

## Advocacy

### *How can I advocate?*

There are a number of ways that you can step up and take action to improve the lives of children. Some take just a few seconds and some a bit longer. Below are different ways you can advocate on behalf of children.

#### **Email Your Elected Officials**

Sending an email to your elected officials is a quick and easy way to voice your concerns about an issue in your community, a bill, or anything else! The email address for your State Senator or Assemblymember is: [assemblymember.lastname@assembly.ca.gov](mailto:assemblymember.lastname@assembly.ca.gov) or [senator.lastname@senate.ca.gov](mailto:senator.lastname@senate.ca.gov).

#### **Call Your Elected Officials**

You can call your Senator or Assemblymember's office and share your opinion about a bill or an issue that impacts the children and families in your community. Once you are connected to the right office, ask to speak to the staff member who works on children's issues. Clearly have in mind your message and request for your legislator.

#### **Write a Letter to Your Elected Officials**

Writing a personal letter is a great way to communicate with your elected officials. Elected officials are happy to receive personal letters from constituents, as they know it takes time to write a letter with a well-thought out message.

#### **Meet with Your Elected Officials**

A personal meeting with your elected official can be an effective way to persuade that official to support your cause. It is an opportunity for you or your group to sit down face-to-face with a key decision-maker to convey your thoughts on an issue.

#### **Write an Op-Ed**

An op-ed is an opinion piece written by an individual who is not an employee of the newspaper. Op-eds are a great advocacy tool and a way to raise awareness about children's issues—if published, they are read by decision makers, opinion leaders and fellow citizens.