## Advocating to

Don't burn bridges and be respectful. People won't always have the same views as you. You are a spokesperson for your cause, don't turn people away with poor behavior.

Introduce yourself and your cause first.

Educate others with facts, your lived experience, and examples There is power in numbers. Advocate with others.

Communicate in a comfortable manner. Advocate by phone, letter, email, Zoom, or in person

> Get to the point fast and stick to the topic

Be flexible, advocate at different times in different locations.

> THE NEW JERSEY

SELF-ADVOC