

# How to talk to Legislators

# Introduction

Being able to talk to legislators is an essential part of organizing in any capacity. Especially, if you are advocating for legislative change. In a grassroots organization like this building a relationship with your representatives is an essential resource.

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# Connect

If you want to just have a conversation about something specific or even their broad stance on things, try emailing them and meet them at either a coffee shop or their office. If they don't respond you can always reach out to their assistants which is generally online.

# Connect

Especially if the elected official is your representative or somewhere in your general vicinity they'd most likely want to hear from their younger constituents. So, reach out to them or go to an event they're hosting and connect there

# How to Approach?

- ☆ Shake their hand if you feel comfortable
- ☆ Introduce yourself, where you go to school/what org you represent or are apart of.
- ☆ Then, they'll ask you want you're interested, and you state your stance and why you're reaching out
- ☆ Tell them how they can help
- ☆ They'll probably ask you a bunch of questions but only answer ones you're sure of
- ☆ They might give you a political run around but persist till they say "they'll see what they can do"
- ☆ Ask to keep in contact

# Being You

While, confidence is a key factor and building a good relationship is one too so is being authentic.

- ☆ Remember to stay true to what you believe in and how politics can help you.
  - ☆ Build that foundation of trust but don't be naive and **always** trust your gut.
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# Reconnect

After a few weeks, email them and ask how they are doing and tell them more of what you've been working on and/or your previous issue/concern.

- ☆ It helps if you have a bill or direct way that they can specifically help.

# Email Writing Session (15 min)

Example:

Dear Senator Nelson,

My name is [Name], and I'm [grade and school]. I am reaching out in support of SF 1374. Conversion therapy is harmful to the mental, emotional, and physical wellbeing of the already marginalized LGBTQ+ youth community. Your support for this bill reflects your stance to advocate for ALL your constituents to live a life free of harm. So, I urge you to support the Conversion therapy bill that will be with the Health and Human Services Bill. Thank you for your time.

Sincerely,

[Name]

☆ Your turn

- Draft an email to your representative introducing yourself.
- Talk about an issue or concern
- Build a relationship with them.

**Comments,  
Concerns,  
Questions..**