UNRESTRICT MINNESOTA

Lobbying 101

1. Preparing to Meet With Your Legislator

Assign roles within your group. Decide who will facilitate the legislator meeting, who will share a story, who will ask for support, and so on. Consider different plans based on meeting length.

2. During the Meeting

Ask the legislator how much time they have. Plan differently if you have 5 or 15 minutes. Don't let your legislator waste time talking about something unrelated to avoid tough questions.

Identify yourself. Start the meeting by introducing yourself, identifying that you're a constituent, mentioning that you are part of UnRestrict Minnesota's Lobby Day, and stating the issue you are lobbying for. Ex: "My name is Jane Doe. I live at 123 Cherry Lane. I am here today because I want to tell you about how important abortion access is to me. I'd like you to support Bill X because it will make access to abortion easier in Minnesota."

Be firm on your position. Your legislator represents you, so it's important to clearly share where you stand so they can reflect your values and those of others in your district.

Speak from your heart. Be genuine; there is no need to polish your story.

Leave room for silence. After everyone in the group has gotten a chance to tell their story, give the legislator a chance to share their thoughts and feedback with the group.

Remember: legislators are people, **too**! Legislators represent us, and we treat them respectfully. If they don't support our issue, continue sharing stories. If they are a champion, thank them!

End the discussion with a call to action. "Can we count on your support for x, y, z?"

3. After the Meeting

Take notes immediately after the meeting. You're gathering important intel! What was your legislator's position? What information did they share with you? What should UnRestrict know about your legislator based on the meeting? Anything we need to follow up on?

Complete a feedback form. Let us know how the meeting went so we can follow up with legislators and answer any questions that came up.