Let your voice be heard by sending a message to your members of Congress asking them to take concrete action to promote children's rights and welfare and to protect children from abuse and neglect in our country.

**Click on this** [link](http://www.house.gov/representatives/) **to find out how to contact your** [House Representatives](http://www.house.gov/representatives/)**. Using the contact information and forms provided through this link, you can send a message to your Congressional Representatives.**

### Email or Sample Letter for Contacting your Members of Congress

*You may copy and paste the letter below into the message field of any contact form or you may use it in the body of emails to your House Representatives. Be sure to enter the name of your representative at the start of the message, and include or sign your name at the end. Consider adding your own personal anecdote or observation to the messages you send.*

Dear Member of Congress (Name):

As your constituent, I am writing today to ask for your support of the children in our district [in our state]. I am sure that every day you have a multitude of bills crossing your desk, but I ask you to pay specific attention to those pertaining to and affecting children in our district [in our state] and our nation. Children are the most vulnerable citizens in our society and they deserve to be protected.

Child abuse and neglect in this country has reached shameful levels, with the independent non-profit Children's Defense Fund estimating that more than 750,000 children are abused or neglected (one every 42 seconds) in the U.S. each year. Clearly, this situation demands pressing and serious attention, including passing bills promoting children's safety and welfare. [Insert specific bill here, if advocating for passage of particular piece of legislation].

As a supporter of the American Society for the Positive Care of Children, a non-partisan, non-profit national organization dedicated to the prevention of child abuse and neglect, and as your constituent [from insert place here], I urge you to protect children's rights and welfare by supporting legislation on their behalf this session. [Or insert this important piece of legislation].

I look forward to hearing from you what positive steps you are taking to advance children's safety and well-being in the immediate and long-term future. [Or what specific action you plan to take on this particular piece of legislation, etc.].

Sincerely,

*Insert Your Name*

*District or State*

*Contact Information, if you wish/want a reply*