



*Easy Read Edition*

# **Sharing Your Story For A Political Purpose**

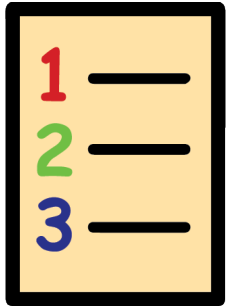
## **Part 7: Advocacy Strategies**

# Advocacy Strategies

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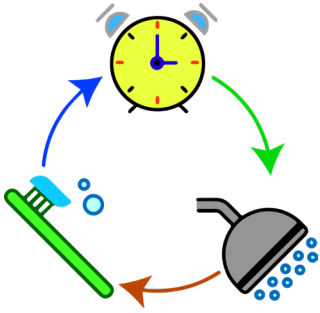


Now you know how to share your story!



Here are some things you can do to make your voice even more powerful:

## Making things routine



Make a routine of looking for chances to share your story.

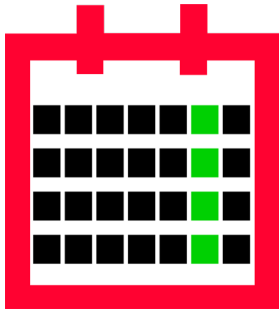


This can help you keep making a difference!

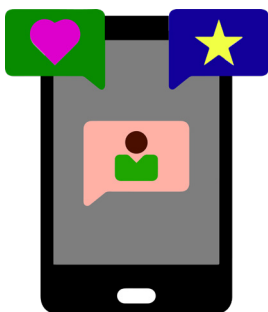
Here are some ways to do that:



- Choose a day each week that you will look for chances to share your story.



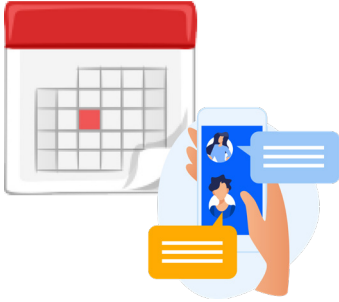
For example, every Saturday you can check the social media of advocacy groups.



You can find out about events where you can share your story.



- Work with your friends!



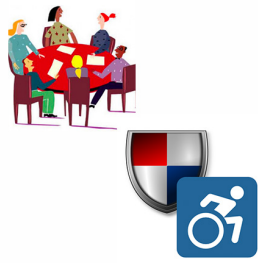
For example, you could check in with your friends once a month.



You can talk about what problems are in the news.



You can talk about what stories you plan to share that month.



- Try getting involved in an advocacy group!



There are many groups that meet in person.



There are also advocacy groups online.



They talk about chances to share your story.

# Working in groups



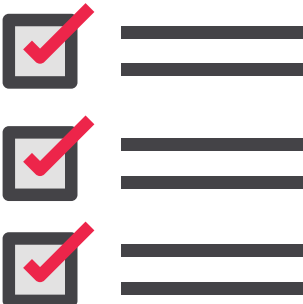
There are other people that care about the same problems that you do.



They also have their own stories to share.



It can be a good idea to work in groups.



Working together with more people can help get more things done.

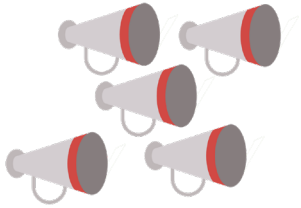


But there are also some things you should be careful about when working in groups.

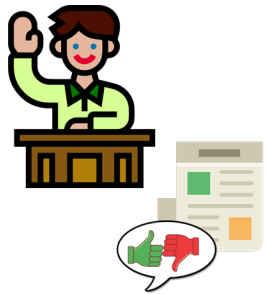


# Working in groups: Pros and cons

## Pro



More people means more chances to spread the word about a problem.



Splitting up work can make things easier for everyone. For example, one person can give legislative testimony. Another person can write an op ed.



It can be hard to stay organized as a group.



Some group members might not do the work they say they will do. One person could end up having to do all the work anyway.

# Working in groups: Pros and cons

## Pro



It's good to have more people attend meetings like a Town Hall. It shows elected officials that lots of people care about a problem.



Doing certain things may be too hard for one person. But other people in a group can help them.

## Con



Group members might disagree about things. It could take longer to decide what to do.



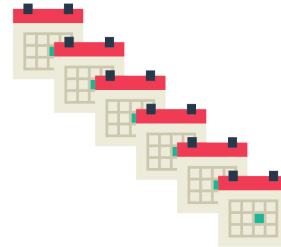
Group members might fight with each other. That can make everyone want to work less.

# Working in groups: Pros and cons

## Pro



Working together can help come up with more or better ideas. You might miss things if you only work by yourself.



## Con

Putting plans into action might take longer. You need to wait for all group members to be ready.

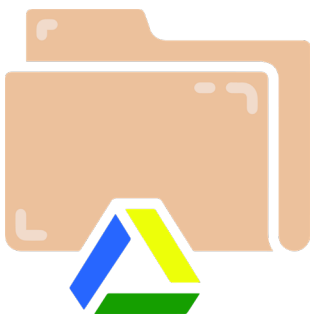
Here are some tips to make the most out of working in groups:



- Try to put all the group work you do in the same place.



That way, everyone knows where to look for new information.



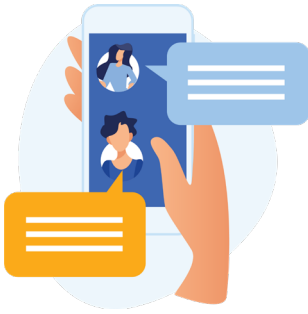
For example, you could make a Google Drive for all group information.



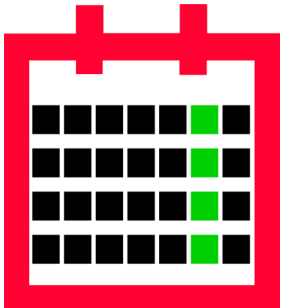
Everyone would know to go there to find what you are working on.



- Try to have group meetings often.



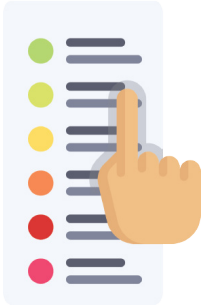
These are a good chance to check in with each other.



Make sure the meetings happen at the same time and place each time.



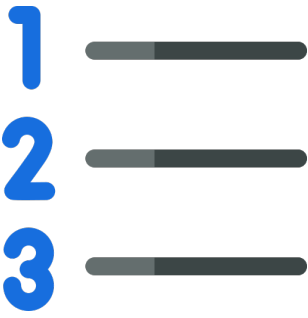
For example, you could meet every Tuesday at 5 p.m. in the library.



- Let people choose what work they are most interested in doing.



That makes it less likely that one group member will back out of a plan.



- Break down each job into small parts.



That way, nobody feels overwhelmed by what they have to do.



Be clear about what you want each group member to do.



Make sure that everyone knows when their part of the job needs to get done.



- Work together to make sure everyone's voices get heard!



This means finding ways for group members to help each other.



For example, Josh has a disability. He is a great writer.



Josh's disability makes him have a hard time with big events.





He wants to give testimony at a legislative hearing.



Alice does better at big events. But her disability makes it harder for her to write.



So Josh and Alice help each other.



Josh helps Alice write her legislative testimony.



Then, Alice helps Josh during the hearing.



She helps him sign up to testify, and find a place to sit.

## Keep making a difference

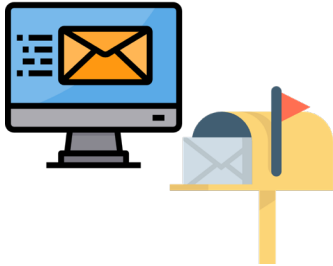


You can keep making a difference after you share your story!

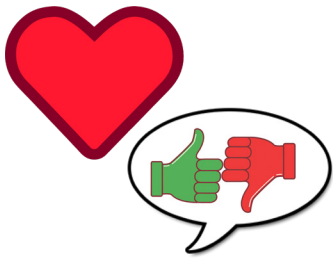


Remember to follow-up on the issues you care about.

Here are some ways to do that:



- Always send a follow-up letter or email after talking with an elected official.



Thank them for listening to you, and remind them of your opinion.



This will help them remember you and your story.



- Look for other people who feel the same way you do about a problem or policy.



You can look for people at Town Halls or hearings.



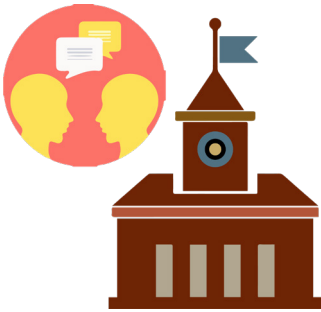
Ask them if they know about other chances to share your story.



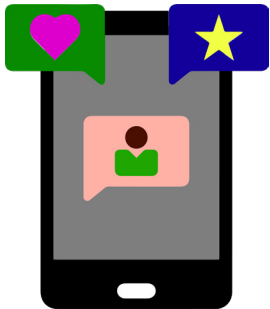
Or, you can ask if you can work together.



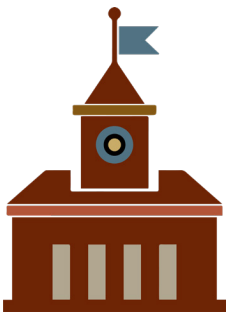
- Let other people know when you share your story, and how it went.



For example, let's say you talked with an elected official at a Town Hall.



Post about it on social media or to an advocacy website.



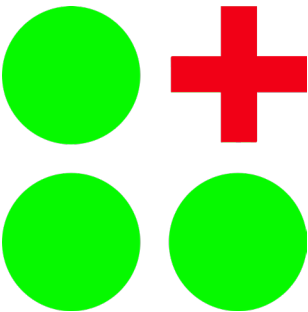
People who see your post might decide to try going to a Town Hall.



- Remember that there are so many different ways to share a story.



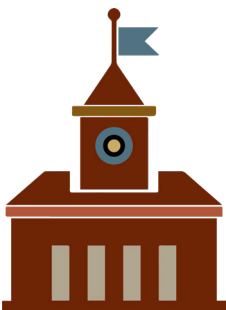
It can be hard to share your story and feel like it didn't help fix a problem.



Next time, you can try sharing your story a different way.

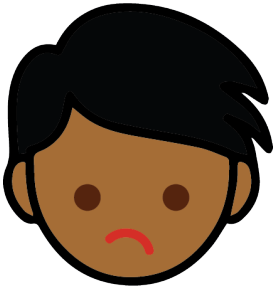


For example, a petition to your elected official might not work out.



You could try going to a Town Hall instead.

## Self-care



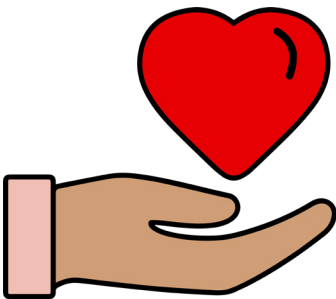
Sharing your story can be difficult.



It is hard to talk about problems that affect your life.



It can make you tired, sad, angry, or anxious.



It's important that you take good care of yourself.



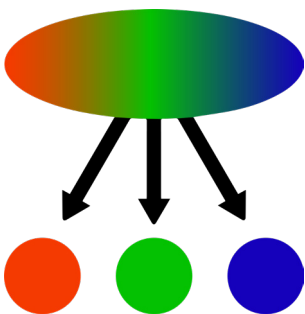


Pay attention to your feelings.

If sharing your story is stressing you out, here are some things you can do:



- Work with another person or a group of people to share your stories.



Talk about how you will split up the work you're doing.



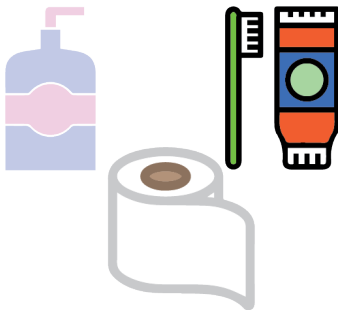
That can keep everyone from getting too stressed.



- Try to build in time to rest after sharing your story.



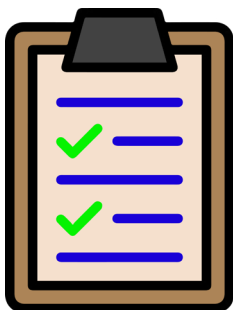
For example: “I will watch a movie or take a nap after I write this op-ed.”



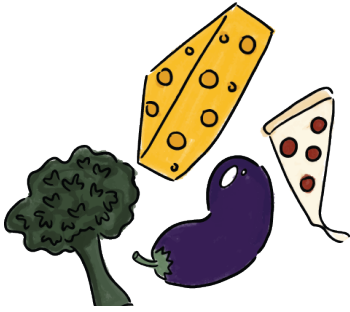
- It can be hard to take care of yourself when you're stressed.



It is even harder for some people with disabilities.



Try to make a plan for how you will take care of yourself.



Think about things like what and when you will eat.



Think about how you'll make sure to get enough sleep.



Think about who you can ask for help.

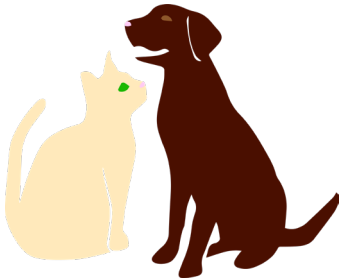


Take time to do your favorite relaxing things.

These are different for everyone, but some examples are:



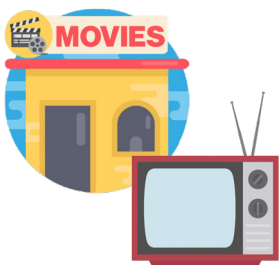
- making art



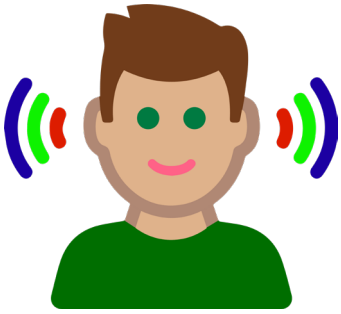
- playing with pets



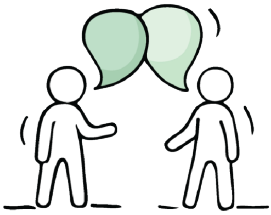
- learning interesting things



- watching TV shows and movies



- Find a few people who are good listeners.



Ask to talk to them about how you feel.