

Update the sample letter below with your name and city and send it as a letter or an email to the two senators in your state, your governor, local mayor, and congressman or congresswoman.

Demand change!

Here's how to find the contact information for elected officials:

Senators: https://www.senate.gov/general/contact_information/senators_cfm.cfm

Congressmen and Congresswomen: <https://www.house.gov/representatives/find-your-representative>

Governors: <https://www.usa.gov/state-governor>

Mayors: <https://www.usmayors.org/mayors/meet-the-mayors>

They are expecting to hear from you.

===== Police Reform Sample Letter =====

Dear **{Insert Name of Elected Official}**,

My name is **{Insert your name}** and I reside in **{city, county or district}**. I am writing in regard to the years of excessive force exhibited by our police—in **{insert city}** and across our nation—toward African American men and women that has resulted in countless injuries and deaths. Our law enforcement disproportionately uses force against African American and other people of color when it should treat all individuals with dignity, employ restraint on its power and use only the degree of force necessary to maintain the community's safety. In recent years, we have witnessed these brutalities (and murders) firsthand through recordings and yet our government continues to take little action.

As an elected official of this state, you have a duty to serve your constituents. With that, I ask you what specifically your administration will do to address the following –

- **Hiring Practices** – how will law enforcement recruiting efforts evolve to weed out those individuals who inherently exhibit racism and aggression?
- **Training** – how will you order police to learn de-escalation tactics to avoid shooting and unnecessary harm?
- **Accountability** – what will you do to hold officers accountable for their actions when they deviate from protocol? How will you increase transparency into their actions and consequences?
- **Community Engagement** – how will you bridge the divide between the community and law enforcement to build the deeply needed trust in our system

I watched my neighborhood shatter to pieces last night; something must be done if we are to move forward. I lean on you—my elected representative—for support and most importantly, change.

Thank you,

{Insert Your Name}

{Your Address}

{Your Phone Number}