

Take Action Toolkit

1. Talk about 50/50 representation with your kids.

Questions to get the conversation started:

- Start by asking what they know about it.
 - Show a picture of the 2019 Congress and ask how they think men and women work together to make laws and help run the country. Ask how might that change if the picture is half men and half women? Share what *you* think.
- Ask your daughter if she can imagine running for office someday.
- Resources
 - [She Should Run Parents' Course](#), including discussion and activities:
 - Imagining women/themselves in leadership roles
 - Confidence building and risk taking (building a healthy relationship with failure)
 - Fostering leadership qualities in your child
 - IGNITE toolkit: [How to Engage Your Preteen Daughter in Politics](#)
 - Discussion topics for girls
 - Activities: Watching a debate, dissecting a social issue, and volunteering in your community
 - IGNITE toolkit: [How to Engage your Teen Daughter in Politics](#)
 - Discussion topics for teens
 - Activities: Watching a film about women in politics (Anita Hill, Geraldine Ferraro, etc.), and volunteering for a candidate

2. Talk about 50/50 representation with your friends.

Questions to get the conversation started:

- What advantages do you see with 50/50 representation, in your life and in the lives of loved ones?
- What evidence do you see of qualities women bring to the table that have been missing from our political dialogue?
- When you look at our elected officials, do you see yourself or the women you love represented?

3. Help a woman run for office. Help yourself!

Resources to get started



- Organizations that help women run for office
 - [IGNITE](#) (for young women)
 - [She Should Run](#)
 - [Running Start](#) (for young women)
 - [Republican Women for Progress](#)
 - [National Women's Political Caucus](#)
 - [Women's Campaign School at Yale University](#)
 - [VoteRunLead](#)
- Write a letter to encourage a friend or other woman to run for office. Try writing this letter to yourself!

Dear [Name],

I have been so inspired by your commitment to [issue or cause], and I know you have what it takes to make a difference. I hope you will consider running for [public office] – with your [personal trait], I know you can [discuss goal]. I hope you will decide to run. You have my vote!

*Your friend,
[Your name]*