



TIPS FOR MEETING WITH YOUR LEGISLATORS

1

RESEARCH - GET TO KNOW YOUR LEGISLATORS

Find out as much as you can about your legislators prior to your meeting. What committees do they serve on? What are their interests? Do you have anything in common? What bills do they sponsor? Check out their website and social media.

2

PREPARATION - GATHER FACTS & PRACTICE

List the issue(s) you want to discuss and provide specific facts or statistics related to the topic. For example, how many Missourians are affected? Practice what you are going to say, and limit the issues you want to discuss to those that are most important to you.

3

MEETING - IN PERSON OR VIRTUALLY

For virtual meetings, make sure your technology is working and log on early, from a quiet place with good lighting. Have your phone ready as a backup in case of technical difficulties. If you have a logo, you can use it as your background.

Always be on time or a little early for your meeting, and dress appropriately.

Introduce yourself, be courteous and respect time limits.

Tell your story and share your experience and knowledge.

After you have shared your information, ask if you can count on their support. Offer additional information if needed.

4

FOLLOW UP - STAY CONNECTED

At the end of the meeting, thank the legislator for their time. Follow up with a thank you note, by either email or mail. Include key points of your statements and your contact information (address, email, and phone number).

Follow your legislator on social media. If they took a photo with you, look for it on social media and leave a positive comment on their post.



GOVERNOR' S COUNCIL ON DISABILITY

For more detailed information on legislative advocacy, view the videos and modules on the Legislative Education Project page at <https://disability.mo.gov/gcd/LEP.htm>