

Emailing Congress



Emailing your Congressperson is a popular method of communication. This method is a quick and easy way of communicating your thoughts and opinions as a constituent directly to the people or person that can evoke change.

Another option, besides direct email, is to locate the “Contact” link on the website of your Senator(s) or Representative, and send your email through their personal website.

Sample Email to Congress

SUBJECT: Act Now to Support Comprehensive Sexual Education

Dear Senator _____:

or

Dear Representative _____:

I am a ___ year old student at (*your school*) in (*city/state*). I am writing to you because I am concerned about the lack of funding for comprehensive sexual health education in American schools. I am concerned about this issue because it has worrisome impacts on reproductive and public health.

In the United States, only 18 states require that sex education include contraceptive education. Only 13 states require sex and HIV education be medically accurate. In the 2017 fiscal year, Congress increased funding for abstinence-only-until-marriage programs. Statistics show that these methods are not working—half of new STD diagnoses are young people aged 15-24, and teen girls gave birth to over 200,000 babies in 2016. Comprehensive, well-funded, and medically accurate sexual health education can help effectively address these public health issues.

Lack of comprehensive sexual health education threatens the well-being of youths by producing adults who are ill-informed about their own bodies, and those of others. The prevalence of STDs, STIs, and unintended pregnancies can be minimized by prioritizing comprehensive sexual health education in public school curriculum.

I want to urge Congress to support sexual health education by emphasizing its importance and increasing funding for comprehensive programs. In addition, Congress needs to take steps to ensure that all students have access to thorough sexual health education. Informed and healthy citizens should be a priority for local, state, and federal governments.

Thank you for your time. I look forward to hearing your views on this important issue.

Sincerely,

Your Name

Email address