



# Power Up: Girls, Voting & Taking Charge *(for girls 13-18)*

Your voice matters **now**, not later. While only 51% of 18-24-year-olds voted in the 2020 US election, teen girls are already shaping today's activism and tomorrow's leadership. This is your guide to owning your political power—before you even cast your first vote.

# The Big Question: Why Should I Care?

Laws on climate, education, and health aren't just abstract concepts—they impact your daily life in real ways:

- The funding your school receives
- The quality of air you breathe
- Access to healthcare and reproductive rights
- The safety of your community

As part of Gen Z—the most diverse, activist generation in history—you have unprecedented power to create change. Remember: decisions are made by those who show up.



# Meet the Trailblazers: Real Teen Leaders

## Malala Yousafzai

Won the Nobel Peace Prize at 17 for championing girls' education worldwide. Started her activism at just 11 years old, proving you're never too young to speak truth to power.

## Emma González

Became a national voice for gun safety at 18 after surviving the Parkland shooting. Co-founded March For Our Lives, one of the largest youth-led movements in American history.

## Local Leaders

In 13+ US cities, teens have helped elect school board representatives who champion student needs, proving that young voices can directly shape education policy.

# Voting 101: How to Be Ready Day One



## Pre-register to Vote

17 states allow you to pre-register at 16 or 17, meaning you'll automatically be registered when you turn 18. Visit [vote.gov](https://vote.gov) to check your state's rules.



## Track Registration Deadlines

Deadlines vary by state—some close 30 days before an election (like Texas), while others allow same-day registration. Set calendar reminders so you don't miss out.

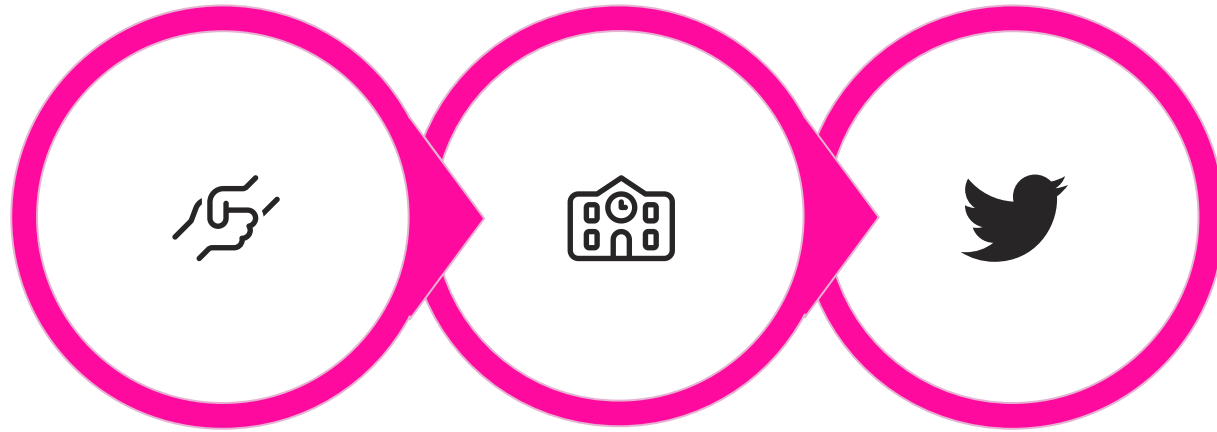


## Know ID Requirements

Different states have different ID rules. In most places, your student ID or driver's license works. Some states require proof of address or other documentation.



# Beyond Ballots: Ways to Get Involved Pre-18



Volunteer  
Locally

Join Voting  
Club

Social Media  
Activism

Even if you can't vote yet, you can still make an impact. 72% of teens already share causes on social media—your Instagram or TikTok can mobilize friends and family to action. Start small: volunteer just 2-3 hours per week on a campaign or issue you care about.



# Supporting Candidates: Make Your Voice Amplify



## 1 Phone and Text Banking

The average teen can reach 200 voters in a single day! Campaigns provide scripts and training—no experience needed.

## 2 Canvassing

Research shows a personal story is 2x more likely to change minds than facts alone. Share why you care when talking to voters.

## 3 Host a Candidate Q&A

Organize a virtual or in-person event where students can ask candidates questions about issues that matter to your generation.

# Start Small, Dream Big: Your Path to Office



## Spot a Problem

Notice something at your school or in your community that needs changing? That's your starting point. The best candidates solve real problems.



## Organize & Advocate

Build a team, create a plan, and start advocating for solutions. Learn to speak confidently about your ideas and listen to feedback.



## Run for Office

Start with student council or youth advisory boards. Connect with orgs like She Should Run and IGNITE for mentorship and training.

Did you know? Over 100 girls ran for student council or local youth councils in 2024 alone. They're not waiting—and neither should you.

# Know Your Reps: Influence Legislation Locally

## How to Find & Contact Officials:

- Visit [usa.gov/elected-officials](https://www.usa.gov/elected-officials) to identify all your representatives
- Follow them on social media to stay updated
- Attend or stream city council and state hearings
- Email about issues you care about

In California, 7,000+ student letters changed school lunch legislation in 2023, proving young voices can create real policy change.





# Speak Up: Sharing Your Story for Impact



## The Power of Personal Stories

Research shows personal stories sway lawmakers 8x more than form letters or statistics. Share how policies affect your life, your family, or your community to make a direct impact.



## Modern Activism Platforms

Social media, op-eds, podcasting, and video content are the 21st-century activism tools. Your TikTok explaining a local issue can reach thousands, amplifying your message beyond traditional methods.



## Strength in Numbers

Studies show teens are 65% more likely to take political action if friends join them. Create a "She Lab" action team with 3-5 friends to multiply your influence and collective impact.

# Change Agents: Your Lab, Your Future

You have more power than you think—start now.

## Action Checklist

- Pre-register to vote when eligible
- Volunteer for a local campaign
- Contact one representative about an issue
- Recruit three friends to join you

What will you do first? Your political journey begins with a single step—and the world is waiting for your voice.

