



Advocacy Education Series

Making a Difference in 5 Minutes

You're busy. We're busy. Everyone is busy. But that doesn't mean you can't make a difference. Advocacy doesn't have to take a lot of time. In fact, you can make a *huge* impact in less than 5 minutes. Here's how.

Call Your Legislator – You don't need an impending vote or bill number to justify your call (but if there is an impending vote, definitely call!). Legislators want to hear from you, so don't feel shy about picking up the phone. Let your legislator know what concerns you and what's on your mind. Let them know that you're here to help, to be a resource that his or her office should not hesitate to reach out to.

Get Involved with Organizations – Sign up for NACDL's advocacy network to receive advocacy alerts, legislative updates, and other policy related news on the national level. Contact your local NACDL affiliate to see if they offer similar services focused on state activity. Search for other organizations (local and federal) that promote issues important to you. And don't forget to sign up to receive newsletters from your elected officials!

Inform Others – Are you upset about an issue? Unhappy with what's being done or *not* being done? Share your concerns with a friend, family member, or colleague. Never underestimate how powerful word-of-mouth can be. It's a small world and you never know who knows who knows who knows who!

Write to Your Legislator – A simple but extremely effective way to make a difference is to send your legislator a letter containing your concerns, viewpoints, and/or thoughts regarding issues of importance to you. Your legislator will appreciate you taking the time to send a letter and the legislative office will almost certainly respond to your letter with a letter addressing your points and how they intend to address them.

