



HEALTHIER KIDS through public policy

Make Your Voice Heard

- Start with your own elected officials. To find out who they are, visit childrenscolorado.org/advocacy. When you contact them, be sure to tell them you live in their district.
- Is this a city, state, or national issue? Contact the right governmental level for your issue.
- Do your research. If you are expressing your opinion on an existing piece of legislation, know the bill number, and mention it when you call or write an email.
- Be pleasant and professional under all circumstances.
- Be concise. Limit your letter to one page, and keep your verbal requests shorter than two minutes.
- Be clear. Ask for a specific result, vote, or action.
- Establish your demographic and credibility by providing a brief explanation of your background and a short personal story that demonstrates why you care. Keep in mind there might be advantages to identifying yourself as part of a group. For example, if you say you are a doctor, in the mind of the elected official, your opinion will represent the opinion of the majority of doctors in the district.
- Be persistent and willing to compromise. Big change often happens in incremental steps over the course of many years.
- Focus on building long term relationships with elected officials and their staffs. Request coffee or lunch appointments during the legislative interim (June through December).
- Thank elected officials for their services, and always thank them when they are responsive to your request.

