

# Message Worksheet

## Advocacy Tips

Follow these tips when talking or writing to your elected officials.

1. **Polite.** Treat policy makers with respect, even if they don't agree with you.
2. **Persistent but Patient.** Policy change takes time. Don't give up.
3. **Practice and Prepare.** Practice talking to your legislator - it really does help. Think about what you want to say before you meet with, write or call your legislator.
4. **Clear.** Stick to a simple and clear message, and keep with it. Get to the point quickly and don't forget to let them know what you want them to do!
5. **Personal.** These real life examples mean a lot to legislators. It helps them look at issues differently - and put a human face on them.
6. **Honest.** Never lie. You want to be a reliable source of information to your policy makers.

**You Issue/Story** *(in 50 words or less):*

**What do you want them to do?** *(in 50 words or less)*

**Three Key Points** to make:

- 1.
- 2.
- 3.

# Know Your State Senator

---

1. **Name of my State Senator:**

---

2. **Political Party:**

\_\_\_\_\_ Democrat      \_\_\_\_\_ Republican

---

3. **My Senator's "other job" is** (teacher, farmer):

---

4. **Committee Positions:**

My Senator is on the following committees:

My Senator is Chair, Vice Chair, or Ranking Member on the following committees:

My Senator holds the following leadership positions: (i.e. Speaker of the House, President of the Senate, Majority or Minority Leader, Assistant Majority or Minority Leader)

## Notes/Other Information

---

*Add any other information about your State Senator that you want to remember, including any personal connections you have. For example, you attended the same high school, you live in the same town, you go to the same church, etc. You can find this information online at [www.infonetiowa.com](http://www.infonetiowa.com).*

# Know Your State Representative

---

1. **Name of my State Representative:**

---

2. **Political Party:**

\_\_\_\_\_ Democrat      \_\_\_\_\_ Republican

---

3. **My Representative's "other job" is** (teacher, farmer):

---

4. **Committee Positions:**

My Representative is on the following committees:

My Representative is Chair, Vice Chair, or Ranking Member on the following committees:

My Representative holds the following leadership positions:

*(i.e. Speaker of the House, President of the Senate, Majority or Minority Leader, Assistant Majority or Minority Leader)*

## Notes/Other Information

---

*Add any other information about your State Representative that you want to remember, including any personal connections you have. For example, you attended the same high school, you live in the same town, you go to the same church, etc. You can find this information online at [www.infonetiowa.com](http://www.infonetiowa.com).*