

Follow these tips when talking or writing to your elected officials.

STEP 1 Be Polite

Treat policymakers with respect, even if they don't agree with you.

STEP 2 Be Persistent but Patient

Policy change takes time. Don't give up.

STEP 3 Practice and Prepare

Practice talking to your legislator—it really does help. Think about what you want to say before you meet with, write, or call them.

STEP 4 Be Clear

Stick to a simple and clear message. Get to the point quickly, and don't forget to let them know what you want them to do.

STEP 5 Be Personal

Real life examples help legislators look at issues differently and put a human face on them.

STEP 6 Be Honest

Never lie. You want to be a reliable source of information to your policymakers.

Message Worksheet

What is your issue or story? *(50 words or less)*

What do you want them to do? *(50 words or less)*

List the three key points you want to make.

1.

2.

3.

700 2nd Ave Ste 101, Des Moines IA | 800-452-1936 | iowaddcouncil.org

This project was supported, in part by grant number 21011ASCDD, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.