

Tips for Writing Letters to the Editor

Letters to the editor are a powerful and FREE way to communicate with decision-makers and your community. Lawmakers are very interested in what voters are saying in the local press, so don't be shy about submitting a letter to the editor to praise their actions, challenge their actions, or simply to draw attention to the fact the people in their community care about body confidence and protecting kids from the harmful marketing practices of the diet and beauty industries – and they should too!

Check out these examples of letters to the editor:

- [Eating disorder story left out key information](#)
 - [Food not pills. New nutrition store not needed](#)
 - ['Fat Talk' damages people and society](#)
- Research the paper's guidelines for writing letters, which can be found on the editorial page.
 - Include your name, address, and daytime telephone number—include your job title if permitted by your employer.
 - Letters should generally be 200 words or less but check specific newspaper's policy. (Letters are often condensed or shortened by the newspaper.)
 - Some newspapers have online submission features, i.e., you can copy and paste your letter directly into a text box and click "submit." In other cases, you will need to email your letter to the newspaper.
 - If you are emailing a letter to the editor to a newspaper, paste the text of the letter directly into the body of your email. **Many newspapers and reporters will not open attachments.**
 - Write letters about current issues and respond within a week to stories and editorials.
 - Include all relevant information about the issue—most importantly, why it's important to you personally. Papers may print letters to the editor each day or once weekly. Letters to the editor may be published right away, can take weeks, or may never appear in print.
 - If you receive a phone call from the newspaper, return the call! Newspapers often call or email letter writers to confirm the submission.