**How to Talk to Your Legislator**

Go visit your legislator, preferably either in their district office, or at the capitol, or at a community meeting.

You can also email them or call them or zoom them.

* You can find out who your representatives are by typing your address into the following link:
* www.gis.leg.mn/OpenLayers/districts/
* You will find out their addresses and their contact info there.
* You will also be able to subscribe to their email list, to learn about when they will be holding public meetings.
* Go introduce yourself.
* They are a real person just like you. They like talking to you as they would a friend.
* If possible, find someone who knows them, and visit them together.
* They do not have the time to become an expert, so you will only be giving them five minutes of information.
* Tell them your interesting personal story.
* Show them a picture of your child.
* Tell them something sweet about your child.
* Tell them your personal frustration that they can help with.
* They don’t expect you to be the expert. Your job is to motivate them.
* They want to help. That is what their job is.
* Point them to the expert.
* At the end of the day, they want to know what they could put in their newsletter, that they would be proud to tell their other constituents.
* Ask them what they can do to help.
* If they don’t tell you what they are going to do, they aren’t going to do it.
* Leave them with a one-page handout.
* Document your meeting on the google sheet:
* https://docs.google.com/spreadsheets/d/1DoiZJHd8xob-yE4FerL79xQruJPtw4usyuV1AtaZaMQ/edit?usp=sharing
* Record the date, location, and person you met, along with the result, and what we should do next.
* Make a written summary of the meeting and the commitments made during the meeting and email it to us.
* Send a follow up email or letter to the legislator with a copy of your summary.

Angelica Aguirre, PhD, BCBA-D

President

Minnesota Northland Association for Behavior Analysis

president@mnaba.org

Eric V. Larsson, PhD, LP, BCBA-D

Legislative Liaison

Minnesota Northland Association for Behavior Analysis

legislative@mnaba.org