

YOUR JOURNEY STARTS HERE



IDENTIFY YOUR ISSUE

Being clear about your concerns is the first step to advocating for a change in policy. Don't be too broad or too general about what you care about.

DO YOUR RESEARCH

Policymakers depend on you for information to help them make decisions, so know enough to explain why it matters. Know the facts and keep up on any recent developments related to your issue.

FORMULATE YOUR ASK

Be specific about the actions you want your Member of Congress to take. Do you want them to support or reject a bill? What do you want them to propose? Think about how you can get them to support the policy changes you care about.

DIRECTLY ENGAGE

Reach out to share the information you have gathered and to make your "ask." Writing, calling or visiting are all ways to make contact. Visit AccessLex.org/advocacy for pre-drafted emails and sample phone scripts.

STAY IN TOUCH

Don't worry that you're being a nuisance. Reach out, and then reach out again. You can do this with a simple tweet, email, or call.