

Tips For Meeting With Your Legislator

- **Be courteous with the legislative staff**
It's the right thing to do. They should want to be helpful to serve constituents, but, please know that they also can often be helpful and influential to your cause!
- **Simple, concise, and to the point.**
Be brief and focused. This is not an opportunity to lay out a laundry list of problems or to be long-winded. Go in with a clear agenda that is specific. Only 3 things need to be covered:
 - 1) Who you are and why you are there
 - 2) What you want from the legislator
 - 3) Why the legislator should care
- **Be informed.**
Do your homework. Read the fact sheets provided to you prior to the meeting. Be able to talk about how the legislator's constituents will benefit from the action you want taken. If you don't know the answer to a question, don't guess. Let him/her know that you will find out and get back to them (then do that).
- **Use personal stories.**
Personal stories capture attention. Most legislators went into office because they genuinely *want* to help people; let them know how they can help.
- **Educate the legislator.**
We are the experts on diet pills and muscle-building supplements, not the legislators. It is our job to educate them so that they can be our voice for change. Provide him/her with fact sheets. Also leave the legislator with your contact information so that they can follow up, if they have additional questions. It's always best to leave before they ask you to leave!
- **Don't forget to thank them!**
- **Report back.**
Make some notes after the meeting about the legislator's reaction, and let STRIPED, NEDA, and MEDA know how it went. This is really important, so that we can track legislative support and help direct future actions.
- **Maintain communication.**
Write a thank you letter after your visit to send to the legislator.