

How to be an Effective Advocate

The standard hierarchy for advocacy is 1 in-person meeting with a representative is more effective than:

- 5 original letters
- 50 phone calls
- 500 petition signatures.

Our state legislators welcome hearing from constituents and their staff are happy to meet when available. You can also encourage friends, neighbors, and family to write letters, postcards, or emails.

A few tips when corresponding with your representatives:

- Contact your state delegate or senator—representatives respond primarily to constituents that live in their district.
- Include your full name, local address, and phone number or email address.
- Focus on a specific bill or issue
- Be brief and offer your personal reasons for why the issue is important to you

[Find your legislator!](#)