



CODE RED

LETTER WRITING TEMPLATE

**Writing and emailing your state
representatives about period
poverty and the Tampon Tax**

Many of us young people cannot vote, but that doesn't mean we don't have a voice. (And if you are eligible to vote, please exercise your right!) Writing a letter or sending an email is a great way to show your support for a specific cause and hopefully get your representative to show their support as well! In this case, we are going to be asking for our representatives to support repealing the Tampon Tax, or the sales tax applied to sanitary menstrual products (pads, tampons, etc.) and encouraging them to take action against period poverty. Texas has a Tampon Tax, but other states do not, so make sure to do your research before sending anything!

LETTER WRITING TIPS

Letter Tips:

- Individualizing your letter has the greatest impact! Use any personal experiences you may have in your letter; you don't need to follow the template to a T.
- Hand write your letter (personal touch)
- Always properly address whomever you are writing to
- Introduce yourself and explain why s/he should listen to you. Are you a voter or student in their district? Do you have connections or are you involved with an organization?
- Make clear the time to introduce, pass, or support your policy.
- Provide contact information at the end of your letter so s/he can follow up with you.
- When addressing the envelope, refer to the lawmaker as "The Honorable (name)".

Return Address

Daniela Rodriguez
123456 Main Street
City, State
ZIP Code



Stamp

The Honorable [First, Last name]
U.S. House of Representatives
Washington, DC 20515

Address

LETTER WRITING TEMPLATE

[Name] [Street Address] [City, State, Zip] [Date]

Dear Representative [Last Name],

[Greeting]. My name is [Your Name] and I live in your district at [Street Address] in [Your State]. I, along with young people across the nation, are calling for menstrual equity and an end to period poverty. I urge you to support [Bill number or name] to help provide free menstrual products to [incarcerated people]/[people who are homeless]/[public school students]. By supporting this bill, you show that you care about providing basic healthcare to [incarcerated women]/[homeless women]/[public school students] in [State] who currently suffer from period poverty.

[Bill number or name] is a comprehensive initiative that promotes common goals: gender equality, public health, and basic hygiene.

Lack of access to menstrual products is a form of gender-based oppression. Menstrual products are essential to reproductive health and should be recognized as medical necessities. Individuals experiencing period poverty face medical risks including preventable infections that can lead to cervical cancer and infertility.

Menstruation is a natural occurrence experienced by over half the population. Just as we all expect toilet paper to be provided in public restrooms, we should expect the same for sanitary menstrual products.

[Bill number or name] acknowledges that access to menstrual products is integral to health and safety.

For people who have inadequate access to menstrual products, there's a risk of infection, civic consequences (such as missing work, school, or meetings with attorneys to avoid using products longer than recommended or staining clothing in public), and safety and abuse risk for incarcerated women.

. As your constituent from [your school/town/city], you should know that I believe _____. This is important to me because [include a personal story, explain why the issue is important to you, how it affects you, your family member(s) and your community].

I ask you to support [Bill number or Name] to help improve the lives of [incarcerated women]/ [homeless women]/[public school students] in [Your State]. I plan on using my voice and staying active until change is realized. [Here, mention if you exercise your right to vote, or if you're too young, how you are involved with your community].

Optional: You are welcome to contact me if you have further questions. [Include contact information.]

Thank you,
[Your name]