Stand for Yourself and Your Loved Ones

Did you know your elected officials are here to serve you? They have an obligation to listen to your concerns and help you find solutions. As the constituents who voted them into office, you have the power to vote them out; they are aware of this.

Consider what you need to improve your life and the lives of those you care about. **Make a list of no more than five items**, arranged in order of priority.

Use your list to highlight the changes needed to improve your life and inform your representatives about your situation. Your legislators are there to listen and help provide solutions.

How can you contact your legislators and encourage them to work for you?

- **Visit their office in person.**
- **Write letters.**
- **Call them.**
- **Send emails.**

Regardless of the method you choose, make sure to tailor your approach, keeping in mind the following points:

- **Be brief.** A legislator's time is limited. As is yours.
- **Be courteous.** Treat them as you want to be treated.
- **Ask for a specific action** without being demanding or threatening.
- **Follow the QR code here** for a link to your legislators' contact information.

(continued on the other side)

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- **Be informative and factual.** Give reasons and provide supporting materials.
- **Be realistic.** Some things may need to be resolved through compromise.
- **Don't be a busybody** or extremist. Don't pester.
- **Never imply that politicians are liars**, even if you think they are. Let the materials and issues you present tell the truth.

Every Senator and Representative keeps track of the visits, letters, emails, and calls they receive, as well as the issues being discussed. This is how they understand what their constituents think. They also have staff members who monitor social media to gauge public opinion, whether positive or negative.

Make your voice heard by commenting on your legislator's posts on platforms like Facebook, TikTok, and YouTube. Your input matters, and using your voice makes a difference.

> *"A man dies when he refuses to stand up for that which is right. A man dies when he refuses to stand up for justice. A man dies when he refuses to take a stand for that which is true."*
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> —Martin Luther King, Jr.

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