

## GLOBAL LONELINESS AWARENESS WEEK

# 6 Steps to Meeting with Your Lawmakers

Please use the best practices below to guide your federal advocacy efforts.

### 1 Identify Your Representatives


If you are not available or planning to join the Hill meetings the Coalition scheduled, we encourage you to schedule your own meetings, either in-person or virtually. The first step is to identify your representatives. You can visit [www.congress.gov/members](http://www.congress.gov/members) and use your zip code to find your members of Congress. Additionally, visit your representatives' individual websites for information on committee assignments, key issue areas, and sponsored and co-sponsored legislation. While gathering this information, you may identify additional stakeholders that align with your goals and objectives.

### 2 Schedule Your Meetings

We recommend making meeting requests to staffers as concise as possible; under 150 words is preferred. Include a short paragraph about your organization, if applicable, and a brief bio for each attendee, including their full address so staffers know they are in the lawmaker's district.

### 3 Know Your Audience

Prior to your meeting, it is a good idea to prepare for your audience. Oftentimes, depending on your lawmaker's schedule, you will meet with a staffer. These staffers, typically younger adults in their 20s and 30s, are the true policy experts and end up writing the legislation behind the scenes. Speak to them as much as you speak to the lawmaker. Perhaps engage in small talk about where they are from in the respective area/state (e.g., colleges or universities,



sports teams, and restaurants) to begin an easy flowing conversation. In any follow-up communications, thank the staffer(s) and foster a professional relationship.

## 4 Determine Your Talking Points

To communicate effectively, your remarks should be concise, clear, and highlight the key information you want to convey as you educate lawmakers and/or staffers on social isolation and loneliness. If you only have 10 minutes, what information do they need to know?

**Note:** Lawmakers want to hear from their constituents, so feel free to personalize your talking points to your experiences and share why this issue is important to you and/or your organization.

## 5 Share Your Ask

Make sure the ask is clear when targeting each elected official. In other words, what action would you like the elected official to take (i.e., co-sponsoring legislation, supporting legislation, funding an agency or department, etc.)?

**Ask:** We urge lawmakers to address social isolation, loneliness, and social connection in legislative packages within the 118th Congress to ensure all Americans have the opportunities and supports necessary to be socially engaged in society.

## 6 Follow Up

Send thank-you emails to staffers and lawmakers who participated in the meeting and attach any “leave-behinds.” Be sure to include your contact information for the member or staffer so they can reach out with any follow-up questions. Follow up individually with staffers/lawmakers on action items, if necessary.