



Policymaker Contact Toolkit

Why Contact Policymakers?

Our elected officials prioritize issues that their constituents care about. International SEL Day is a perfect opportunity to tell your policymakers that social emotional learning (SEL) is important to you. It may be the first time they've heard about SEL or they may already be great champions for policies that support effective SEL implementation. Either way your policymakers will benefit from knowing that SEL is a priority for their constituents.

Which Policymakers to Contact

Reach out to your local, regional, state, and national policymakers. Lawmakers on committees related to education, child and youth welfare, health and human services, or other related areas will have the most opportunity to influence SEL policy.

How to Contact Policymakers

Reach out to policymakers by phone or email. For phone calls, you may connect with a policymaker's staff member who will record and relay the information. For emails, some policymakers have web pages to submit a note and others welcome email messages. In the U.S. you can use our [U.S. Policymaker Contact form](#) to send emails to your governor and national and state legislators or check out the U.S. government's [How to Contact Your Elected Officials](#) website for links to find your elected officials' contact information.

What to Say

State your name and that you are a constituent. Describe what SEL is, why it is important, and the positive impact it has on the lives of children and adults. Include an anecdote about your personal connection to SEL. Keep it short and to the point. Note that some

policymakers limit the word count for email submissions. Feel free to use the sample text included on the next page.

Sample Content

My name is [NAME] and I'm your constituent. I'm writing to you today to share how important social emotional learning (SEL) is for the wellbeing of our [CITY, TOWN, STATE, REGION, or COUNTRY]'s children. SEL is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

Often taught in the classroom, SEL improves academic outcomes, builds a positive school climate, and provides children with the necessary skills to excel in today's workforce.

I urge you to consider SEL as an integral part of addressing complex policy issues that face our children such as mental health, trauma, school safety and climate, and college and career readiness.

[Add a personal note about why SEL is important to you.]

Sincerely,

[Name]

[Address]

[Phone Number]

Thanks to Committee for Children for contributing content to this toolkit.