

Tips for presenting yourself to Legislators as a Self-Advocate

By Joseph Damiano



“Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life, but define yourself.”

Harvey Fierstein

Tip #1

- ▶ Have a group discussion to identify the issues



Tip #2

- ▶ Research the Issues



Tip #3

- ▶ Invite others to be involved in the process



Tip #4

- ▶ Discuss every one's view points on an issue



Tip #5

- ▶ If going as a group decide who is going to present on what issue, if there is a lot of issues being presented

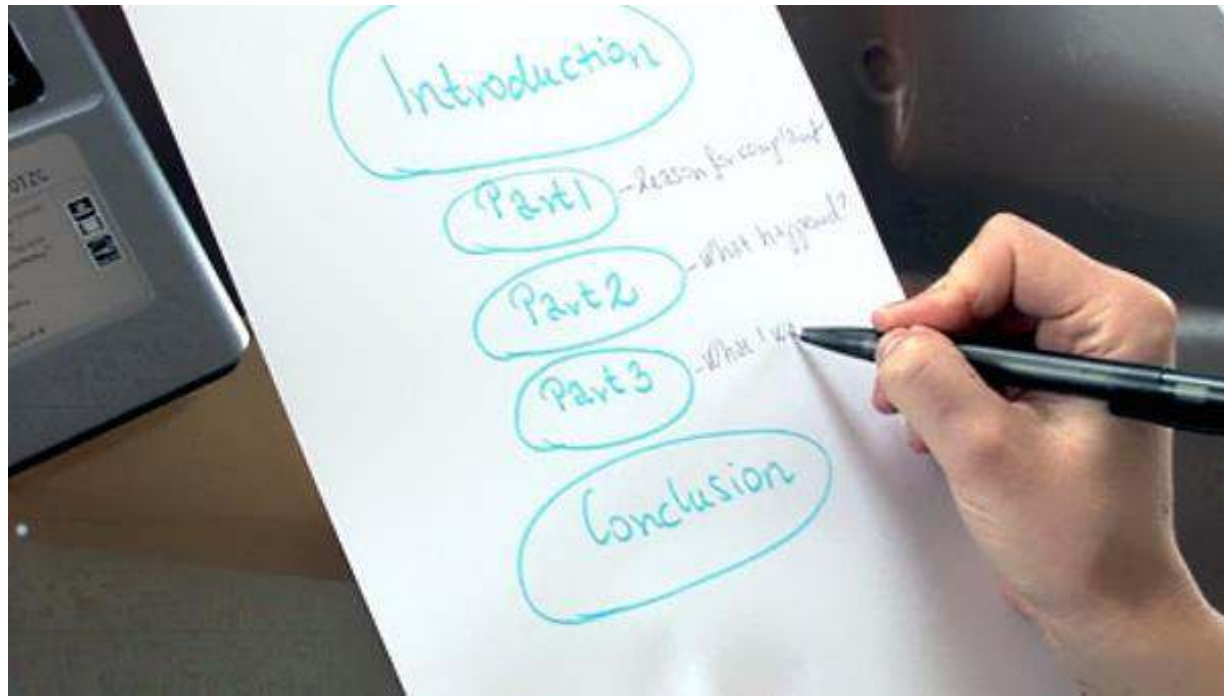
Tip #6

- ▶ Dress professionally (dress to impress)



Tip #7


- ▶ Be prepared to address the issue



Tip #8

- ▶ Arrive to your appointment early

Tip #9

- ▶ Get to know your legislator and know the issues he/she supports or doesn't before you go to the meeting
 - ▶ What you have in common with him/her
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Tip #10

- ▶ Upon meeting your legislator give a firm handshake



Tip #11

- ▶ Present your issue



Tip #12

- ▶ Exchange contact information



Tip #13

- ▶ Always write a thank you card after meeting your legislators



Tip #14

- ▶ Follow up with your legislators by phone, email or letter



Additional Info

- ▶ Hart Senate Office– 1-202-224-3121
- ▶ Russell Senate Office– 1-202-226-8000

http://www.senate.gov/general/contact_information/senators_cfm.cfm

Check Mapquest for directions to Buildings

Hart Senate Office Building– 104 Hart Senate Office Building Washington,DC

Russell Office Building– 2 Constitution Ave NE Washington DC