[DATE]

Honorable Steny H. Hoyer

House Majority Leader

United States House of Representatives

[Insert whichever address you are writing to from the contact page]

Dear Congressman Hoyer,

My name is [Your Name] and I am a constituent from the 5th District (make sure you live in the 5th district). I am contacting you because I want to share my concerns about the Black Lives Matter movement. As an African American woman and (feel free to personalize wife, mother to black sons, etc.) this issue is very close to my heart. I am gravely concerned about the repeated acts of police brutality and murder against black men and women in this country, even within Prince George’s County, [feel free to edit to the county you live in as long as it is in his district] and it goes without saying that the time is now for criminal justice reform.

I am aware that the U.S. House of Representatives is planning to unveil policy reform legislation this week and that the House Judiciary Committee will be holding a hearing on criminal justice reform and police brutality. On behalf of all black and brown people, I urge you and your fellow members of Congress to move swiftly and be vigilant in passing sweeping legislation that will put an end to excessive force, racial profiling and the senseless murdering of African Americans at the hand of law enforcement. We deserve to be treated equally and fairly—the same as our white counterparts.

Congressman, it goes without saying that we are at a defining moment in our country’s history. I hope that I, along with those who look like me, can count on you to be our voice on the Hill in this dark hour. Having our elected officials lead the charge, I have no doubt that we will emerge into the light victoriously because Black lives really do matter!

Sincerely,

[Your Name]

5th District Resident/Constituent

[DATE]

Honorable Ben Cardin (you would do the same for Chris Van Hollan)

United States Senate

[Insert whichever address you are writing to from the contact page]

Dear Senator {INSERT NAME],

My name is [Your Name] and I am a Maryland resident, residing in the 5th District (make sure you live in the 5th district). I am contacting you because I want to share my concerns about the Black Lives Matter movement. As an African American woman and (feel free to personalize wife, mother to black sons, etc.) this issue is very close to heart. I am gravely concerned about the repeated acts of police brutality and murder against black men and women in this country. While I am fortunate enough to live in the “free state” I along with many people who look like me feel very much in bondage to a broken law enforcement system. That being said, I want to add my voice to the many others who are calling for sweeping criminal justice reform.

I am aware that the U.S. House of Representatives is planning to unveil policy reform legislation this week. I urge you and your fellow members of the Senate to work with the House to swiftly pass legislation that will put an end to excessive force, racial profiling and the senseless murdering of African Americans at the hand of law enforcement. We deserve to be treated equally and fairly—the same as our white counterparts.

Senator, it goes without saying that we are at a defining moment in our country’s history. I hope that I, along with those who look like me, can count on you to be our voice on the Hill and in this dark hour. Having our elected officials lead the charge, I have no doubt that we will emerge into the light victoriously because Black lives really do matter!

Sincerely,

[Your Name]

Maryland Resident/5th District