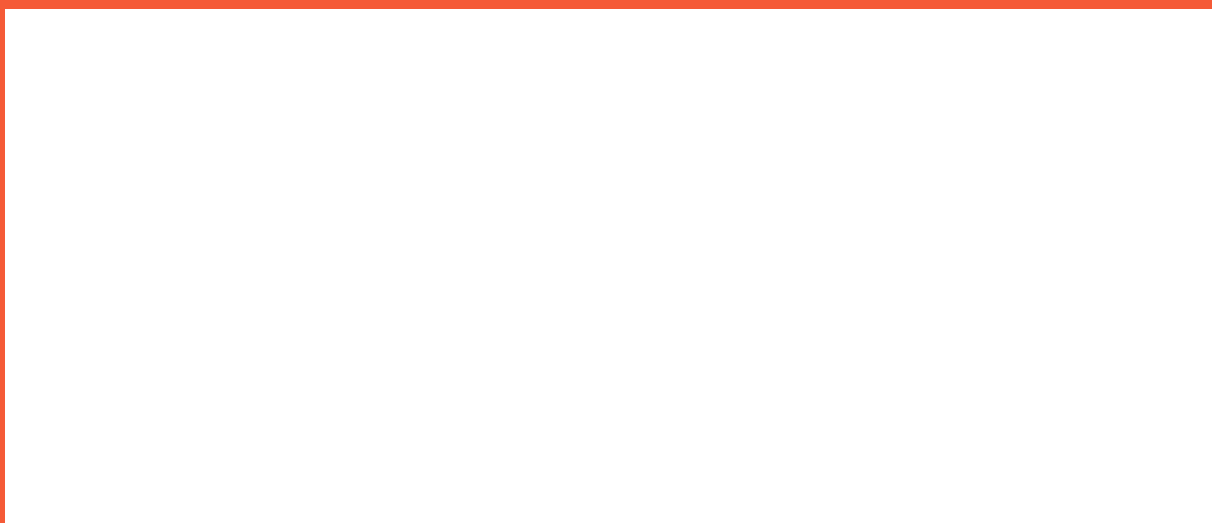


Advocacy : Expand Your Reach

A large component of mission-driven work is reaching out to local, state and federal policy makers, politicians and other leaders. It's a lot of work, but there is strength in numbers. There are people in positions of power who want to make a difference in your work. Use this worksheet to broaden your reach and focus your impact on policy. Change is just around the corner.

1. A core team of advocates is amazing, but they're limited to their two senators and one representative each. America has a whopping 100 senators and 435 representatives and you want to reach them all! To grow your influence, it will be important to engage people who live either outside your state or congressional district (in case you missed it in civics class: Each state has two senators and each congressional district has one representative. A state can have multiple representatives in the House, depending upon its population, but can only have two senators).

Give each person this worksheet and have them write down the names of 5-10 people they're close with that live either outside their state or don't live close to them (in other words -- outside their congressional district).



2. Have each team member reach out to the people listed above to ask them if they would be willing to contact their representative and senators. Remind them that their voice is a powerful tool in making change. If they say yes, put their name, state, U.S. senators and representatives in the below table.

If they don't know their legislators, that's ok., many people don't -- it's confusing stuff and can feel far from each of our lives. But you will find the policies made in the U.S. Congress have an enormous impact on your movement to make an impact against disease. [Have them go to this link](#) and put in their address and zip code.

Don't forget to ask if they have any personal or professional connections with a legislator.

Next, put down the team member who contacted this individual in the sixth column

Name	State	US Senators	US Representative	Existing Relationship with any legislators	Team member

Copy and paste all of your teammates' tables into one shared spreadsheet. This is your extended legislative action network. It'll be good to know if you have constituents in certain districts, as messages from constituents are more meaningful to legislators.

Team members should supply their extended network with the messages they sent to their legislators and work with them to personalize their messages. Next, team members should direct their network to their legislator's websites, click on their contact page, and submit their messages.

Copy and paste this table into the shared extended network spreadsheet. Mark what bill they contacted the legislator about and the date that it was sent.

Bill	Date last message sent

Phew! Doesn't that feel good? You've just extended the reach and impact of your group! High five!

Extra Credit: Are you an overachiever (you made it this far so we know you are)? Check out the Committees in the House and Senate and find those Members in leadership positions on committees that can impact legislation related to your disease of focus. You may start with the Health, Education, Labor and Pension (HELP) committee in the Senate and the Energy and Commerce Committee in the House - and don't forget about appropriations (this is who says where the money goes). Keep building those relationships!