Don’t just visit the facility and take the guided tour that officials will give you – go the extra mile to get the most out of your visit:

- Ask to see the visiting room during visiting hours, and speak to some of the family members there about their experiences visiting the prison or jail.
- Ask to see health care facilities and speak to some of the staff and patients about their experiences with medical care in prison or jail.
- Ask to sit in on a rehabilitative program or class and judge for yourself whether people are receiving quality treatment or education to help them rehabilitate themselves.
- Ask to meet with prisoners and ask them about their experiences in the criminal justice system, their backgrounds, and the impact of incarceration on their families.
- Ask to meet with staff and talk with them about their working conditions and concerns.
- Ask to eat a meal in the prison cafeteria and experience the daily diet of a person in prison.

Here are the 3 SIMPLE STEPS you can take to participate:

**Step 1:**
Starting July 8, take our pledge to visit a prison or jail within the next 12 months.

- Tweet and/or post that you have taken the pledge to VisitAPrison. In your post, be sure to use the hashtag VisitAPrison. Using the hashtag VisitAPrison will allow FAMM and constituents to give you due credit for being involved in the challenge.
- Sample language: “I owe it to my constituents to learn all that I can about our criminal justice system. I accept @fammfoundation challenge and I pledge to visitaprilson within the next 12 months.”

**Step 2:**
Go visit a prison or jail in your state, and take a photo or record a video after your visit to the facility.

**Step 3:**
Post the photo or video to show that you completed the challenge. Be sure to use the hashtag VisitAPrison in your post. Share, like, and retweet other lawmakers who have taken the #VisitAPrison challenge to spread the word!