



# CALLING OUT RACISM

## CONTACTING ELECTED OFFICIALS

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Taking the step of contacting elected leaders at any level of government about an injustice or cause is such a fantastic step in advocacy and allyship.

You can find your elected officials at all levels of government here:  
<https://www.usa.gov/elected-officials>

**KEEP IT BRIEF-** Keep letters to one page. Try to discuss only one bill or issue in a letter.

**IDENTIFY YOURSELF-** Begin with an introduction of yourself or the organization on whose behalf you are writing. Use a simple statement, such as "My name is \_\_\_\_\_. I am a nurse at \_\_\_\_\_ hospital in (City/State)". This is very important. Make yourself real and tie yourself to the community. Identifying who you are and what you do, can also become part of your plea.

**FIND YOUR POINT, AND MAKE IT QUICKLY-** Follow your introduction with a brief statement of your issue or concern. Follow your opening paragraph with a concise explanation of why you support or oppose the particular bill or issue. A few strong points is much more impactful than a long list of grievances. Bullet points can be helpful.

**RELATE IT TO HOME-** Help the legislator/elected official understand why your position is important to his or her constituents.

**ALLOW FOR FOLLOW-UP-** Include specific contact information and offer to act as a resource should the legislator or staff have questions or need additional information. Include your full address and zip code.