

#VISITAPRISON

Congress
Visit Prison

FAMM

FAMILY GUIDE: Help FAMM Challenge Lawmakers to Visit a Prison

The most powerful way we can convince lawmakers to visit jails and prisons is by sharing your important perspective.

FAMM needs your help in showing lawmakers what people in prison are really like, how prison really is – and why it's crucial that they visit as they make laws and set policies that directly affect you and your loved ones. Here's how you can help!

Take Action:

First thing to do is [take this action](#) yourself. Then, share it widely and often!

Create a Video:

Record a short video on your phone that explains why you think it is important for lawmakers to visit a prison.

Some tips: Your video should be no longer than one minute.

Below are some messaging ideas and sample scripts that you can work from:

Show lawmakers that real people leading meaningful lives, like your loved one, live in prison:

"Hi there! I hear you might be visiting a prison. If you go, be sure to keep an eye out for my son, John. He teaches the GED program, and he mentors newbies. He's working hard to show the world that he's not the same person he was when he was arrested. He deserves a second chance. Please, visit a prison."

Show lawmakers that conditions in jails and prisons need immediate attention:

"Hello. Please visit a prison. That's the only way you're going to see how the people who live in there are really treated. You're going to see that people like my daughter, Elaine, are not getting the medical care they badly need. You're going to see that our tax dollars are not going toward rehabilitation. You need to see the deterioration of the facilities with your own two eyes. Please, visit a prison."

Consider holding a photo of your loved one and/or your family in your video.

Post your video on Twitter, Instagram, or Facebook, urging lawmakers in your state to #VisitAPrison. In the text of the post, tag your state lawmakers and @FAMMfoundation. Using the hashtag #VisitAPrison will allow FAMM and supporters to watch the campaign grow online! Find your local legislators [here](#).

Share, like, and retweet videos/posts of others to increase the visibility of the issue. Tag friends if you would like them to participate.

If you don't want to make a video, another option is to take a photo of yourself holding a homemade #VisitAPrison sign and share that on social media, tagging your state and federal lawmakers using the hashtag #VisitAPrison.

Continue to make more videos and post photos as you think of other reasons that lawmakers should #VisitAPrison.

Share the Challenge With Others:

Tell other family members about FAMM's #VisitAPrison Challenge. If you are visiting your loved one, tell people waiting in line with you and in the parking lot about it. Ask them to make their own short videos or take photos and write a letter to the editor of your local newspaper about #VisitAPrison. If you need help with this, you can find that [here](#).

Enlist your loved one in prison to help us spread the word. Take a look at our Incarcerated FAMM Members Guide (found at famm.org/VisitAPrison) for more info about that. If your loved one wants to write a letter to their lawmaker about why they should #VisitAPrison, encourage them to mention FAMM's campaign.

Thank you! With your help, we can get lawmakers visiting prisons, and give them the very important experience of knowing what it's really like inside.