

# Meeting with Elected Officials

## Schedule Meeting

Contact by phone or email to set up a time to meet with your elected official.

- You can offer some dates and times that work for you, but be flexible and work with their schedule, too.
- Some meetings may have to be virtual, while others might have an in-person option. You should choose which option works best for you.

## Practice before Meeting

Tell your story to someone you trust.

- Keep your story to 3 minutes. Have your person time you.

It is always a good idea to practice your story before the meeting.

- This will help you feel prepared and confident



## Tips during Meeting

Be confident about sharing your story and your experience!

Remember to greet your elected official by their title of Senator or Representative

When introducing yourself let them know that you are someone who lives in their district, you're a **constituent**.

Briefly share an issue or problem you'd like to discuss.

- Help them understand how they can address your problem or issue, and share ideas for a solution

If an elected official asks a question that you can't answer, don't worry!

- After the meeting, you can connect with an advocacy organization like The Arc MN, and then follow-up with more information.

Keep in mind the importance of building positive relationships with our elected officials even if we disagree on an issue.

Thank the legislator at the end of the meeting.

- It is important for elected officials to know that we appreciate their time and work.

### Keep notes about:

- **What happened in the visit**
- **The elected official you met with**
- **The issues discussed**
- **Any comments that the elected official made**

