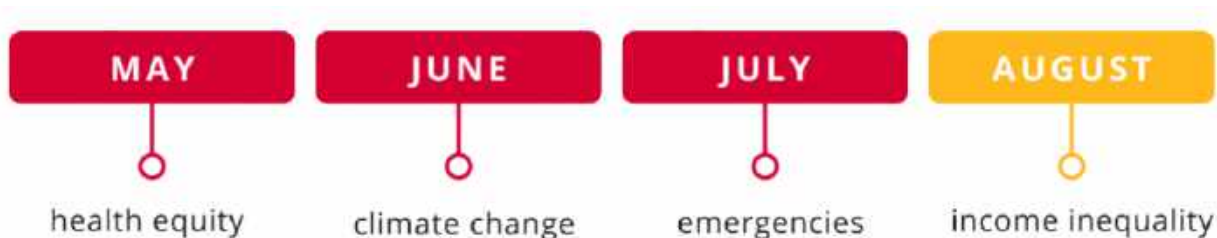


#LeaveNoOneBehind

"The widening gap between rich and poor is not just natural phenomena. It is a sign that much of what we have been doing, especially in terms of models of economic growth, has been wrong."

- Winnie Byanyima, UNAIDS Executive Director

#LeaveNoOneBehind is an important ambition of the [Sustainable Development Goals \(SDGs\)](#) and is the theme for our campaign that focuses this month on **income inequality** and the impact it has on the communities impacted most by [COVID-19](#). In the fight against this pandemic, we need Canada to support a global and equitable response by investing in the strengthening of vulnerable communities.



income inequality

Income inequality is an extreme disparity of money and wealth, where a high concentration of income usually ends up in the hands of a small percentage of the people. When income inequality occurs there is a large gap between the wealth of one part of the population compared to another.

Income inequality has long been known as one of the main drivers of poverty. It leads to unequal access to basic needs like healthcare, education and food that creates a poverty trap that is often impossible for people to escape from. COVID-19 now exacerbates these difficulties because as people's health is threatened, so is their ability to generate income.

COVID-19 is threatening to make both income inequality and poverty worse for millions of people around the world. On June 8, the World Bank estimated that COVID-19 would push an additional 71 million people into poverty. School closures have impacted around 90% of students worldwide (1.57 billion) including school feeding programs where an estimated 370 million children are not getting the school meals they depend on. No education or access to healthy, nutritious foods means the incomes of these future earners will be severely impacted.

We need Canada to invest at least 1% of their COVID-19 response in new and additional aid towards an emergency, global response. This investment along with a permanent increase to the Canadian aid budget will help countries finance diagnostics, vaccines, and therapeutics to fight COVID-19 directly, while also protecting the most vulnerable from indirect impacts like worsening food security, collapsing local economies and school shutdowns.

Ask #1: Canada to invest at least 1% of its COVID-19 response in new and additional aid towards a global response.

Ask #2: Canada must commit to a permanent increase in Canadian aid (ODA - Official Development Assistance) to ensure progress towards achieving the Sustainable Development Goals (SDGs) and ending extreme poverty.

latest campaign wins

- On June 27, Prime Minister Justin Trudeau announced CAD\$300 million in funding - \$120 million towards the ACT Accelerator to ensure global access to medicines, diagnostics and vaccines to fight COVID, and \$180 million to tackle the growing global humanitarian crises.
- On June 22, International Development Minister Karina Gould announced CAD\$93.7 million in funding towards sexual and reproductive health for women and girls; this funding is from

in funding toward sexual and reproductive health for women and girls, this funding is from the CAD\$1.4 billion funding package announced by Prime Minister Justin Trudeau at the 2019 Women Deliver Conference.

- On May 12, the Government of Canada **announced** that it will commit CAD\$600 million over 5 years to Gavi, the Vaccine Alliance and CAD\$190 million over 4 years for the Global Polio Eradication Initiative (GPEI). Canada's support will help Gavi vaccinate another 300 million children and save 7-8 million lives, and help GPEI continue to push for the eradication of polio.
- On April 5, International Development Minister Karina Gould **announced** the allocation of CAD\$159.5 million in funding to support international efforts to fight COVID-19 including to the Coalition for Epidemic Preparedness Innovations which is working on developing a vaccine.
- See other **actions taken** by volunteers to date.



Dr. Muhammad Yunus

Founder of the Grameen Bank and Nobel Peace Prize Laureate

Muhammad Yunus is a long time friend and champion of Results and spoke at the virtually-held RESULTS International Conference on June 20-21. He is the founder of the Grameen Bank, a microfinance organisation and community development bank founded in Bangladesh. He spoke about his history of working with RESULTS advocates to end global poverty and why now more than ever we need to address the injustices we face around the world.

“Poverty is the absence of all human rights. The frustrations, hostility and anger generated by abject poverty cannot sustain peace in any society. For building stable peace we must find ways to provide opportunities for people to live decent lives.”

#DebtRelief
#CanadianAid
#Cdnpoli
#COVID19
#LeaveNoOneBehind
#KeepThePromise
#LeadOnCanada

tags

@ResultsCda
@JustinTrudeau
@Bill_Morneau
@KarinaGould
@CanadaDev

keywords

Income inequality
Poverty trap
Debt relief
Double emergency
Sustainable Development Goals

Meet more of our **champions**.



resources



brief: **ACT now to end COVID-19**



brief: **health equity**

- article: [Oxfam - Even it up Report](#)
- article: [Devex - COVID-19 will push 130 million into poverty by 2030, UN report shows](#)
- article: [UNDP - Coronavirus vs. Inequality](#)

See all our resources under **your tools** to support you in taking action.

key dates

Aug 12: [International Youth Day](#)

Aug 12: [Stop TB Canada webinar](#)

Aug 19: [World Humanitarian Day](#)

Aug 23-28: [World Water Week](#)

Aug 25: [Africa Declared Polio Free](#)

hashtags

[#Canada4Results](#)

[#IncomeInequality](#)

[#CancelTheDebt](#)

[#GlobalPoverty](#)

#LeaveNoOneBehind

step-by-step instructions for writing an op-ed

Our [#LeaveNoOneBehind](#) campaign this month focuses on the impact that **income inequality** has on the communities impacted most by [COVID-19](#). In the fight against this pandemic, we need Canada to support a global and equitable response by investing in the strengthening of vulnerable communities.

Ask #1: Canada to invest at least 1% of its COVID-19 response in new and additional aid towards a global response.

*op-ed \ 'äp-'ed *

: a page of special features usually opposite the editorial page of a newspaper

Ask #2: Canada must commit to a permanent increase in Canadian aid (ODA - Official Development Assistance) to ensure progress towards achieving the Sustainable Development Goals (SDGs) and ending extreme poverty.

Write an op-ed and explain how food insecurity, malnutrition, limited access to health services, disruptions in education, and inadequate water, sanitation and hygiene services is impacting vulnerable communities. Explain how the shutdown of the global economy could lead to an [82% decline](#) in wages for people living in middle and low income countries - countries where national governments don't have the same access to money to fund an economic recovery. Show how those living in poverty are the hardest hit by the pandemic and how Canada can respond by investing in new and additional aid towards a global

response, along with a permanent increase to the Canadian aid budget. Consult our [resources](#) to learn more.

Use our step-by-step instructions below and get your op-ed published in the media.

read our top tips

1. Buddy up! Get support from a fellow volunteer and co-author.
2. Make it relevant and timely - ideally within 2 days of a current event.
3. Be accurate in your writing. Research is your friend so make sure you can provide sources to back up your points!

secret tip

Try to find a local story to connect to the campaign.

Is there a recent outbreak of a disease in Canada that could be addressed by getting children vaccinated? Raise the importance of vaccination and how Canadians have access and how no one should be left behind because of where they are born.

follow these 9 steps

1. Familiarize yourself with our current [campaign](#).
2. Connect our campaign and your opinion with a newsworthy topic or hook that inspires you.
Try these ideas:
 - refer [here](#) to our key dates, hashtags, tags and keywords
 - do internet research, read the latest news articles, or use external resources
 - refer to past volunteer op-eds to see [published examples](#).
3. Write your op-ed to give your opinion related to our campaign issue. See an example below.
 - start by greeting the editor
 - aim for approximately 750 words
 - include your name, mailing address and telephone number. Unlike the LTE, you'll need to include a very brief description of yourself which will be published as part of your op-ed.
4. Use our searchable list of [editors' emails](#) to email your op-ed to.
5. Press send!
6. Follow up with the editor via phone within a couple days of sending your email. If it doesn't look like your op-ed will be published, don't give up! Ask for feedback and send your email to another editor and follow-up again.
7. Send your op-ed to your [Member of Parliament \(MP\)](#) to let them know your opinion.
8. If you belong to a Results group, let your Group Leader know that you've submitted an op-ed.
If you are not part of a group, consider [joining one](#)! Until then, fill out this "actions

If you are not part of a group, consider **Joining One:** Until then, fill out this "actions taken" **online form**.

9. If your op-ed gets published, share it on social media by tagging [@ResultsCda](#) and your MP. And make sure to let your Group Leader know!

see an example of an op-ed

Opinion: Fighting global disease can also help transform women's lives

The prime minister's recent announcement of a close to 16-per-cent increase in support for the Global Fund is good news for Canada and the world. Canada has pledged \$930.4 million over the next three years. The funds will help to save 16 million lives, cut the mortality rate from HIV, TB and malaria in half, and build stronger health systems by 2023.

In this increasingly divided world, one thing that can still bring nations together is the common threat posed by killer diseases. The Global Fund to Fight AIDS, TB and malaria is an inspiring model of such international co-operation. It was founded in 2002 to combine the resources of governments, civil society groups, and technical agencies, with a mission to fund and implement new ways to tackle the three biggest and longest-running disease epidemics.

Today, the partnership is active in more than 100 countries and operates on many fronts, from detecting and treating tuberculosis and preventing mother-to-child transmission of HIV to distributing mosquito nets.

Since the inception of the Global Fund, 27 million lives have been saved. The fight is far from over, however. AIDS, TB and malaria together continue to kill close to three million people every year. Drug-resistant strains of TB have proliferated, and drug resistance to anti-retroviral drugs and malaria medications has emerged. Malaria has resurged, and HIV rates among adolescents has increased. In fact, a thousand young women and girls are newly infected with HIV every day.

Despite this growing need, funding for key programs has plateaued. The world is not on track to achieving the target that was set as part of sustainable development goals, to end these epidemics by 2030.

For its sixth replenishment cycle, the Global Fund has asked for renewed funding of \$14 billion US in order to step up the fight over the next three years.

Canada has responded generously to the call. In doing so, it has stood by its proclaimed feminist international assistance policy. Women and girls suffer disproportionately in the

three great epidemics. As targets of gender-based violence and sexual exploitation, they have higher rates of HIV infection.

As primary caregivers in the household, they also bear the financial and emotional burdens of disease. The Global Fund directly addresses the social and cultural causes of women's suffering, including the lack of sexual and reproductive health rights. If it realizes its requested level of funding, it will not just save lives.

Along with every life saved there will be untold stories of other lives transformed — a girl who finds a peer-support group to empower her as she matures sexually, a woman who receives health care directly in her home from another woman who is a community health nurse, and many more.

The need to save lives is paramount, but there are also compelling economic reasons to support the Global Fund. Losses due to AIDS, TB and malaria are astronomical. They include \$7.2 billion a year in lost earnings due to AIDS, \$12 billion a year in direct and indirect costs of malaria in Africa alone, and projected costs of TB amounting to \$1 trillion over the next 15 years.

As a model of lean efficiency and transparency, the Global Fund is one of the most reliable instruments available for investing in global health. Every \$1 invested in the Global Fund returns \$19 in health gains and economic benefits. The countries that stand to gain the most include our important allies and trading partners. We have a stake in reducing health costs and increasing prosperity worldwide through a fully funded Global Fund.

At Women Deliver, the world's largest conference on gender equality, held at Vancouver in June of this year, Prime Minister Trudeau received a standing ovation from the 7,000 delegates present in appreciation for his feminism and his promise to fund women's health and rights globally. A strong investment in the Global Fund is a bold and important step for Canada to fulfill this promise.

Following Canada's announcement, during the G7 Summit in France, global leaders from Germany, Italy and the EU announced similar increases in funding. We should not underestimate Canada's ability to lead by example as a caring and compassionate democracy.

- Chitra Ramaswami, Randy Rudolph & Stephen St. Denis, September 4, 2019.

[Edmonton Journal](#)

tip

In order to be published, the editor may ask for exclusivity, so submit your op-ed to one editor and follow-up until you get an answer before sending your op-ed to another.

secret

tip

Don't wait too long to follow-up with editors to see if your op-ed will be published as the timeliness of your op-ed may be jeopardized.

See all our **resources** to help you write your op-ed, along with key dates, hashtags, tags and keywords found on our campaigns page **here**.

"I enjoyed the whole process of writing an op-ed, from reading background material on the Global Fund to collecting my thoughts and finding the right words to express them. It felt good just to get it done, so actually getting it published was an added bonus. I'd encourage anyone who's especially interested in a topic to give it a try."

- Chitra, Results volunteer



#LeaveNoOneBehind

step-by-step instructions for meeting your MP

Our **#LeaveNoOneBehind** campaign this month focuses on the impact that **income inequality** has on the communities impacted most by COVID-19. In the fight against this pandemic, we need Canada to support a global and equitable response by investing in the strengthening of vulnerable communities.

MP \ 'em-'pē \

: an elected member of a parliament

Ask #1: Canada to invest at least 1% of its COVID-19 response in new and additional aid towards a global response.

Ask #2: Canada must commit to a permanent increase in Canadian aid (ODA - Official Development Assistance) to ensure progress towards achieving the Sustainable Development Goals (SDGs) and ending extreme poverty.

With a federal budget due out in the fall 2020, reach out to your Member of Parliament (MP) to request a virtual meeting to discuss global investments in aid. Express that the federal government's **announcement of CAD\$300 million** to fight COVID-19 and the growing global humanitarian crisis is a significant and important step, but that more investments like this are needed. Share your support for a permanent increase to Canadian aid (ODA - Official Development Assistance) in the federal budget to address the pandemic. Ask that Canada play a leadership role by promoting global solidarity with an increase of at least 1% of its COVID-19 response to support an emergency global response.

Ask your MP to send an email/letter of support to the Honourable Chrystia Freeland, Deputy Prime Minister (chrystia.freeland@parl.gc.ca) and ask them to send you a copy of the letter or cc you in the email they send.

about the 2021 federal
budget

The federal budget outlines Canada's fiscal, social and economic policies and priorities. It would have normally been tabled in Parliament earlier in the year (February or March 2020) in advance of the fiscal year which begins on April 1. But due to the COVID-19 pandemic, the government has delayed this process, likely until this fall 2020.

The Department of Finance is responsible for preparing the annual budget and decisions on what is to be funded are made by the Finance Minister and the Prime Minister. However, their decisions are often informed through consultations done with Members of Cabinet, Parliamentarians, and the general public. Until these public consultations are open for comment, you can influence the federal budget now to make your opinion heard on the need for a Canadian global response and investment in international development. Write to your Member of Parliament!

Use our step-by-step instructions below to prepare for your meeting.

read our top tips

1. Plan ahead to know when your MP is in your riding.
2. Confirm with your MP's staffer the length of meeting (usually 30 minutes).
3. Connect our campaign issue to voters.
4. Be succinct and to the point - have one clear ask.
5. Get creative to increase your chances of getting a meeting. Suggest a community BBQ, panel or roundtable event.
6. Thank your MP for something recent that they've **done** or accomplished.
7. Avoid an argument.
8. If you don't know an answer, be honest and tell them you'll follow up.
9. Be personal and share a touching story related to the campaign and/or your story that speaks to why you are there voluntarily. This can include having your own elevator pitch on the current campaign to hook your MP right from the beginning.

**secret
tip**

[Email us](#) for MP insider tips that can make your meeting stand out, including the latest MP leave behind.

follow these 7 steps

1. Use your postal code to find out who your **MP** is and **when** they are in their riding.
2. Familiarize yourself with our current **campaign**.

3. Connect our campaign and your opinion with a newsworthy topic or hook that inspires you.
Try these ideas:
 - refer [here](#) to our key dates, hashtags, tags and keywords
 - do internet research, read the latest news articles, or use external resources
 - refer to past volunteer LTEs and op-eds to see [published examples](#)
4. Send an email to your MP to request a meeting. See an email example below.
 - add your MP's email address (usually it is: firstname.lastname@parl.gc.ca)
 - ask for a brief meeting on the campaign issue you want to discuss
 - include your name, mailing address and telephone number
5. Follow up with your MP via phone or by email if you haven't heard back within 1 week. See a follow-up email example below.
6. Once your MP has secured a meeting time with you, it's time to prepare! Consult our [meet your MP](#) tools for details on what to do before, during and after your MP meeting.
7. If you belong to a Results group, let your Group Leader know that you met with your MP. If you are not part of a group, consider [joining one](#)! Until then, fill out this "actions taken" [online form](#).

see an example of an email

Subject: Constituent meeting request re: Canadian aid

Dear Mr. Doe:

As a constituent in your riding of the Bayward district, I wish to request a brief meeting with you to discuss Canada's role in supporting the health and well-being of people all over the world. Specifically, I

would like to discuss your commitment and that of your party to Canadian aid. Please let me know if it would be possible to arrange a meeting, and I will make myself available.

Sincerely,

Bob Citizen

5 Smith Street

Ottawa, ON, K1A 2B3

T: (555) 456-7890

see an example of a follow-up

Subject: Constituent meeting request re: Canadian aid

Dear Mr. Doe,

I hope this email finds you well. I would like to follow up on a previous email below sent on [date] in regards to your support on Canadian aid. I would kindly appreciate a response as soon as possible. Please let me know if I can provide further information. Thank you very much for your time and consideration.

Sincerely,

Bob Citizen

5 Smith Street

Ottawa, ON, K1A 2B3

T: (555) 456-7890

secret tip

When following up, reply using your original email so you can reference back to it.

See all our **resources** to help you meet your MP, along with key dates, hashtags, tags and keywords found on our campaigns page **here**.

The first lesson I learned immediately was that these elected officials work for me and I should feel comfortable making asks. Their job is to listen to me and I have every right to be in their office and demand something from them.

- *Hiba, Results volunteer*



#LeaveNoOneBehind

step-by-step instructions for writing an LTE

Our [#LeaveNoOneBehind](#) campaign this month focuses on the impact that **income inequality** has on the communities impacted most by [COVID-19](#). In the fight against this pandemic, we need Canada to support a global and equitable response by investing in the strengthening of vulnerable communities.

Ask #1: Canada to invest at least 1% of its COVID-19 response in new and additional aid towards a global response.

letter to the editor \ (LTE)

: a letter written to a newspaper, magazine or other periodical about issues of concern to readers, usually intended to be published in the paper/periodical

Ask #2: Canada must commit to a permanent increase in Canadian aid (ODA - Official Development Assistance) to ensure progress towards achieving the Sustainable Development Goals (SDGs) and ending extreme poverty.

Write a letter to the editor calling on the government to address in the upcoming federal budget the direct and secondary effects that COVID-19 has on vulnerable populations with an increase to Canadian aid. Explain how we might be seeing the first rise in global poverty since 1990 with at least [71 to 100 million](#) more people pushed into extreme poverty. Mention the

impacts that COVID-19 is having on health systems, education, food security and nutrition. Ask that Canada commit to at least 1% of its COVID-19 response to support a global response, along with a permanent increase in Canadian aid (ODA) in the new 2021 federal budget to ensure that we #LeaveNoOneBehind.

Use our step-by-step instructions below and get your LTE published in the media.

read our top tips

1. Make it relevant and timely - ideally within 2 days of a current event.
2. Finish and submit your letter - it doesn't have to be perfect, and you don't have to be an expert to have an opinion. You simply need to care.
3. Come up with a dynamite title that will catch the Editor's attention.
4. Be creative and speak from the heart about the campaign issue.

secret tip

Try to find a local story to connect to the campaign.

In the age of travel, airborne diseases like tuberculosis knows no borders. Do you know someone who has lived with tuberculosis? Raise the importance of investing in global health and ensuring everyone has access to quality drugs, no matter where they were born.

follow these 8 steps

1. Familiarize yourself with our current [campaign](#).
2. Connect our campaign and your opinion with a newsworthy topic or hook that inspires you.
Try these ideas:
 - refer [here](#) to our key dates, hashtags, tags and keywords
 - do internet research, read the latest news articles, or use external resources
 - refer to past volunteer LTEs to see [published examples](#).
3. Write your LTE to give your opinion related to our campaign issue. See an example below.
4. Use our searchable list of [editors' emails](#) to email your LTE to.
5. Press send.
6. Send your LTE to your [Member of Parliament \(MP\)](#) to let them know your opinion.
7. If you belong to a Results group, let your Group Leader know that you've submitted an LTE. If you are not part of a group, consider [joining one](#)! Until then, fill out this "actions taken" [online form](#).
8. If your LTE gets published, share it on social media by tagging [@ResultsCda](#) and your [MP](#). And

make sure to let your Group Leader know!

**see an example of an
LTE**

Feb. 6: Transit task force, teachers' strike and other letters to the editor

Vaccines can save millions of lives

Re: Vaccination

The recent coronavirus outbreak has shown diseases know no borders. While we in developed nations are aptly (and hopefully) prepared for such outbreaks, those in underdeveloped countries still struggle to protect themselves.

A simple, cost-effective and — despite the anti-vax movement — reliable way to prevent the spread of disease is vaccination. Life-saving vaccines are vital for developing nations since disease and poor health is a major barrier for progress.

Prime Minister Justin Trudeau promised an increased Canadian presence in the international community, but has yet to materialize this commitment.

A compelling and practical approach would be for the Canadian government to provide financial aid to Gavi: The Vaccine Alliance, and the Global Polio Eradication Initiative (GPEI).

Millions are at risk. Canada can play an important role in the prevention of disease and helping these people rise out of poverty and into an optimistic future.

— Adam Ranallo, Publication date: February 6, 2020, [The Hamilton Spectator](#)

**secret
tip**

Don't include mention of Results Canada - this keeps your letter looking like it's your opinion, because it is!

**secret
tip**

You can send your letter to as many editors as you like - no need to change it or make it different. The more editors you send it to, the better your chances of getting published.

See all our **resources** to help you write your LTE, along with key dates, hashtags, tags and keywords found on our campaigns page **here**.

I remember the first time that I sat down to write my first ever LTE. It was nerve wracking but also very exciting to be able to share my opinion in such a quick and easy way. Pressing 'send' can be daunting but you just have to go for it! Remember that you don't have to be an expert to have an opinion, you only need to care.

- Melanie, Results volunteer

#LeaveNoOneBehind

use social media - in an instant!

Our #LeaveNoOneBehind campaign this month focuses on the impact that **income inequality** has on the communities impacted most by [COVID-19](#). In the fight against this pandemic, we need Canada to support a global and equitable response by investing in the strengthening of vulnerable communities.

Ask #1: Canada to invest at least 1% of its COVID-19 response in new and additional aid towards a global response.

Ask #2: Canada must commit to a permanent increase in Canadian aid (ODA - Official Development Assistance) to ensure progress towards achieving the Sustainable Development Goals (SDGs) and ending extreme poverty.

Use social media to highlight the need for Canada to invest at least 1% of its COVID-19 response for a global response, and a permanent increase to Canadian aid (ODA – Official Development Assistance). Use this month’s theme of income inequality to highlight how COVID-19 threatens to widen the gap between the rich and the poor. Demonstrate with specific examples like school closures that have impacted around 90% of students worldwide (1.57 billion), and how an estimated [370 million children](#) are not getting the school meals they depend on as a result. Explain why Canada needs to do more to increase progress towards the Sustainable Development Goals (SDGs) to help create a more equitable, just and prosperous world for all.

You can instantly let Canadian decision makers know that you care by sending the ready-made tweet or post text, or follow our step-by-step instructions below to create your own.

Tweet instantly (click below)

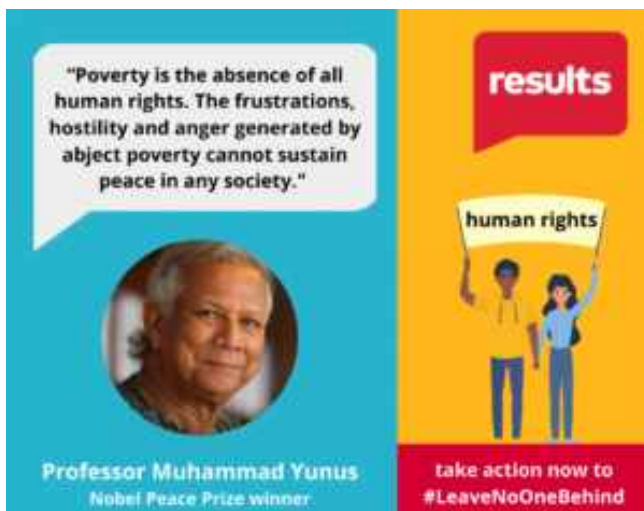
[According to the @WorldBank, 74 million people will be impacted by #COVID19](#)

According to the @WorldBank / 1 million people will be impoverished by #COVID19 undoing decades of progress. Canada must play a leadership role to #LeaveNoOneBehind and invest 1% of its COVID-19 response in new and additional #CanadianAid #Canada4Results

Post on Facebook and Instagram (copy and paste the text below)

According to the World Bank, 71 million people will be impoverished because of #COVID19. We need to protect decades of progress and help people from falling into the poverty trap now. Canada needs to play a leadership role by investing new resources into aid to help the world's most vulnerable people! #Canada4Results #LeaveNoOneBehind

Share these images (right click, copy and paste into your social media)



the hashtag #Canada4Results

secret
tip

We think Twitter is the best platform for political and media engagement. Watch our [10 Tips to be a Social Media Advocacy Guru](#) webinar to learn more.

follow these 7 steps

1. Familiarize yourself with our current [campaign](#).
2. Connect our campaign, and support your opinion with a newsworthy topic or hook that inspires you. Try these ideas:
 - refer [here](#) to our key dates, hashtags, tags and keywords
 - do internet research, read the latest news articles, or use external resources
 - refer to [Twitter](#) and our [Social Media Wall](#) to see posts from volunteers and others
3. Login to your profile on social media. If you need help, consult our [social media tips](#) for Twitter, Facebook, and Instagram.
4. If your MP, a Minister or the Prime Minister has social media, you can find their details [here](#).
5. Write your post and personalize it so that it's meaningful to you. Consider these ideas:
 - consult [your tools](#) to learn how to use social media powerfully
 - refer [here](#) to our key dates, hashtags, tags and keywords
 - include [@ResultsCda](#) in your post so that we can help amplify your voice
6. Hit post and ask your friends to help you spread the word by sharing, commenting and liking.
7. If you belong to a Results group, let your Group Leader know that you took action on social media. If you are not part of a group, consider [joining one](#)! Until then, fill out this "actions taken" [online form](#).

See all our [resources](#) to help you use social media, along with key dates, hashtags, tags and keywords found on our campaigns page [here](#).

I use social media every day, but I never thought I could use it to make a positive impact in the world. In less than two minutes, I composed a tweet to raise awareness about Results' campaign, tagged my Member of Parliament, and used my voice to take action!

- Hailey, Results volunteer





[View all](#) our photos and social media images.

Share this video (right-click, copy and paste on social media)



If you prefer to write your own tweet or post, use our step-by-step instructions below.

read our top tips

1. Be catchy
2. Be bold and respectful
3. Post frequently
4. Always tag @ResultsCda so that we can help amplify your message. If space allows, include