

Advocate actions you can take

It's normal to feel nervous as an advocate but no matter how much time you can invest in it, your action is important.
Take any action you are comfortable with.

Low-Investment

- Make a phone call to decision-makers
- Send an email to decision-makers
- Mail a letter or postcard to decision-makers

Medium-Investment

- Attend an event such as a town hall, listening session, or public hearing
 - Ask a question or provide a comment
 - Take notes
- Write an Op-Ed for your local newspaper

High-Investment

- Request an in-person meeting
- Organize an event for constituents and invite them to attend
- Attend a lobby day at the Capitol