

INTRO TO ADVOCACY



Advocacy Options Include:

- **Via social media:** Spread your message to a wide audience, including Senators and Representatives, nearly all of whom are on social media, including Twitter and Facebook.
- **Via Traditional Media:** Write op-eds to express your opinions on important issues and put out press releases to share news about advocacy programming.

Lobbying Options Include:

- **In-person lobbying:** Bring your personal story to the forefront and have a conversation either with your elected official or someone on their staff who has direct contact with them.
- **Attending town halls:** Make your voice heard, ask questions of your elected officials, and increase visibility. Town hall meetings are open to all constituents, although some are promoted by direct invitation. Find a town hall by calling your elected official, checking their website, or going on townhallproject.com
- **By phone:** Advise your elected official with a brief message.
- **By email and mail:** Influence your lawmaker from home by writing your own letters on how an issue affects your family or by adding your personal story to scripted ones from PFLAG National.
- **Via social media:** Spread your message to a wide audience, including elected officials, nearly all of whom are on social media, including Twitter and Facebook.
- **Via Traditional Media:** Write op-eds and letters to the editor to express your opinions on important issues and send media advisories to share news about advocacy events.