

It's time ... to spread awareness. Here is a sample Letter to the Editor.

Before writing a Letter to the Editor, you'll want to check with the publication regarding their submission guidelines. In most cases, newspapers will limit the length of letters and require contact information for verification purposes. Please review their policies regarding their editing and publishing practices. Below, is a sample letter:

To the Editor,

You're out, and you think you saw something. You're not sure; maybe it was nothing. So, you do nothing and just keep walking. The next day you hear the news. Someone needed your help, but you didn't know what to do.

It's time ... to get involved. You, as an engaged bystander, have the opportunity to act and safely change the outcome – to prevent an assault by stepping in when you see something that doesn't look right. Maybe you heard someone say something sexist or degrading. Maybe you witnessed someone trying to take advantage of a friend. Studies have shown that the occurrence of rape is far more extensive than reported in official statistics, and the large majority of rapists are never apprehended.

In a society that promotes a 'mind your own business' message, speaking up might seem difficult. But it doesn't have to be. Try to approach the situation as if it involved one of your friends. If you see something that doesn't seem right, it probably isn't. If you think someone is in trouble, ask if they are OK. Be honest and direct in explaining your concerns and reasons for intervening. If you don't feel comfortable approaching a situation on your own, ask – a friend, a coworker, anyone – for help.

You aren't ruining someone's fun or being a jerk if you speak up. You are watching out for someone's brother, sister, child, neighbor, or friend. Next time, it could be your loved one that needs help.

It's time ... to get involved and do what is right.

Your name here,
You city/town here