

How Do You Prepare to Visit a Legislator?

Ahead of Time:

- **Think about what you want to communicate:**
 - Do you want her/him to support a certain bill, to change their vote, to be aware of an issue?
 - Write out your notes
- **Practice**
 - Practice your talk, which needs to be done fairly quickly
- **Find out about who they are**
 - Name
 - District
 - Hobbies, personal story and history
 - What they have supported before
- **Dress appropriately**
 - Business attire

In their Office:

- **Introduce yourself:**
 - Who you are
 - Where you're from
 - Your personal story
- **Talk about your issue**
- **Make it personal – tell your story**
- **End with an “ask”**
- **Thank the legislator for their time and support (if they give it)**

After you Visit

- **Write a thank you note**