

Advocacy Tip Sheet

Meeting with Your Legislators



Before the Meeting

- Research your legislators:
 - Follow them on social media to understand their positions and interests.
 - Know the committees they serve on (e.g., Senate: HELP, Finance, Appropriations; House: Education & Workforce, Energy & Commerce, Ways and Means, Budget, Appropriations).
- Understand current policy issues. Stay informed using resources like:
 - Congress.gov; House.gov; Senate.gov; GovTrack.us
 - AAP Advocacy and Policy; AAP Federal Advocacy; AAP State Government Affairs
 - AUCD.org & other professional and community-based organizations
- Schedule meetings. Map out meeting locations and allow time to travel and security check points.

During the Meeting

- Meeting legislators:
 - Expect to meet with a Legislative Assistant (LA) or staffer rather than the legislator.
 - LAs may have extensive policy experience or be interns.
- Effective Communication:
 - Use your time wisely; plan for a 15-minute visit.
 - Have a clear and concise "ask."
 - Tell your personal story and present well-researched facts.
 - Use talking points but allow for dialogue.
 - Leave behind fact sheets for the LA's reference.
- Professional Conduct:
 - Be punctual, polite, respectful, and honest. Dress appropriately.
 - Bring a camera for documentation.

After the Meeting

- Follow-Up: Send a thank you letter or email. Provide your contact information for any follow-up questions.
- Stay Engaged: Continue to engage with your legislators on social media and through other channels.