

Effective Types of Communication



letters

Writing a letter is a very personal way to voice your opinions, and it demonstrates to staff your dedication to your position.



e-mail

E-mail is a practical and efficient way to stay in touch with policymakers on a regular basis or reach them quickly when issues are pending.



social media

Social media can be a great method to get the attention of your Member of Congress and his or her staff.



telephone

Calls made *en masse* to individual offices can catch the attention of Members and their senior staff.



face-to-face contact

These meetings provide instant feedback and can create that personal connection.



Advocacy Tips

be informed

check in
post visit

be friendly

find common ground

be open

be prepared

don't get
sidetracked

give examples

be calm

don't be
afraid to
admit you
don't know

always have
an ask

don't give up



It takes **5 minutes** to make a phone call or send an e-mail that could turn a policymaker into a **CTE champion!**

FIND *your* VOICE

