

Sample Letter to Lawmaker

NOTE: While letters are still the preferred method of written communication, security at the Capitol postal service typically delays delivery for three to four weeks. If your letter needs to arrive in a short period of time, we highly recommend faxing it.

[Insert date here]

[Insert Your First and Last Name Here]

[Insert Your Organization (optional) Here]

[Insert Your Street Address Here]

[Insert Your City, State and Zip Here]

[Insert Your Email Here]

[Insert Your Phone Numbers Here]

Re: Stronger Laws Needed to Protect Children from Bullying

Dear [Insert Lawmaker's Name Here],

Bullying is an issue that directly and negatively affects students' ability to learn. More than 160,000 students in the U.S. stay home from school each day from fear of being bullied. In addition to school avoidance, students who are bullied suffer a decrease in grades, a decreased ability to focus and concentrate, a loss of self-confidence and self-esteem, and an increase in anxiety, depression, and physical ailments such as stomachaches and headaches. Consequences of bullying can be tragic: The majority of school shootings are a result of bullying, and some students resort to suicide to escape the painful effects of being bullied by classmates.

I am [or We are] [describe who you are, i.e., a high school student] writing because bullying is an issue that has been accepted in our schools for too long. The time to take action is now. It is no longer acceptable to just ignore bullying or to say that it is just a part of growing up. Bullying is everyone's issue. I [or We] want to see laws that support bullying education and prevention in the school. With education and awareness building, parents, decision-makers, education personnel, and students can create a school environment that does not tolerate bullying and that teaches students and adults how to effectively address bullying situations.

[Optional: Insert a brief personal story here that illustrates how bullying has directly affected you or other students in your school.]

I [We] would like the opportunity to speak with you about this important subject to determine what can be done in our community to build bullying prevention education and raise awareness of this issue. I [We] can be contacted at [insert e-mail or phone number].

Sincerely yours,

[Signature(s)]

[Insert your name(s) here]

[Include any supporting documents, such as petition signatures, more personal stories, a mural signed by all students in your school, etc.]