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**
- **always have an ask**
- **don't give up**
- **don't be afraid to admit you don't know**

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**