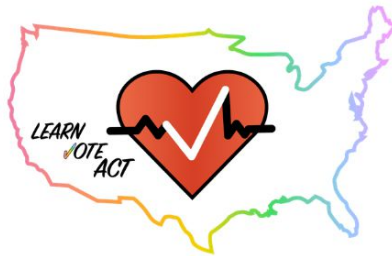


**SHOW ME “A
HEALTHY” STATE**
Chapter Start-up Kit



learn



vote



act



WHO *are* WE?

Show Me “a Healthy” State is a youth-run organization that hopes to engage students in fighting healthcare disparities in America and help them realize the importance of this issue by encouraging them to follow these three steps: “Learn, Vote, Act.” Poor and unaffordable healthcare is prevalent in the entire nation, but we have observed that this is an underrepresented topic among the youth. Show Me “a Healthy” State wants to change this momentum. We have created the platform and resources for other youth to become activists for this cause.



WHY GET INVOLVED?

It is very important for the youth to recognize and make use of their voices to promote better change in our society. This is because we are the next generation of policy makers and leaders. We hope that Show Me “a Healthy” State can provide the comfortable space and the resources for youth to turn their passion of advocating for healthcare equality into a reality.



WANT TO JOIN?

You can become a team member or chapter leader for your city by filling out the application on our website!

CONTACT US

Website: showmestate2020.org
Email: showmestate2020@gmail.com
Instagram: [@show.me.2020](https://www.instagram.com/show.me.2020)
Facebook: [@show.me.2020](https://www.facebook.com/show.me.2020)
Twitter: [@show.me.20201](https://twitter.com/show.me.20201)





Chapter Guidelines

- Promote Show Me “a Healthy” State’s main page by putting our bio description, tagging our username, and linking our website on the chapter’s bio description.

- Create an application for the chapter. You can replicate Show Me “a Healthy” State’s main application. Make sure to accept students in the schools in your city.

For journalists, require them to submit at least 3 of their articles to a local newspaper company to be published → notify Show Me “a Healthy” State’s main page if the article does get published so it can be featured on our website.

- Host at least 1 virtual event where people can learn about healthcare disparities.

Example: Hosting a webinar where people can sign up to hear a guest speaker (i.e. the executive director of a healthcare advocacy organization in your state)

- Be active on social media.

Example: Create a social media schedule and promote your chapter by creating an “accepting applications” post or creating infographics related to healthcare advocacy.

- Reach out to at least 1 healthcare organization to spread word and promote Show Me “a Healthy” State.

- If possible, try to get featured on your local newspaper company so that we can feature that on our website.

- Create at least 1 volunteer event in your school, city, or general community.

Example: Encourage members of your chapter to volunteer for the local community clinic on a particular day, virtually or in-person.

- Fundraise for at least 1 event.

Example: Find a local business that can donate some masks to your chapter that you can sell to support a healthcare advocacy organization.

- If you can, try to start at least 1 walk-out, sit-in, or protest in your city to advocate for better healthcare affordability or accessibility. If this is not possible, try to get members/followers of your chapter to participate in a protest in your city.

-Try to get at least 50 people registered to vote in your city.

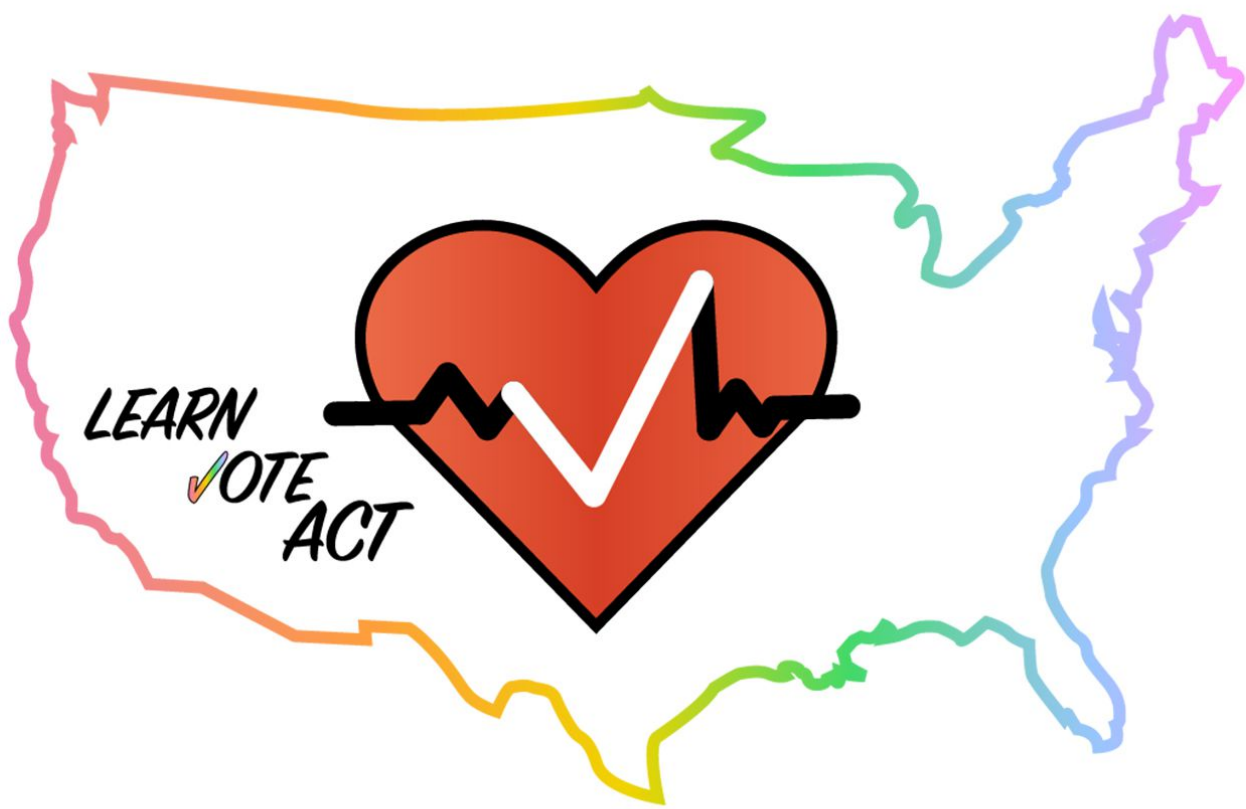
Example: hold a voter registration drive in your local area or direct school friends to our website to get them registered. Update Show Me “a Healthy” State on the number of students you helped register.

-Encourage family members, friends, or acquaintances to support our cause and join the team!

-Not only grow your social media page but also encourage others to check out Show Me “a Healthy” State’s main page and help us gain momentum by encouraging people to follow us on social media, check out our website, read our articles/interviews, and attend our hosted webinars.

-Send Show Me “a Healthy” State with major updates to your chapter.

-Most importantly, have fun and follow the three most important steps: “Learn, Vote, Act”



LEARN
✓VOTE
ACT