



DC Bully Busters

Letter Writing Toolkit
DRAFT

We are so excited that you have decided to be part of our campaign to teach politicians about how to stand up to bullies. You know more about bullying than they do and they really need to hear your advice and voice now more than ever.

Bullying in politics is increasing and we need your help to stop it.

We are a group of 11-year-old girls in Seattle, Washington. We are upset about how politicians have been behaving like bullies or acting as bystanders, which strengthens bullies.

We talked to our friends about what we could do. We can't vote and we don't have a lot of money but we do know about bullying. So we decided we need to teach people in Washington, DC, how to stand up to bullies because we are the experts when it comes to bullies.

Over 3.2 million students are victims of bullying each year and that was before the election. Since then, 40% of educators have heard derogatory language directed at students of color, Muslims, immigrants, and people based on their gender or sexual orientation (Source: Southern Poverty Law Center).

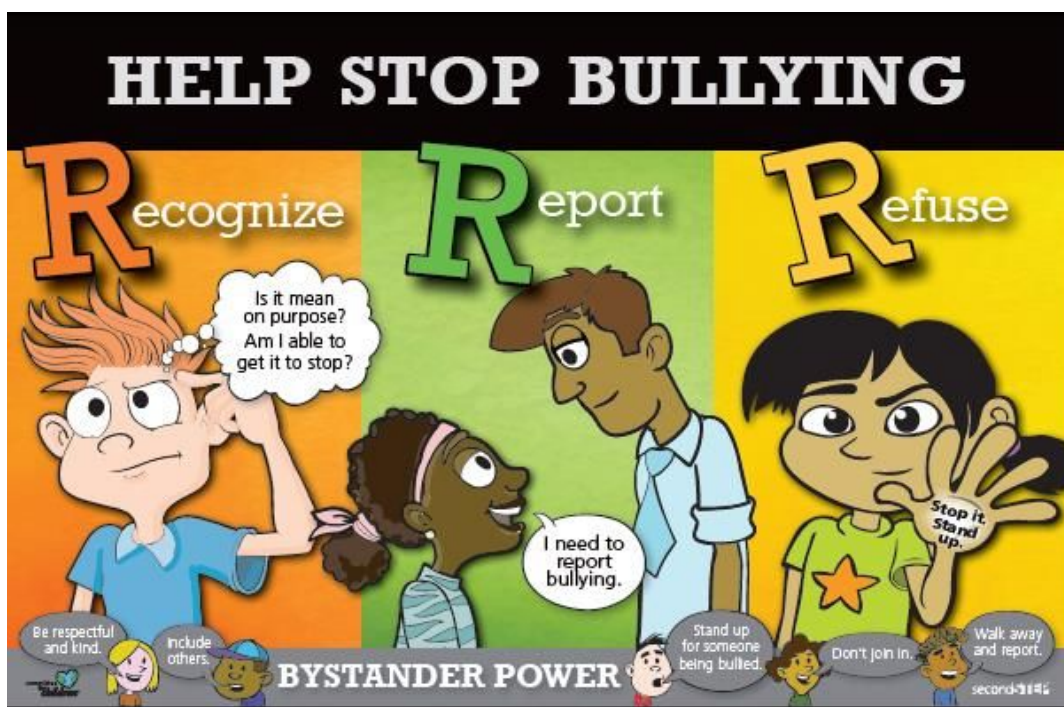
We need everyone to understand that bullying is unacceptable - especially in Washington, DC. We can inspire and train Senators and Congresspeople to be courageous and not bystanders. If 11-year-old girls can be brave, the politicians have no excuse. This also will help us have the confidence to stand up to bullies in our own lives.

**We are the
future and
won't stand
for bullying
in politics.**

5 Steps to Write and Share Your Letter

1. **Brainstorm:** Come up with the core advice you want to share.
2. **Choose:** Select a politician to send your letter to.
3. **Write Your Letter:** Create the actual letter.
4. **Share:** Take a picture of your letter and share it with us & everyone.
5. **Mail:** Send it to the politician or ask for help from someone who can mail it for you.

We recommend that your advice to politicians focus on the 3Rs of bullying. It helps make your message clear and powerful. It is exactly what leaders on Capitol Hill need to hear from you.



STEP ONE: **Brainstorm**

Writing a letter to a Senator or Congressperson about bullying isn't easy. At first you might wonder where to begin or what to say. To help you, we have provided a set of questions for you to answer to help develop the ideas for your letter. You can use some of the responses for your letter but you don't need to include them all.

Recognize

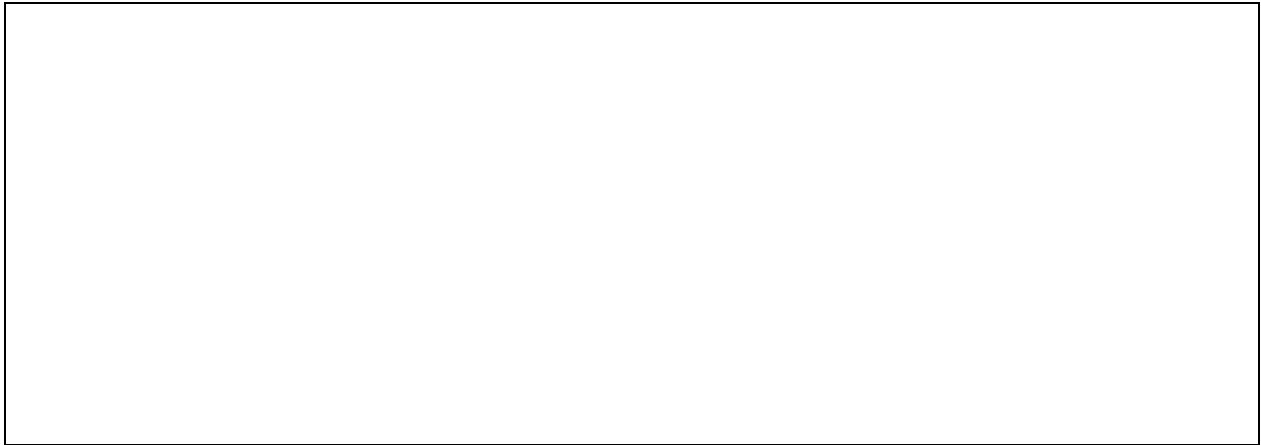
- How do you recognize when someone is bullying?
- How does it make you feel? What kind of things do they do?
- Have you had experiences with bullies?

Refuse

- How do you respond to bullies?
- What makes them bully more?
- What takes away their power?
- What are ways a politician can refuse to give power to a bully?

Report

- Why is it important to report bullies even if it feels scary to do it?
- Who are people you can report to about a bully?
- What are the consequences of a political leader not standing up to bullying? Why does it matter?



Your Voice Matters

Let it be Heard!

STEP TWO: Choose a Politician


Address Your Letter to a Congressional Leader

Congress is the legislative branch of our government. The legislative branch makes our laws. It has two parts: the U.S. Senate and the U.S. House of Representatives.

There are Republican and Democratic leaders in both parts of Congress. We want to ask them to recognize bullying in politics when they see it and stand up to it. They need to call it by its name and report it to the media and the American people. We can help teach them how to do that because we've learned how in school.

We've listed the Democratic and Republican leaders in the Senate and the House of Representatives below. Which leader on Capitol Hill do you want to send your letter to?

Leaders on Capitol Hill

			
<u>Mitch McConnell</u> , KY Majority Leader of the Senate (Republican) 317 Russell Senate Office Building, WA, D.C. 20510	<u>Nancy Pelosi</u> , CA Minority Leader of the US House of Representatives (Democrat) 233 Cannon H.O.B. WA, D.C. 20515	<u>Charles Schumer</u> , NY Minority Leader of the Senate (Democrat) 322 Hart Senate Office Building, WA, D.C. 20510	<u>Paul Ryan</u> , WI Speaker of the US House of Representatives (Republican) 1233 Longworth H.O.B WA, D.C. 20515

Want to know more? Visit their page on Wikipedia and learn more about each one. If you are reading this online, just click on the name you want above and it will take you there.

You could also send it to your local representative by searching on whoismyrepresentative.com.

STEP THREE: Write Your Letter

You now have some great ideas to share in your letter. To create a powerful letter you need to organize your ideas so your message is clear.

Example Outline

1. Introduction:

Write your name, age, and where you live.

Write about why you are writing this letter.

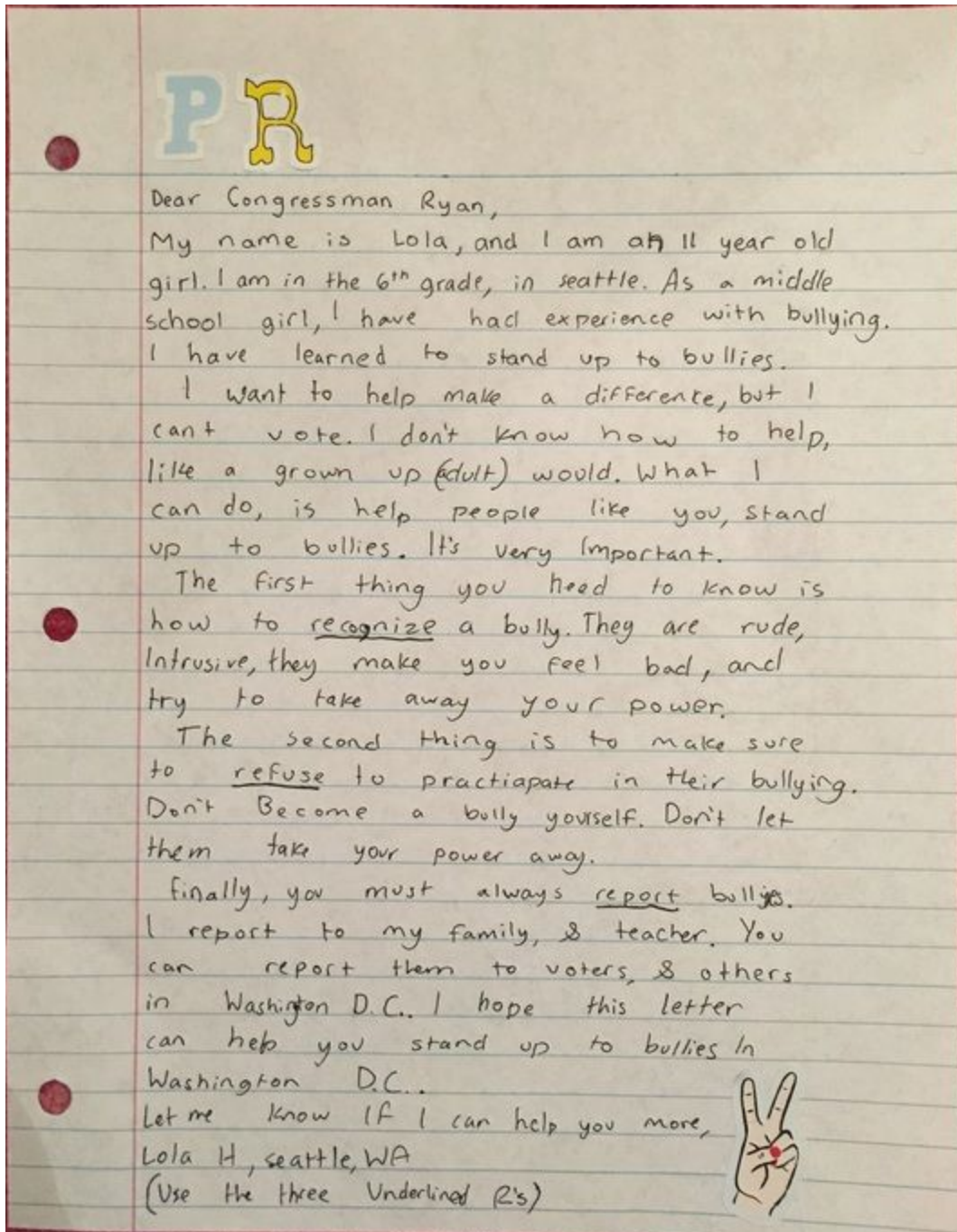
2. Body:

Why are you a good person to provide advice on bullying? Write about what you've been taught about bullying and what you've seen related to bullying.

3. Conclusion: Ask the politician you are writing to in the letter to recognize and stand up to bullies.

Your Outline

Example Letter, With Stickers Added for Fun



STEP FOUR: Share

#DCBullyBusters

We really want to read your letter and share it with other people in the campaign to inspire them.

1. Please take a picture of your letter and email it to us at: dcbullybusters@gmail.com.

2. Share the picture on any of your social media accounts (e.g., twitter, snapchat, Facebook, etc.) and encourage your parents to share it as well. Be sure to tag it #DCBullyBusters so we can like it.

BONUS (optional) : We would love to have a video of you reading the letter so that we can also share that with the campaign as well. Send the video to dcbullybusters@gmail.com and we will share it on social media.

IMPORTANT





If you don't want your full name used on social media, you can sign your letter using only your first name and the first letter of your last name.

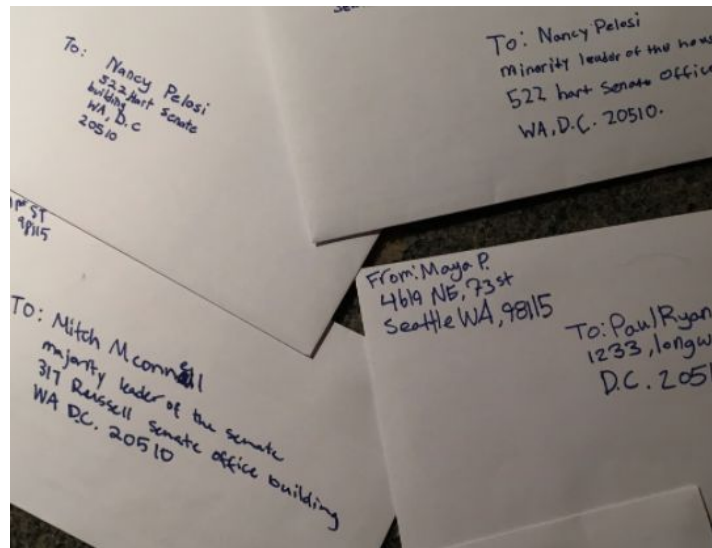
Add stickers to the letter if you have them. :)

STEP FIVE: Mail Your Letter

Here are the addresses for the leaders on Capitol Hill so your voice reaches them.

Leaders on Capitol Hill

			
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Now for the best part. Put it in an envelope, address it, slap a stamp on it, and toss it in the mail. The post office will make sure it gets to the politician.

BONUS IDEAS

Excited about this campaign and want to do and learn more? Here are ten ideas for you.

1. Host a Letter-Writing Party with Your Friends
2. Present About DC Bully Busters at Your School
3. Research Bullying Online or Read a Book About It
4. Write an Article in Your School Paper About the DC Bully Busters
5. Create a Campaign in Your State to Inform Your State Legislature and Governor About How to Stand Up to Bullying
6. Research Nonprofits Fighting Bullying and Make a Donation
7. Ask Your Teacher if Your Class Can Have Time to Write Letters at School
8. Tell Friends at Other Schools About DC Bully Busters and Get Them Involved
9. Run for Student Government in Your School
10. Learn More About the Federal Government:
<http://www.congressforkids.net/>

