

A woman with curly hair, wearing a black top and a necklace, is shouting into a megaphone. The image is overlaid with a solid purple color.

MAY 2017 RECESS:

**WOMEN
RESIST!**

**FIGHTING TO SAVE OUR HEALTHCARE
AND RESIST TRUMP'S AGENDA**



ultraviolet

A decorative pattern of small white dots on a black background, located at the bottom of the image.


MEMBERS OF CONGRESS are coming home for May recess, May 25-June 2. This is the time to tell them how you think they're doing in Washington. The public and the media are anxious to see what this recess will bring, but we already know—this recess is about women and our allies resisting Trump.

And the timing couldn't be better, because the fight to save affordable health care is on.



If passed by the Senate, Trumpcare will cost many women their lives. You do not need to be a policy expert to be heard by your members of Congress. But here are some details to help your advocacy efforts:

- » **Trumpcare attacks Planned Parenthood** by preventing patients on Medicaid from using their insurance at Planned Parenthood clinics for health care services of any kind—even if it's the only health care provider in the area.
 - » Medicaid covers **1 in 5 women** of reproductive age in the United States.
 - » That means Planned Parenthood would be forced to either turn away patients using Medicaid or absorb the cost of their care, which **could force clinics to close**—hurting patients of all income levels.
- » **Trumpcare harms expectant mothers** by ending guaranteed coverage of essential health benefits like prenatal care and delivery.
 - » Without insurance, these costs can total **tens of thousands of dollars**.
- » **Trumpcare is an attack on survivors of sexual violence.**
 - » Without the protections of the Affordable Care Act, experts say, sexual assault will essentially become a pre-existing medical condition. **Survivors who seek care after an assault may be charged outrageous premiums or be denied coverage altogether in the future.**
 - » Trumpcare would also **end guaranteed coverage of STI testing, rape kit, and mental health care** for survivors of sexual assault.
- » **Trumpcare attacks abortion access** by banning anyone using federal subsidies to purchase an insurance plan that covers abortion.
 - » At least **nine million people** receive some federal subsidy for their privately purchased health care.
 - » Without insurance, an abortion can total **thousands of dollars out of pocket**—unaffordable for many women, especially those who already need subsidies just to afford health care.
- » **Trumpcare will make us sicker and less economically stable.**
 - » Under the Republican plan, insurance providers will **no longer be required to cover breast exams, mammograms, pap smears, and screenings for ovarian cancer.**
 - » Trumpcare ends co-pay free birth control, including emergency contraception, regardless of the reason. For many women who rely on birth control monthly for family planning, or for other treatment such as menstrual cramps, this will mean paying **over \$1,000 out of pocket annually.**
 - » Trumpcare would once again **allow health insurance companies to discriminate** based on pre-existing conditions.



LET'S FIGHT BACK AND MAKE OUR VOICES HEARD!

Note: In addition to these actions, keep calling your members of Congress! They need to hear from you regularly, and you can be sure that staffers are tallying the number of calls they get for and against repealing the Affordable Care Act every day. Look up DC phone numbers here: <https://www.callmycongress.com/>. Or find their local offices numbers on their website.



Town halls are events organized by your member of Congress to answer questions from constituents in their home district during the recess.

HOW TO DO IT:

Make sure you're the first to know when your member of Congress is holding a town hall. Get on their email lists, check the newspapers, and call their office to ask about upcoming events. In the meantime, get a group together and show up ready to engage and ask questions.

TIPS:

- » Show up early to make sure you're in a spot that's visible to the organizers of the event.
- » DO NOT bring signs or wear political shirts or buttons—they will make you less likely to be called on to ask a question.
- » Spread your group throughout the room so you have a

Scheduled meetings with staffers or member of Congress are sit-down meetings, scheduled by constituents, for a small group of 4-6 constituents to meet with a congressional staffer or member of Congress to talk about concerns at their home district offices.

HOW TO DO IT:

Gather a group of about 4-6 constituents together who share your concern. This group should include at least 1-2 people who have personal stories about the issue you're discussing—for example, individuals with pre-existing conditions, who rely on Medicare, or who have used Planned Parenthood if you are discussing the health care law. Most members of Congress have a form to request a meeting on their website, or you can call the office directly to schedule a meeting.

Dropping by your member of Congress' office is just what it sounds like—stopping by your member of Congress's local office to drop off a thank you card, a letter of protest, a cake or balloon with a message, or whatever other creative thing you dream up to deliver your message! It takes no longer than any other errand, like a trip to the drugstore, library, or post office. Drop bys can be quick (less than 10 minutes), or you can bring a whole group and make it more of an event. Either way, getting this face time is sure to make an impact on your member of Congress.

HOW TO DO IT:

All you need is an item or piece of paper, a plan for what you want to say, and a few minutes to get to your nearest member of Congress' office during business hours. As a bonus, bring a few friends with you.



better chance of asking a question.

- » Vocalize your support for others' questions by saying things like "yes," or "answer the question," or applauding.
- » If you get to ask a question, be polite but persistent, and don't give up the mic until your question is clearly answered.
- » If you or someone from your group is called on to ask a question, get ready to film. Make sure you document the entire question and response on your phone or video camera.

OPPORTUNITIES:

This is a chance to get your member of Congress on the record in front of their constituents and the media. Successful town halls also create a nationwide media story of resistance.

TIPS:

- » Stick to one topic — you're more likely to make an impact if you're able to focus on just one policy issue.
- » Plan ahead. Draft a small agenda or order of speaking with your group members, and practice what you will say ahead of time.
- » Share personal stories—stories of how constituents will be impacted by your members of Congress's votes will always be far and away more effective than debating the finer parts of legislation.

OPPORTUNITIES:

Meetings are excellent for direct lobbying if your member of Congress is on the fence, and the longer format gives you time to share personal stories and bring relevant/convincing constituents to the table.

TIPS:

- » Even bringing a card or a signed letter is great, but you'll make a bigger impression if you bring something unique like a t-shirt with a message on it, a fake "cast" signed by constituents, a cake decorated with your message--you get the idea.

OPPORTUNITIES:

Dropping by your member of Congress' office is easy to do either on your own or with a group. If you are or know someone newer to political action, this is a good starting point.

CHALLENGES:

Unless you have a big group, you're unlikely to get media attention.

Some offices have significant security and/or limited



PROTESTS

Protests, whether they are large rallies of 100+ people, smaller speak outs, street theater, or petition deliveries, are designed to get public and media attention. That's because your member of Congress cares deeply about what their constituents think of them, and they know that the public reads the local paper and watches the television. The May recess is a good media hook for a protest, especially if your Congressperson is refusing to visit your area or is only attending private events and fundraisers.

HOW TO DO IT:

Nail down the details of your event—the what, when, where. Decide the type of protest you want—do you want 10 people sharing their stories into a mic or bullhorn, 50 people chanting and marching, or something entirely different? Whatever the format, pick a clear message for your event—like “Trumpcare attacks women.” It should be short and easy to put on invitations, signs, etc. As much as possible, make sure the location is significant. Your member of Congress's office is usually a good bet, or outside a fundraiser he/she is attending. The best time to get media attention for your event is between 10am-4pm during the week. If your event is at your member of Congress's office, make sure the office is open.

Before your event, recruit key speakers and people to help with logistics like recruitment, writing up the agenda for the event, and signs.

At your event, make sure there is someone running the logistics like leading chants, turning the attention to the speaker(s), and delivering materials to the member of Congress's office if that is a part of your program.



TIPS:

- » Give UltraViolet staff a heads up at events@weareultraviolet.org so we can help promote your work.
- » Don't underestimate the importance of signs! Having strong visuals will make it more likely that media will cover your event. Encourage RSVP's to make their own signs ahead of time. UltraViolet may also be able to get a few big signs printed for you at a local FedEx/Kinko's office for you to pick up. Just email us at events@weareultraviolet.org with your event details.
- » Alert the local media ahead of your event, and even if they don't make it, send them photos afterwards.
- » Another way to get attention is via social media—get on Facebook live during your event, and tweet photos of the event directly to the media and your member of Congress.

OPPORTUNITIES:

Protests are a show of power! They tell your member of Congress that you are here and you're not going away. This is a great time to work with allies—invite other organizations to speak and help organize.

CHALLENGES:

Make sure the type of protest you plan fits the number of people you reasonably expect. A group of 10 constituents is powerful as a speak out and petition delivery, but may look like a weak rally. On the other hand, a planned speaker with no mic will be challenging if you expect over 50 people. Be ambitious and based in reality in thinking of how many people you expect.



ultraviolet

Thank you for taking action.

Email us at events@weareultraviolet.org if you have questions or comments and send us pictures!

SOURCES:

- » Trumpcare could make sexual assault a pre-existing condition again, Raw Story, May 3, 2017
- » In Trump's America, being sexually assaulted could make your health insurance more expensive, NY Mag, May 4, 2017
- » Trump: GOP health plan will bring 'real healthcare' and 'tumbling' premiums, The Hill, April 24, 2017
- » Republicans have a new plan to repeal Obamacare — and here it is, CNBC, April 20, 2017
- » Medicaid and Reproductive Health, Planned Parenthood, Accessed May 18, 2017