

## Social media activism

Social media is an effective way to advocate for policy change. Here are some general tips to help you use social media more effectively:

- make your post visual—use a photo or graphic
- be positive & constructive—have a call to action
- use hashtags and tweet to existing conversations
- retweet senators' posts & comment thoughtfully

Find your senator: [nebraskalegislature.gov/find](http://nebraskalegislature.gov/find)

Read their blogs: [nebraskalegislature.gov/senators](http://nebraskalegislature.gov/senators)

Check your senator's vote by searching for the bill number and tweet them a thanks if you approve:

- [twitter.com/ACLUofNE/lists/ne-legislative-roster](https://twitter.com/ACLUofNE/lists/ne-legislative-roster)

Track the Unicam: [nebraskalegislature.gov/calendar](http://nebraskalegislature.gov/calendar)

Watch the Legislature live: [netnebraska.org/capitol](http://netnebraska.org/capitol)

or on NET's app: [NET Capitol Live](http://NETCapitolLive)

Host People Power events: [map.peoplepower.org](http://map.peoplepower.org)

Text others about events: [go.peoplepower.org/signup/join-our-people-power-volunteer-teams](http://go.peoplepower.org/signup/join-our-people-power-volunteer-teams)

Follow the ACLU of Nebraska if you don't already:

- [facebook.com/aclunebraska](https://facebook.com/aclunebraska)
- twitter: [@ACLUofNE](https://twitter.com/ACLUofNE)
- instagram: [@acluofne](https://instagram.com/acluofne)
- sign up for action emails at: [aclunebraska.org](http://aclunebraska.org)
- send messages to Congress at: [aclu.org/action](http://aclu.org/action)

Follow (or subscribe to!) your newspapers to stay informed and be able to keep others informed, too.

Encourage people to register online to vote:

- [nebraska.gov/apps-sos-voter-registration](http://nebraska.gov/apps-sos-voter-registration)

**Pro tip:** Don't feed the trolls.

## Advanced social media activism

Rights for All is a new campaign by the ACLU to get presidential candidates on the record on key issues like criminal justice reform, immigration, voting rights and reproductive freedom before the 2020 primaries. Volunteer at: [rightsforall.us/volunteer](http://rightsforall.us/volunteer)



## Traditional media activism

Letters to the editor are an effective way to call attention to an issue because a large audience, including policymakers, reads them. When writing a letter to the editor, remember:

- keep it quick, short and focused (250-word limit)
- use verified facts
- balance criticisms with positives
- cite sources when appropriate
- refrain from overexaggeration, insults, or jargon

Follow this outline:

- introduce the topic
- include your elected official's name so they notice
- state your position or opinion
- tell your personal story
- state a few key statistics or facts about the issue
- conclude with your call to action

If you're responding to a recent article in the paper, mention it in your letter. Something like: "I was heartened to see Rep. Don Bacon join bipartisan support of a pathway to citizenship for Dreamers in your report of Tuesday's House vote..."

## Where to submit your letter:

### Omaha World-Herald

[omaha.com/site/forms/public\\_pulse](http://omaha.com/site/forms/public_pulse)

### Lincoln Journal Star

[journalstar.com/forms/contact/letter\\_to\\_the\\_editor](http://journalstar.com/forms/contact/letter_to_the_editor)

Be ready for the newspaper to call to verify that it was, in fact, you who submitted the letter.

**Pro tip:** Take a photo of your printed letter and post it on social media to reach an even larger audience.

## Letter, 6/5: Give Nebraskans a choice on medical cannabis

Once again, the Nebraska Legislature has adjourned without passing legislation to provide relief to thousands of patients in our state who could benefit from the therapeutic properties of medical cannabis.

Gov. Pete Ricketts and his allies dug in their heels and fought hard against Sen. Anna Wishart's well-considered and moderate proposal to establish a compassionate medical marijuana program.

Normally, this would be deeply disappointing, but the fight is far from over. A coalition of patients, families and medical cannabis advocates have a plan to go around our hard-headed political leaders: the 2020 ballot.

You'll see them this summer as they fan out across the state to collect signatures for the petition to create a constitutional amendment establishing the right of patients and doctors to decide whether medical cannabis is an appropriate course of treatment.

The science is clear on medical cannabis: It can be a safe and effective option for patients suffering from a range of serious conditions, from chronic pain to seizure disorders to chemotherapy-induced nausea. There is even new research pointing to medical marijuana's ability to modify the course of certain diseases.

Please add your signature to our petition this summer, and then, on Nov. 3, 2020, cast your vote for the constitutional amendment making medical cannabis legal in Nebraska. Give us, in concert with our doctors, the right to decide the most suitable treatment for the devastating diseases we Nebraskans suffer.

*Suzanne V. Shackelford, Lincoln*

## Letter, 6/20: Abortion crack-down has human cost

My father's sister died in the 1930s. I was told that she died as a result of a botched appendix operation.

Many years later, I found out the truth. It was an abortion, which was not legal in that day and often performed in makeshift places by unqualified persons.

She and a fellow teacher were in love, but, if they married, she would be fired. If she had a baby out of wedlock she would be fired. There was no way out for them.

Adopting out the baby would not solve the problem. Also, there was no birth control available. Like many in her position, she went for an illegal abortion which often cost the woman her life.

Today, some people would have us go back to those ways. It may make them feel pious and righteous, but it does nothing for the victim. Some even want those guilty of rape and incest to have the satisfaction of the woman having to bear their child.

That seems to be a very warped sense of morality.

*The Rev. Jay E. Schmidt, Lincoln*