



Contact your legislator.

Use HFA's website to contact your representative directly to share your support for, or against, policies that affect you. Check out your senator or representative's website, or even pay them an in-person visit! When writing to or speaking with legislators, be sure to make it personal and share your story. Remember, policy comes from ideas and concerns expressed by constituents. You have the power to make a change.



Use HFA as a resource.

HFA offers many advocacy tools, including guidance on legislative days in your state, action alerts, Dear Addy blog, CQ Roll Call, issue briefs, and much more. Connect with HFA on social media channels and subscribe to our email newsletters.



Hold yourself accountable, just as we hold our representatives accountable.

Make an advocacy calendar or outline goals to provide yourself with direction and to maintain focus and momentum. Form a committee to delegate tasks and use members to mobilize their contacts in the community. Group or peer advocacy is critical to ensuring accountability.



Meet people where they are.

What makes people act in your community? Getting people to follow through on advocacy goals can be challenging given life's many other commitments. Consider strategies that have been effective before and use these to engage community members.



Make advocacy enjoyable.

Plan a community meal and invite people to bring their ideas. Creating an atmosphere that brings people in the door, while providing a forum to make plans, is a win-win.

The key to grassroots advocacy is participation. Please forward our emails to your community members, share posts on social media, plan letter writing campaigns, and host phone banks. Together, we can build a case for Change. As Families USA Executive Director Ron Pollack said, "Don't agonize, organize." Challenge accepted!