



Your Voice is Needed Prevent Teen Pregnancy and Support Teen Parents Contact Your Legislators Today

FIND YOUR LEGISLATORS

Find out who your state representative and senator are:

www.leg.state.mn.us/leg/Districtfinder.asp

Minnesota House of Representatives 651.296.2146 • 1.800.657.3550

Minnesota Senate 651.296.0504 • 1.800.234.1112

MEET WITH YOUR LEGISLATORS

1. Make an appointment. Take along another constituent. If possible, meet in your home district.
2. Plan what you are going to talk about. Your personal story is what makes a difference.
3. Be on time to your appointment, but do not be surprised if the meeting is rushed or delayed.
4. Respect the legislator's time. Be brief--plan to spend only 15 minutes.
5. Do not be intimidated by the idea of meeting with your elected official. You have the information they need to make good choices; you are the expert. Tell them what they need to know about the issue as it affects you. Educate them, be their teacher!
6. Be polite. Your visit is about building a relationship. Your legislator may not share your opinion today, but presenting your story in a non-confrontational way may give them reason to change their mind in the future.
7. Begin the meeting by finding a common interest, especially about the local community.
8. State the reason for your visit. Be clear about your concerns. Personalize your message and bring supporting documents. Handouts are helpful, but must be one page or less.
9. Ask the legislator whether they will be able to support your position.
 - If the legislator agrees with you, ask how you can be a help to them in the community.
 - If your legislator does not agree with you, ask what information might help convince them otherwise. Do not accept a first refusal. Find the local angle that might eventually persuade them.
10. Send a thank you letter after your meeting. Remind them that you hope they will support your position.

WRITE YOUR LEGISLATORS

1. Include your return address on the letter or use personal stationary.
2. Begin the letter with the appropriate salutation: Dear Senator: or Dear Representative:
3. Keep the letter brief; write no more than one page.
4. Make your letter neat and easy to read; *handwrite* your letter, if possible.
5. Begin the letter by stating you are a constituent. If you voted for the legislator, mention that as well.
6. Identify the issue and cover only one issue per letter. If you have more than one issue that needs to be addressed, write separate letters for each issue.
7. You are the expert. Identify yourself and the reason for your expertise.
8. Make your letter informative. Use examples from your own experience or community. Explain how the issue affects you personally.
9. Provide two good reasons why the legislator should support your position.
10. Offer to be of assistance. Offer to testify if there is a hearing regarding the issue with which you are concerned.
11. Thank the legislator for their time and ask for a written response.

Be a part of the action.

For additional support in contacting legislators or to sign up to receive legislative action alerts contact: Leah Sweet at MOAPPP 651-644-1447, ext 12 or Leah@moapp.org

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Minnesota Organization on Adolescent Pregnancy, Prevention and Parenting

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