



Guide: Emailing Your Senator for Equal Parenting Reform

This guide helps you contact your state senator directly by email — using a clear, respectful message that represents the Real Father movement and advocates for fair, equal parenting laws.

1. Find Your Senator's Email Address

- Go to your state legislature website.
- Example: Oklahoma Legislature → “Find My Legislator”
- Example: Texas Legislature Online → “Who Represents Me?”
- Enter your home address or ZIP code.
- Copy your state senator's name, email, and office phone number.

2. Write Your Email

- Use the template below to send your message.
- You can copy, paste the format below.

3. After Sending Your Email

- Follow up in 7–10 days if you don't get a response.
- Be respectful but firm — ask for their stance or planned action.
- Share your email (and their response if you get one) with us at Real Father to help us track which legislators are supportive.



Subject Line Ideas:

- Support Equal Parenting Reform
- Protecting Parental Rights and Family Integrity
- Fair Family Law for All Parents

Email Template:

Dear Senator [Last Name],

My name is [Your Full Name], and I am a [father/mother/grandparent/voter] from [Your City, State].

I'm writing to ask for your support in reforming our family law system to ensure equal parenting rights for responsible parents and to remove sex-based bias from custody decisions. Across our state, many good parents are losing meaningful time with their children because of outdated legal presumptions that do not reflect today's families or the best interests of children.

I strongly support legislative action that:

Establishes a 50/50 shared parenting presumption, ensuring both parents start on equal ground. Recognizes and penalizes parental alienation as a harmful act. Promotes accountability and transparency in family court decisions. Families thrive when both parents are present, loving, and involved. Please stand with us to restore fairness, family values, and constitutional rights in family law.

Thank you for your time and for serving our community.

Sincerely,

[Your Full Name]

[Your City, State]

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