

North Dakota



Step 5: Prepare to advocate

- Submit questions for legislative hearings
- Sign up to speak during legislative hearings

Step 4: Follow-up

- Pay attention to state meetings
- Watch for legislative bills that relate to your topic of interest



Step 1: Decide the topic(s) you want to address

- What changes do you want to see?
- Why are these changes important?

Step 2: Know who to contact

- What district do I live in?
- What committee do I want to reach out to?

Step 3: Contact your legislators

- Email
- Phone
- Mail
- In-person meeting

