
Be “PC” in Your Advocacy!

Follow these general guidelines when talking or writing to your elected officials.

1. **Polite.** Treat policymakers with respect, even if they don't agree with you.
2. **Persistent, but Patient.** Policy change takes time.
3. **Passionate.** Your passion for your issue is contagious.
4. **Positive.** How would you feel if you only heard from negative people?
5. **Persuasive.** Practice talking to your legislator – it helps.
6. **Prepared.** Know what you want, what you want to say.
7. **Courteous.** Be respectful at all times.
8. **Concise.** Be brief and get to the point. Tell your story – these real examples mean a lot to legislators.
9. **Clear.** Let them know what you want them to do. A confused legislator can't help you.
10. **Credible.** Never lie. You want to be a reliable source of information for your policymakers.
11. **Consistent.** Stick to a simple and clear message, and keep with it. The more policymakers hear the same message from different people, the more likely your policymaker will be to take action.
12. **Compromise.** Be ready to compromise – very little policy change happens overnight. You might have to take 'baby steps' to get where you want to be.

Message Worksheet

Issue/Your Story (*in 50 words or less*):

What do you want them to do? (*in 50 words or less*):

Three Key Points to make:

Know Your State Senator

1. **Name of my State Senator:**

2. **Political Party:**

_____ Democrat

_____ Republican

3. **My Senator's "other job" (i.e. teacher, lawyer...) is:**

4. **Committee Positions:**

My Senator is on the following committees:

My Senator is the Chair, Vice Chair or Ranking Member on the following committees:

My Senator holds the following leadership positions:
(i.e. Speaker of the House, President of the Senate, Majority or Minority Leader, Assistant Majority or Minority Leader)

Notes/Other Information

Add any other information about your State Senator that you want to remember, including any personal connections you have. For example, you attended the same high school, you live in the same town, you go to the same church, etc.

Know Your State Representative

1. **Name of my State Representative:**

2. **Political Party:**

_____ Democrat

_____ Republican

3. **My Senator's "other job" (i.e. teacher, lawyer...) is:**

4. **Committee Positions:**

My Senator is on the following committees:

My Senator is the Chair, Vice Chair or Ranking Member on the following committees:

My Senator holds the following leadership positions:
(i.e. Speaker of the House, President of the Senate, Majority or Minority Leader, Assistant Majority or Minority Leader)

Notes/Other Information

Add any other information about your State Representative that you want to remember, including any personal connections you have. For example, you attended the same high school, you live in the same town, you go to the same church.