



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



Minnesota Northland Association
for Behavior Analysis

info@mnaba.org www.mnaba.org