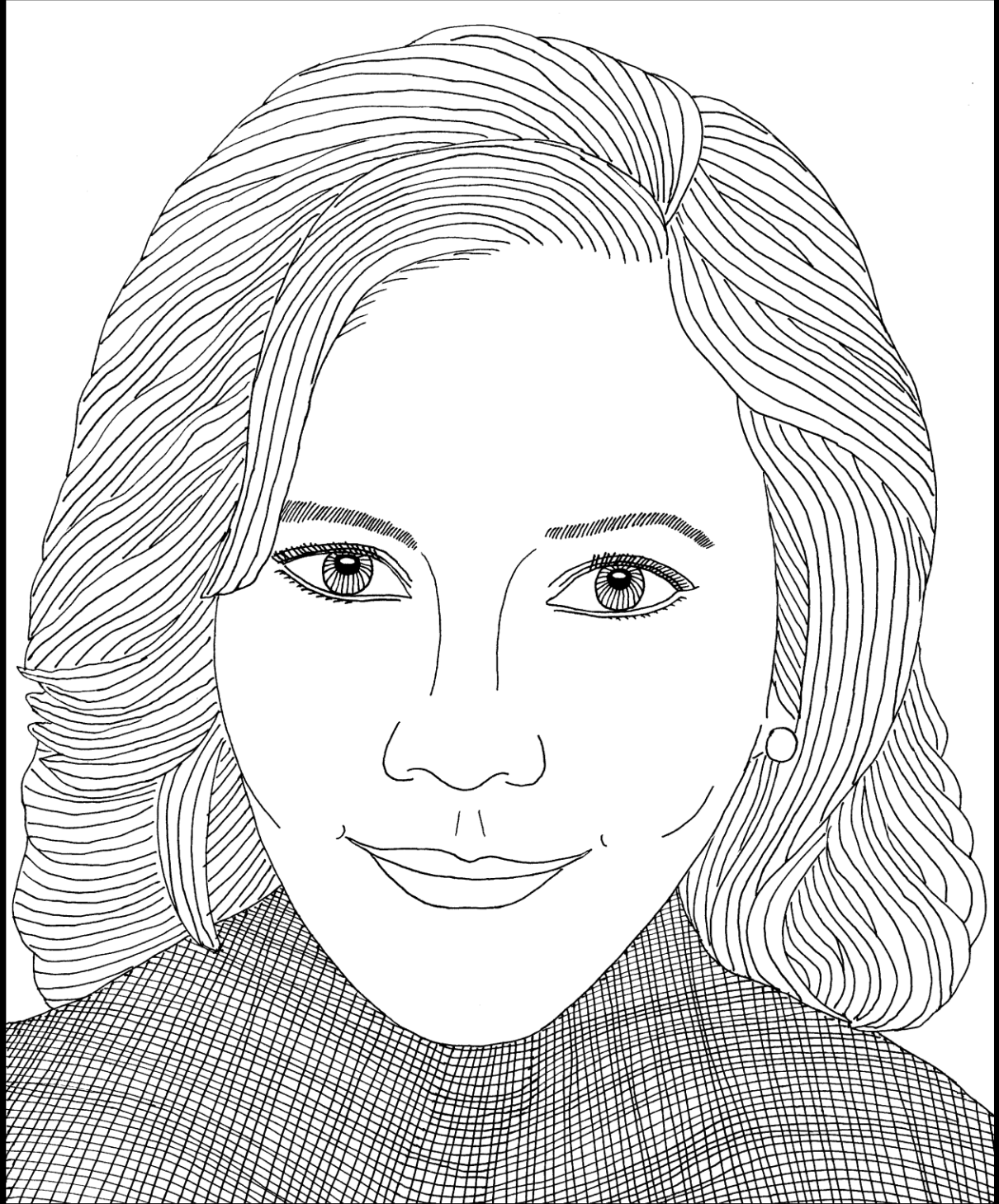
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**"I am dedicated to ensuring reproductive health and freedom for all."
-- Kathleen Turner**

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“We women have the same capacity and potential for power to allow us to be participants in our own destiny.”

-- Rafaela vos Obeso

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"The task of organizing human happiness needs the active cooperation of man and woman: it cannot be relegated to one half of the world."
-- Lillian Wald

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**"I do not wish women to have power over men; but over themselves."
-- Mary Wollstonecraft**

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**"The uses of government should be to foster,
protect and promote the possession of equality."
-- Victoria Woodhull**

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<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Women will not emerge as equal partners in the political arena, unless we change the arena, making it clean and green and safe for all - every gender, race, creed, sexual orientation, age, and ability." —Betty King</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"If our father owns and produces and paid to his babies, we are determined to demand a rebirth, and will not hold ourselves bound by any laws or customs, or by a voice of respectability." —Angel Adams</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"The connection between women's rights, gender equality, socioeconomic development and peace is increasingly apparent." —Mahalia Jackson</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"How important it is for us to recognize and celebrate our heroes and our craft!" —Maya Angelou</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"The day will come when men will recognize women as his peers, not only at the polls, but in councils of the nation. Then, and not until then, will there be the perfect cooperation, the ideal understanding, the sacred trust that shall result in the highest development of the race." —Susan B. Anthony</p> <p>Be a Hero for a Better World - betterworld.net</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"This is your life! The child and husbands/lovers are just one chapter. The stranger we encounter get the more loving we can be to it." —Cynthia Escobedo</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Feminism is a transformational hero, an individual and social force. It is a way of looking at the world as a questioning of power/normalization/labels, an embrace of women's energy." —Cleotilde Burch</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Everybody wants to appear democratic. And there will never be a democracy until every woman is free and well educated to take her part in it, with no regard to race, color or creed but to her own intelligence and sense of government." —Carrie Chapman Catt</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"The emotional, sexual, and psychological strangling of females begins when the doctor says, 'It's a girl!'" —Shirley Chisholm</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"The idea of feminism is self-education, and it's very open-ended: every woman has the right to become her self, and do whatever she needs to do." —Ani DiFranco</p> <p>Be a Hero for a Better World - betterworld.net</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"The great secret of life, has really to do with, to speak, to share that knowledge and to use it. It's something that we have to do at a great price. It's the heart of the matter to bring our own selves into the world and to be able to share it with others." —Jane Fonda</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Adult women, all of us, have to come to grips with how we have been affected by gender, and how we have been affected. We have to help our daughters. Understanding it with our own eyes and hearts is the only way to help our daughters to see it." —Jane Fonda</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"This only way for a woman, as for a man, to be a doctor, a lawyer, a teacher, a writer, a scientist, is by creative work of her own. There is no other way." —Betty Friedan</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Women's rights are an essential part of the overall human rights struggle. Women's rights are the right to be able to live in freedom of people should enjoy." —Betty Friedan</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"It is truly a privilege to be able to support all women's causes on a global level." —Toni Halber</p> <p>Be a Hero for a Better World - betterworld.net</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"I've always been a big believer in equality. No one has ever been able to see me (and I don't) do something because I was a girl." —Anne Hathaway</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Across the world women are joining hands in solidarity and support, in a global women's movement, sharing knowledge and experience and empowering themselves to be a powerful and fair world." —Helen Keller</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"The message of our campaign is 'Make every mother and child count.' It's a message to not just about health, it's also a powerful call for real progress in women's rights and the rights of their children." —Lily Tomlin</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Violence against women is an appalling human rights violation. But it is not enough to say 'it's a girl' and stop there." —Nicole Kidman</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Prior to my abortion, young Chinese girls would never have thought that they might grow up and become what I am." —Venus Williams</p> <p>Be a Hero for a Better World - betterworld.net</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Because of their ongoing training in human relations for that is what feminism is really is - women have a special contribution to make to any group enterprise." —Margaret Mead</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"I would love to see a woman-owned business. The world needs it. The reality is, most problems are complicated. But to me there is nothing complicated about ending equality." —Susan Sarandon</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"I never doubted that equal rights was the right direction. Most reformers, most problems are complicated. But to me there is nothing complicated about ending equality." —Alice Paul</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"The only way to solve the problem of women's subordination is to change people's mindset and to plant the new idea of gender equality into every mind." —Gingrong Ma</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"...a political struggle that does not have women at its heart will, lose it, before it, and within it is no struggle at all." —Anwarul Haq</p> <p>Be a Hero for a Better World - betterworld.net</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Ordinary people like you and me have the chance to make a tremendous difference for others and their children worldwide." —Meg Ryan</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"It will be great when it's not such a big deal when a woman gets a good job." —Susan Sarandon</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"We hold these truths to be self-evident that all men and women are created equal." —Elizabeth Cady Stanton</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"We do not simply believe, it really is a conviction. We do not see women they are equal and make difference. We are the primary force of progress. We are the primary force of progress. We are the primary force of progress. We are the primary force of progress." —Elizabeth Cady Stanton</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"It is also very hard to be a hero. Why is that so hard? Because that's the only way to be a hero. Why is that so hard? Because that's the only way to be a hero. Why is that so hard? Because that's the only way to be a hero." —Elizabeth Cady Stanton</p> <p>Be a Hero for a Better World - betterworld.net</p>