Dear Senator/Representative [select one] [elected official’s last name],

I am writing to advocate for women’s rights to bodily autonomy in [state].

Please support women’s access to safe abortion, widespread availability of contraception, prenatal and maternity care, assisted fertilization, and sex education.

The 1948 Universal Declaration of Human Rights affirms that bodily integrity is a human right and the foundation for other human rights. Every member state of the UN supports the Universal Declaration of Human Rights. Bodily integrity applies to us all, across all identity and status characteristics.

Thank you.

Sincerely,

[Your name]