

4TH OF JULY RECESS:

WOMEN RESIST TRUMPCARE

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HERE'S THE BOTTOM LINE: what we're doing is working. Because of unprecedented activism from UltraViolet members and allies around the country, Senate leadership has postponed the health care vote. That is a big deal. You can bet that Senate Majority Leader Mitch McConnell was hoping to get this passed before Congress went home for recess and had to face constituents.

But we can't rest—right now is literally the most critical time in this fight so far. Senator Mitch McConnell is working around the clock to convince senators who are on the fence and even offering concessions to allay their concerns. **Some senators have said those negotiations are close to winning them over. If we don't speak out now, Trumpcare could be on the president's desk waiting for his signature as early as next week.**

We have to use this July recess to show our senators that the people do not want Trumpcare in any form. It would deeply cut Medicaid, make insurance less affordable for everyone, defund Planned Parenthood, and make it harder for people with pre-existing conditions to get the coverage they need. According to the Congressional Budget Office, Trumpcare would mean 22 million more uninsured people by 2020. In a word—it's heartless.

To win, we'll need to create an environment where a few key Republican senators have no choice but to reject Trumpcare.

Here are the key Republican senators:

Senators who have said they do not support the bill in its current form, but could still change their mind based on tweaks to the bill:

- Nevada: Senator Heller
- Maine: Senator Collins
- Ohio: Senator Portman
- West Virginia: Senator Capito
- Alaska: Senator Murkowski

Senators who have expressed concern but have not come out publicly for or against:

- Arizona: Senator Flake
- Louisiana: Senator Cassidy
- Colorado: Senator Gardner
- Arkansas: Senator Cotton

If these are your senators, it's time to leave it all on the field. If you do not live in one of these key states, there is still plenty for you to do—ALL of us across the country are creating an environment on the ground, in the media, and in DC conversations that Trumpcare is deeply unpopular.

So what are we going to do?

- **Step 1: Hit the phones.** Your senators need to hear from you as often as possible—call once a day, and get your friends to do the same. Even if you've already called before, you should continue calling as much as you can. You can be sure that staffers are tallying the number of calls they get for and against Trumpcare every day, and that will weigh heavily into how your senator votes.

  Here is the number that you can use to be connected to your senator's DC office: 855.344.3184. Or you find their local office numbers on their website.

» Speak in your own words, but here are some points to guide you:

My name is _____ and I'm from _____. I urge Senator [name] to vote NO on Trumpcare.

The Affordable Care Act is important to me because _____ (if you have a personal story, share it here!).

The Senate's Trumpcare bill will kick 22 million people—and 15 million by next year—off health insurance, according to the Congressional Budget Office.

Trumpcare will decimate Medicaid for nearly 40 million women and 50% of newborns. And it bars Medicaid enrollees from accessing any kind of care at Planned Parenthood health centers, which serve 2.4 million patients annually.

Trumpcare eliminates guaranteed coverage for life-saving cervical and breast cancer screenings, abolishes comprehensive maternity care and domestic violence screenings, defunds Planned Parenthood, and makes it harder for women to access birth control and emergency contraception.

Trumpcare phases out health care funding for poor people, while giving over half a trillion dollars in tax cuts to corporations and the wealthy. If you vote for it, your constituents like me won't forget.

» **Step 2: Follow your Republican senator—literally!** Over the recess, it's common for elected officials in Washington to come home and make public appearances. While they are not holding nearly as many town halls as before, they will often make smaller, more controlled appearances.5 Find parades, fundraisers, events—anywhere your senator or the media will be—and make sure they can't ignore that a vote for any version of Trumpcare is a vote against their constituents.

Find out where your senator will be over the recess and show up outside the venue with signs.

- » Search their website to see if they list upcoming public appearances.
- » Search their Facebook and Twitter pages for announcements.

Grab some friends, make some signsup at 4th of July parades. Even if your Republican senator isn't making any appearances over the recess, showing up at a local 4th of July parade with signs and 10-20 people can have a huge impact because both the public and the media will be paying attention to these parades.

- » Making a Facebook event is a really great way to spread the word and generate interest.

- UltraViolet can also help with recruitment! Put your event into the UltraViolet event tool and we'll recruit other members who live in your area. Go to www.weareultraviolet.org/events.
- Make some signs. Creating a sign that has a "patriotic" health care message would be very appropriate. You can also easily and cheaply print copies of this sign at a local print shop.
- Hold your signs up and chant as the parade passes by. In particular, if elected officials or media come by, make sure they see you and shout your questions or talking points at them. Pro tip: have a member of your group film this interaction for social media.
- Here are some sample chants:
  - "Health care is a human right, health care is a human right!
  - "Stop Trumpcare, stop Trumpcare!"
  - "What do we want? Affordable health care! When do we want it? Now!"



TIPS

- **Be loud.** It may seem obvious, but making sure your message is loud and audible is incredibly important at a public event or parade. Consider finding a bullhorn that you can bring to use for chants.
- **Visuals are important.** Make sure your signs are big, bold, and visible. Make sure you have enough people in your group to make a visual impact (10-20 people is a good number, but it depends on the size of the event). Consider wearing the same color to have an even more striking presence. The more visual your group is, the better chance your action will be covered on the news.
- **Be prepared to talk to the media.** If your group has a strong enough presence at your parade, it's likely that reporters will want to talk to you. Have at least one or two people who feel comfortable speaking to reporters about why you've chosen to "health care-ify" your parade. These talking points will help guide you.

- **Step 3: Plan an action at your senator's office**

  Immediately following the July recess (Monday, July 10), the fight to stop Trumpcare is back on in Washington, DC, which means that we need to keep showing up at local Senate offices around the country next week and beyond, until we win or lose.

Already have an action planned? Great! Let us know about it via the UltraViolet event tool so we can invite local UltraViolet members to join you. Go to www.weareultraviolet.org/events.

Whether they are large rallies of 100+ people, smaller speak out events, sit-ins, street theater, petition deliveries, or anything in between, these actions 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 television. The July recess is a great time to organize a protest because local media will be extremely interested in covering stories about your Congressperson—especially if they are refusing to visit your area or are only attending private events and fundraisers.

» **How to do it:**

» Nail down the details of your event—the what, when, where, and decide on the type of event you'd like to organize. Do you want 10 people sharing their stories into a mic, 50 people chanting and marching, or something totally 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' office is usually a good bet, or outside a fundraiser she/he is attending. If your event is at your member of Congress' office, make sure the office is open, especially during adjusted holiday hours. Additionally, the best time the get media attention for your event is between 10am-4pm during the week.

» **Before your event,** recruit key speakers and ask people to help with logistics like spreading the word, writing up the agenda for the event, alerting your local news outlets, and making signs.

» **At your event,** make sure someone is in charge of running the show—this could be you, a friend, or a small group of people—to do things like lead chants, introduce the speaker(s), talk to reporters, lead a march, or deliver materials to the member of Congress's office if that is a part of your program.

3 DIFFERENT TYPES OF EVENTS YOU CAN ORGANIZE TO STOP TRUMPCARE

1. SPEAK OUT

A speak out is an easy and effective way to demonstrate the real human toll that Trumpcare will have. All it takes is a small group of friends and concerned citizens, some signs, and real stories that you can read aloud at your senator's office that explain the pain and hardship that citizens will face if the Republicans go forward with their plan. This type of event can typically last anywhere from 30 minutes to 2 hours. Here are some quick tips:

- Let us know about your event at www.weareultraviolet.org/events.
- You can find stories of other UltraViolet members to read aloud at www.cantaffordtolose.com.
- You and your group members should also feel comfortable sharing any of your own personal stories at this event.
- If your event will be outside your senator's office building, consider bringing a megaphone or a mic, especially if you're expecting a big crowd.
- This helpful guide has a lot of great additional information on how to organize a speak out.

2. SIT-IN

A peaceful sit-in is a clear demonstration of public outrage toward the bill and is an incredibly effective way to grab the attention of reporters, the public, and your senator. Many groups have been organizing sit-ins to stop Trumpcare with much success over the last few weeks. And the media has taken note as well. Planning a sit-in takes a bit of work, but the payoff is worth it. Here are some quick tips:

- First, tell us about your event: www.weareultraviolet.org/events
- Recruit at least 5-10 people to join you, but obviously the more people you have, the more newsworthy (and thus, more effective) your sit-in will be.
- Assign roles, including:
    - Security liaison
    - Media coordinator
    - Social media/visuals manager
- Have a seat. Literally. This is important. Your group should physically sit down on the ground (or in chairs) at the start of your action, otherwise you run the risk of having this action look like a regular protest. It needs

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to be 100% obvious that this is a sit-in. The idea is to be polite but disrupt business as usual–channel your passion and use it!

- NOTE: UltraViolet is NOT asking or encouraging people to risk arrest. When you are warned by police officers, please comply with their orders to leave.
- This guide has a lot of great additional information on how to organize a sit-in.

3. RALLY, MARCH, PROTEST

A rally is an appropriate action if you're expecting 30 or more people and want to make a public display. These types of events take place outside and usually have a program that includes introductions, a list of speakers representing various groups, chanting, and sometimes even a march afterwards. You should encourage attendees to bring signs, costumes, or other visual displays of outrage toward Trumpcare. Typically, a rally should have a sound system of some kind, whether it's a megaphone or a microphone with speakers.

If you and other local activists are interested in organizing an event of this size, please put it in our events tool (www.weareultraviolet.org/events), then email us at events@weareultraviolet.org with the details so we can help promote.

TIPS

- Tell us about your event so we can provide support (www.weareultraviolet.org/events). Once you put your event on our calendar, we can invite other UltraViolet members in your area to attend, pitch local and national media, and much more!
- Make a Facebook event to spread the word.
- Staying active on social media during your event is crucial to its success. The public and the media need to know that this event is happening in order for it to be effective. UltraViolet would also like to help you broadcast your message by re-sharing and re-tweeting your social media posts from the event, so use #ProtectOurCare and tag @UltraViolet if you want us to see and re-share your content.
- Don't underestimate the importance of signs. Having strong visuals will make it more likely that media will cover your event. Encourage attendees to make their own signs ahead of time.

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Thank you for taking action.

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

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