

## Meeting with Your Legislator for Beginners

Are you interested in making deeper community connections? Do you want to see more impactful change? Would you like to support and implement prevention work? Then policy is the place for you! There is a wide range of ways to be involved in policy work, but we are going to keep it quick and easy. One of your first steps towards influencing policy changes is learning who your representatives are.

### How to Find Your Legislator

Use the link below to find your representatives. Simply enter your organization's address, and your local legislators will be revealed.

- <https://www.gis.leg.mn/iMaps/districts/>

### Know Current Bills

After figuring out who you need to talk to, it is important to know what to talk about. You can use the website below to find out which bills have been introduced and what stages they are in, and get updated alerts. Having some knowledge around current bills can be helpful when asking your legislators to support those bills.

- <https://www.leg.state.mn.us/leg/legis>

## Meeting with Legislators

Now that you know who your area's legislators are, you can set up a meeting with them. Take this time to ask for their support of current bills, inform them of your organization's work and expertise within the community, and promote upcoming events.

- Communicate by email or phone, but face-to-face is the most effective approach
- They will likely find time for you if you are travelling from your district
- Don't be intimidated!
- Get to the point! Time is short—meetings usually last no more than 15 minutes
- Be positive and don't criticize other legislators
- Remember that your legislator works for you
- Discuss legislation, describe your services, seek funding, ask for action
- Provide materials about your organization, including invitations to Sexual Assault Awareness month or other events
- Mention any community connections you might have in common (school, faith, clubs, etc.)
- If you don't know the answer, get back to your legislator later or ask MNCASA for help with follow-up
- Ask how you can be of continued service

## Non-Profits and Lobbying

- As a nonprofit organization, you CAN lobby in a limited manner
- Check limitations by grant funding
- Your organization cannot endorse a candidate
- Learn more at [https://www.minnesotanonprofits.org/resources-tools/resources-detail/nonprofit-lobbying-and-the-501\(h\)-election](https://www.minnesotanonprofits.org/resources-tools/resources-detail/nonprofit-lobbying-and-the-501(h)-election)