



If you had an opportunity to send a letter to a leader, who would it be? First decide on the issue or problem that you want to write about.

Look at the fact sheet on the different levels of government for a list of potential leaders and some of their responsibilities. Were there any leaders mentioned during your last brainstorming session?

1. Write down the issue, the name of the leader and the reasons why you picked this person.

2. Decide on your main ideas for your letter and write them down. Are you bringing attention to a problem or issue? Are you asking a question, or even offering a solution?

You may refer to the list of social determinants of health included on the bottom of this page.

Social determinants of health

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|--|----------------------------------|--|
| > Access to health services | > Food insecurity | > Personal health practices and resiliency |
| > Culture, race, and ethnicity | > Gender identity and expression | > Physical environments |
| > Disability | > Housing | > Sexual orientation and attraction |
| > Early childhood development | > Income and income distribution | > Social inclusion or exclusion |
| > Education, literacy, and skills | > Indigenous status | > Social support networks |
| > Employment, job security, and working conditions | | |



3. Brainstorm your main reasons for feeling the way you do. Think about what you have learned in class that supports your ideas. What would you like the leader to do?

4. Write down some ideas and solutions that you think might help the problem or issue or ask the leader what is being done about a certain concern or issue.

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