

Tips for Talking to Your Legislators - A U4C Guide

Do your research

Before you contact your legislator to set up a meeting, make sure you know who you need to meet with. Head to <https://openstates.org/> and put in your name and address.



Schedule a meeting

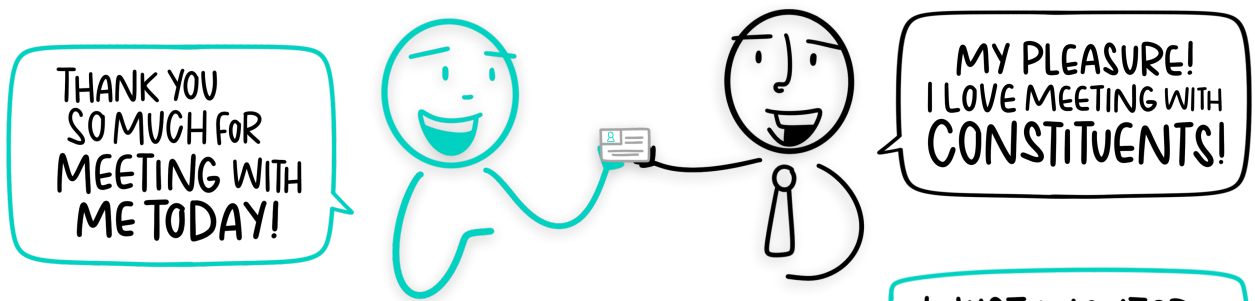
Your elected officials are busy. It's important to take the time and reach out to schedule a meeting with them. When you introduce yourself, make sure you tell them that you are one of their constituents and provide a brief description of the issue you would like to discuss. Don't know where to meet? Get creative! Ask them for coffee, invite them to a community event (outside of session), grab a meal together. There are lots of ways you can get together.

Prepare

Before your meeting, it's a good idea to jot down some key talking points for your conversation. Keep things simple. They don't have a lot of time, so it's key to have a clear message. Anticipate some questions they might ask you and what your answers might be. Maybe practice your elevator pitch with a friend.

It's show time!

Remember to dress for success whether your meeting is face to face in person or on ZOOM. If you're able to, try to get to the meeting spot early. Be respectful, use your time wisely, and stay on message. Do you have a business card? A flyer or pamphlet that highlights some of the key points about the issue you're advocating on? It helps to give your legislator something to take with them to remember you.



Follow up

Go the extra mile. Send them a quick thank you note - a little gratitude goes a long way.

