



August Recess 2026 Social Media Toolkit

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About NAPAWF

The National Asian Pacific American Women’s Forum (NAPAWF) is the only multi-issue, community organizing and policy advocacy organization for Asian American, Native Hawaiian, and Pacific Islander (AANHPI) women and girls in the United States. NAPAWF’s mission is to build collective power so that all AANHPI women and girls can have full agency over our lives, our families, and our communities.

Learn more on our website at www.napawf.org

Access this resource online at www.napawf.org/resources/august-recess-toolkit

For more information, contact us at policy@napawf.org

Introduction

The August recess is a scheduled break for Congress, where Members return to their home districts and states. This period offers one of the best opportunities each year to engage directly with elected officials. As Members of Congress spend more time in their home districts and states, constituents have greater opportunities to build relationships, elevate community priorities, and advocate for meaningful policy change.

With Congress soon returning home for the August recess, we're excited to share our [August Recess Constituent Engagement Toolkit](#) to help advocates, community members, and partner organizations make the most of one of the best opportunities each year to engage directly with Members of Congress.

Our August Recess Constituent Engagement Toolkit includes:

- Guidance on requesting in-district meetings and participating in town halls
- Practical advocacy tips and sample questions
- Background on the Health Equity and Access under the Law for Immigrant Families (HEAL) Act and the Equal Access to Abortion Coverage in Health Insurance (EACH) Act
- Templates and resources to help advocates prepare for and follow up after meetings

In this document, you can find our corresponding social media toolkit with ready-to-use sample posts, graphics, and messaging that organizations can use to promote the resource and encourage their communities to get involved during the August recess. Feel free to adapt the sample posts to reflect your organization's voice and local context.

We hope you will join us in using the August recess to mobilize our communities. Together, we can encourage constituents to advocate for policies that advance reproductive justice, immigrant justice, and equitable access to healthcare for Asian American, Native Hawaiian, and Pacific Islander (AANHPI) communities!

Featured Policy Asks

The Health Equity and Access under the Law (HEAL) for Immigrant Families Act ([H.R. 4104](#)/[S.2149](#))

The HEAL Act has been introduced in Congress, but additional congressional support is needed to build momentum toward passage. The HEAL Act:

- provides access to Medicare, Medicaid, and the Children's Health Insurance Program (CHIP) to lawfully present immigrants (green card holders) by removing the discriminatory five-year waiting period for enrollment;
- ends the exclusion of undocumented immigrants from Affordable Care Act (ACA) Marketplace coverage;
- guarantees coverage access for individuals with Deferred Action for Childhood Arrivals (DACA) status; and
- gives states the option to expand state health insurance programs to all their residents, regardless of immigration status.

The Equal Access to Abortion Coverage in Health Insurance (EACH) Act ([H.R.4611](#)/ [S.2377](#))

The EACH Act has also been introduced in Congress and needs broader congressional support to advance. The EACH Act:

- ends the Hyde Amendment, which bans federal funding for abortion care;
- restores abortion coverage to everyone who receives care through the federal government; and
- prohibits the federal government from interfering with the private insurance market, including the insurance marketplaces established by the ACA, to prevent insurance companies from providing abortion coverage.

In the wake of the *Dobbs v. Jackson Women's Health Organization* decision, which overturned *Roe v. Wade*, abortion access increasingly depends on a person's income, insurance coverage, and ZIP code. The EACH Act helps address these inequities by ensuring coverage is not a barrier to care.

Sample Social Media Copy

Below are sample posts that organizations and advocates can adapt for their own social media channels.

The HEAL Act and Immigrant Access to Healthcare

🔗 Did you know that DACA recipients aren't eligible for any federal healthcare programs? We can change this! The #HEALAct would make sure DACA recipients can get the care they need. As our Members of Congress return home for #AugustRecess, it's time to raise our voices and demand they pass the #HEALAct and end discriminatory barriers to care for DACA recipients! Learn more about HEAL and how to meet with your representatives with @NAPAWF's toolkit: [\[LINK\]](#)

🔗 Currently, lawfully present immigrants must wait five years to access federal health programs like Medicaid or the Children's Health Insurance Program. That's discrimination, plain and simple. With our Members of Congress returning to their districts and states for #AugustRecess, we have an opportunity to speak with them face-to-face to demand they pass the #HEALAct and lift the five-year waiting period. Get prepared for your one-on-one with NAPAWF's toolkit. [\[LINK\]](#)

🔗 Current laws prevent undocumented immigrants from being able to purchase health insurance through the Affordable Care Act Marketplace. The #HEALAct would remove this barrier, which is why it's imperative that our Members of Congress support this bill. This #AugustRecess, plan to meet with your representative and tell them directly: pass the #HEALAct so that everyone can get the quality care they need. Learn more about the #HEALAct and how to meet with your Member of Congress with this resource from @NAPAWF: [\[LINK\]](#)

🔗 Almost half of undocumented immigrants and one in five lawfully present immigrant individuals report being uninsured. That's why this #AugustRecess, we're making plans to connect with our Members of Congress and push them to support and pass the #HEALAct, so that every person, regardless of immigration status, can get the care they need. Need more info about HEAL? Check out @NAPAWF's toolkit for more about the bill and how to get engaged. [\[LINK\]](#)

🔗 #HealthcareIsARight, no matter your immigration status. The #HEALAct would remove discriminatory barriers that keep immigrant families from getting the care

they need. This #AugustRecess, tell your Members of Congress to support the #HEALAct. @NAPAWF's toolkit has everything you need to prepare for a meeting, attend a town hall, and make your voice heard. [\[LINK\]](#)

The EACH Act and Abortion Coverage

🔗 This #AugustRecess, we need to be asking our representatives directly: will you support #ReproductiveJustice and pass the #EACHAct? The #EACHAct would lift the Hyde Amendment, allowing people who receive healthcare through the federal government to have their abortion care covered. Use @NAPAWF's resource to make a plan for meeting with your representative and asking them to commit to cosponsoring the #EACHAct! [\[LINK\]](#)

🔗 The Hyde Amendment denies abortion coverage to people enrolled in Medicaid, effectively banning abortion for low-income people. This #AugustRecess, tell your representatives to pass the #EACHAct and ensure everyone can get the abortion coverage they need, when and where they need it. Learn more about the #EACHAct and get tips on speaking with your Member of Congress with @NAPAWF's #AugustRecess resource. [\[LINK\]](#)

🔗 Our Members of Congress should support the #EACHAct if they are committed to #ReproductiveJustice. The EACH Act would end the Hyde Amendment's restrictions and ensure abortion care is covered for people who receive healthcare or insurance through the federal government. Tell your Member: pass the #EACHAct! Learn more about how to talk to your representative about EACH with @NAPAWF'S resource! [\[LINK\]](#)

🔗 Abortion care shouldn't be dependent on the health insurance you have. The #EACHAct would ensure abortion coverage to those on federal health insurance, who currently can't get abortion care covered due to the Hyde Amendment. Across the country, our Congressional representatives are returning home—now's the time to urge them to advance #ReproductiveJustice by passing the #EACHAct! Get more info about how to advocate effectively with your Member of Congress with @NAPAWF's August Recess resource! [\[LINK\]](#)

Civic Engagement and Democracy

☞ The #AugustRecess is a time when Members of Congress return to their districts and states to connect with constituents. It's one of the best opportunities of the year to attend a town hall, ask questions, and advocate for policies that support AANHPI communities. Need more info to get started? Check out this toolkit from our friends at @NAPAWF! [\[LINK\]](#)

☞ In-person meetings with our Members of Congress help us build relationships with our elected officials, which is critical to passing policies that benefit AANHPI communities and other historically excluded communities. When Members of Congress know the people they serve, our stories become harder to ignore. Use @NAPAWF's resource to make the most of your meeting with your representative. Let your voice be heard! [\[LINK\]](#)

☞ You don't have to be a policy expert to make a difference. Your lived experience is the most powerful advocacy tool! This #AugustRecess, share your story with elected officials and push for policies that support the health, dignity and opportunity of AANHPI communities. @NAPAWF's toolkit makes it easy to get involved. [\[LINK\]](#)

☞ Democracy requires participation year-round. #AugustRecess is a reminder that meaningful civic engagement extends well beyond Election Day. We need to be using this #AugustRecess to push our legislators to support and pass policies that empower and uplift AANHPI women and gender-expansive communities. Want more info on #AugustRecess and how to take advantage of this time? Check out @NAPAWF's toolkit: [\[LINK\]](#)

☞ As the United States reflects on its 250th anniversary, August recess offers an opportunity to ask what kind of future we want to build and to urge our elected officials to advance policies that reflect that vision. @NAPAWF has the tools to get you started [\[LINK\]](#)

Building Relationships with Elected Officials

🔗 #AugustRecess is an ideal time to meet with your Member of Congress in-person, but even if you can't, you can still get involved in advocacy! Learn more about some of the important policies we're advocating for with @NAPAWF's August Recess toolkit! [\[LINK\]](#) You can also use their resource to find your representative. Then tag them on social media to let them know it's time to listen to their constituents about what matters most to them!

🔗 If you're planning to meet with your Member of Congress during this #AugustRecess, you don't have to go it alone. Let's mobilize our communities to advocate for policies that support the health and quality of life of our communities. We're stronger together! Get started with this resource from our friends at @NAPAWF: [\[LINK\]](#)

Supporting Data and Research

Healthcare Affordability and Access

- [One in five immigrant adults](#) reports problems paying for healthcare in the past year, and a similar share says they skipped or postponed care in the past year, with these numbers rising to about a third among those who are uninsured.
- [As of 2025, almost half \(46%\)](#) of likely undocumented immigrant adults and one in five (21%) lawfully present immigrant adults reported being uninsured.
- [A quarter of all children in the U.S. have an immigrant parent.](#) The majority of those children are U.S. citizens themselves but are still twice as likely to be uninsured as children who have parents who are citizens.

- [Research supports](#) that when parents are able to enroll in healthcare, they are more likely to enroll their children as well, and are better able to care for their children.
- Many people are forced to delay abortion care while trying to raise money for the procedure. [According to the Federal Reserve](#), 40% of Americans would struggle to cover an unexpected \$400 expense, making out-of-pocket abortion costs a significant barrier.
- [Research from NAPAWE](#) shows that more than one-third (36%) of Asian American and Pacific Islander (AAPI) women say immigration status is a barrier to getting an abortion.
- [Research from NAPAWE](#) found that the risk of detention and deportation creates a harmful chilling effect for AAPI immigrant women seeking abortion care.
 - 23% believe it is extremely likely that someone could be detained or deported for trying to get an abortion.
 - 64% believe detention or deportation is at least likely.
- [A survey](#) conducted by Ipsos for the Intersections of Our Lives collaborative exploring the views of women of color found that 79% of respondents are concerned about affordable healthcare.

Civic Engagement and Democracy

- [An Ipsos survey of women of color](#) conducted for the Intersections of Our Lives collaborative found that few women of color, including AANHPI women, think the government is doing a good job of supporting their ability to choose if and when to have children.
 - Just 15% believe the government is doing a good job of ensuring access to reproductive healthcare, fewer than one in five (18%) believe it is doing a good job of protecting people's ability to decide whether to have children, and only 12% believe it is doing a good job of making it affordable to raise a family.
- The same survey found that nearly two-thirds (65%) of women of color believe voting is crucial for change, yet only 40% feel their voices are heard in the

political process, and a similar share (64%) believe traditional political parties and politicians don't care about them.

Graphics

Ready-to-use social media graphics to accompany the sample posts and help amplify August recess advocacy across platforms.

- [NAPAWF August Recess Advocacy – HEAL Act and EACH Act](#)
- [August Recess Advocacy – Attend a Town Hall | NAPAWF](#)
- [Democracy Doesn't End on Independence Day – NAPAWF August Recess Toolkit](#)
- [Meeting With Your Congressional Representatives – NAPAWF August Recess Toolkit](#)

Hashtags

We encourage partners to use the following hashtags to help amplify messaging and increase visibility across platforms.

Primary:

- #AugustRecess

Secondary:

- #HEALAct
- #EACHAct
- #ReproductiveJustice
- #HealthcareIsARight

Tag **@napawf** in your posts so we can reshare your content and amplify August recess advocacy across our network.