Visit [https://democracy.io/#/](https://democracy.io/#/) and fill-in your address

Step 1

Select the names of the representatives that come up

Step 2

Write a message and select the policy area (example: children)

Step 3

Sample message

The Week of HOPE is a national awareness initiative that celebrates the need for families to have access to positive childhood experiences (PCEs) to promote lifelong health for their children. Science shows that positive childhood experiences are important for all children and can even mitigate the effects of negative experiences such as child abuse. However, much of policymaking has been targeted only towards adverse childhood experiences (ACEs). It is critical for policymakers to be aware of the impact of PCEs when prioritizing funding and policy priorities. To learn more about PCEs and the science behind them, visit [https://positiveexperience.org](https://positiveexperience.org).