



# ADVOCACY 101-Stories Drive Change

## A One-Page Guide for Community Members, Patients & Caregivers

### WHAT IS ADVOCACY?

Advocacy means speaking up to influence laws and public policy. Public policy shapes the health care we receive, the medicines we can access, how schools operate, and the rights and protections we have. Your voice helps ensure policies reflect real people and real experiences.

### WHAT IS GRASSROOTS ADVOCACY?

- Everyday actions count:
- Phone call
  - Letter or email
  - Social media post
  - Signing a petition
  - Meeting with a legislator

### YOUR RIGHT TO SPEAK UP



You are protected by the First Amendment. You can share concerns, request action, or seek solutions. You can engage with policymakers at the local, state, and federal levels.

### HOW TO TELL YOUR STORY

Use this simple 3-part structure:

Beginning: Who are you?  
Middle: What did you experience?  
End: What change are you asking for?

Tip: Keep your story to 1–2 minutes.

### WRITE YOUR STORY

Beginning: My name is \_\_\_\_\_. I am a \_\_\_\_\_, and this issue matters to me because \_\_\_\_\_.

Middle: One challenge I experienced was \_\_\_\_\_. This affected me or my family by \_\_\_\_\_.

End: I am asking policymakers to \_\_\_\_\_ so that \_\_\_\_\_.

Example: “My name is Alex. I live with Type 1 diabetes. Last year, I had to ration insulin because of cost. I’m asking you to support policies that lower insulin prices so no one has to risk their health.”

### YOUR STORY IS POWERFUL

- You do not need to be a policy expert. Your lived experience is powerful because it:
- Makes issues personal, not abstract
  - Helps policymakers understand real impact
  - Can create change for you and others

### TIPS- TALKING WITH LEGISLATORS

- Meetings are brief (15–20 minutes)
- Meeting with staff is normal and important
- You are the expert on your experience
- It’s okay to say, “I don’t know, I can follow up”
- Make a clear request
- Always say thank you

Want to share your story?



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