

The five-year bar has been denying immigrant families access to the health and social services safety net for more than 25 years. Congress needs to hear from you about the consequences for your community. We've prepared this toolkit to make it easier for you to educate lawmakers.

STEP #1: REVIEW KEY RESOURCES & PARTNER STATEMENTS ON 5-YEAR BAR

- [Key resources and materials](#) — A curated list of resources about the five-year bar from PIF partners and allies
- [Talking points in English and Spanish](#) — Short, digestible talking points to use with partners and policymakers
- [Fact sheets in English and Spanish](#) — Background on the five-year bar
- [PIF poll](#) — Finding that ¾ of Americans support repeal of the five-year bar
- [Sign-on letter](#) (May 2022) 750+ national, state and local organizations from all 50 states plus DC sent a [letter](#) to Congress in support of the LIFT the BAR Act

STEP #2: PERSONALIZE YOUR MATERIALS AND REACH OUT TO PARTNERS

- [A social media toolkit](#) — These posts for Twitter, Facebook / Instagram, and WhatsApp, and accompanying graphics, can be to build awareness over time
- [Email to your network](#) — This draft email can be used to send to your coalition partners to engage them on the issue
- [Pitch note](#) — To inform area reporters about the issue
- [Press release](#) — About your sign-on letter to the local House delegation, which you can use to engage local media
- [Op-Ed](#) — Template Op-Ed on to personalize and submit to local and state papers

STEP #3: REACH OUT TO YOUR CONGRESSIONAL DELEGATION

- [Congressional meeting request](#) — Draft email to send to the staff of your Congressional Member requesting a meeting
- [Congressional meeting guide](#) — This guide includes all the information you need to prepare for a meeting to educate your member of the House or Senate about the five-year bar, what to do during the meeting, and key steps for follow up
- [Messages for meetings](#) (in [English](#)) (in [Spanish](#)) — For advocacy conversations with policymakers or journalists

- [Followup Email](#) — Draft email to send to the staff after the meeting