

Let's Start a Chain Letter!

Our democracy and the Constitution that protects our rights are under real threat. The current administration is slowly chipping away at freedoms we can't afford to lose. We can't sit this out. We need to step up, speak out, and most importantly — VOTE.

Here are a few things we can all do to make a difference:

- **Vote**, and help others get registered and to the polls. Every single vote matters.
- **Read or listen to reputable news sources.** Stay informed — it's our best defense against misinformation.
- **Reach out to your Senators and Representatives.** Let them know where you stand.
- **Talk with friends and family.** Conversations can spark change.
- **Put up a sign, join a march, or help organize a group.** Visibility counts.
- **Be a non-violent activist.** Change doesn't have to be loud to be powerful.
- **Support candidates and local political groups** that reflect your values — whether that's through donations, time, or simply spreading the word.

And if you can, **please share this message with others, and ask them to do the same.** We all have more influence than we realize.

Let's show up — for our democracy, our rights, and our future.

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