When it comes to issues that affect the world, you care a lot. So of course you can feel frustrated when people disagree or just don’t think the things you’re focused on are that important. But talking about our differences in opinion and sharing the reasons behind them is the best and most peaceful way to make real change in our world. Here's how you can start sharing your passion and make a difference:

1. **Choose your moment.** From debating other candidates in your campaign for class president to catching up with a friend after school, you’ve got tons of opportunities to share your feelings and learn about how others view the world.

2. **Make a case.** Your feelings are super strong, but you’ll be more successful changing the way others see the world if you back up the feelings with facts! Find out the who, what, when, where, why, and how of your issue, and make sure to weave them into your conversation.

3. **But keep it real.** Not everything you hear from friends, see on TV, or read about online is true. Avoid spreading confusing information by making sure any information you share about your cause has been verified by multiple trusted sources.

4. **Stay open.** Tuning out or avoiding people with different beliefs won’t do much to help your cause! People who see things differently aren’t necessarily bad or wrong. Be respectful and avoid making assumptions. It’s possible they don’t have all the information you do or they hadn’t thought about the issue from a certain angle. Explain why you care, but also listen to what they have to say. The two of you may still disagree in the end, but at least you’ll be on your way to finding common ground, and maybe a new solution that could make both sides happy.

5. **Step up your game.** Ready to take things to the next level? Call the Capitol switchboard and let your senators or House representative know how you feel about issues that are important to you and other girls like you. You can reach your elected officials at 202-224-3121.

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