

## **Your voice is needed! Support responsible sex ed! Contact your legislators today!**

### **Who represents me?**

- To find out who your state representative and senator are, visit [www.leg.state.mn.us/leg/districtfinder.asp](http://www.leg.state.mn.us/leg/districtfinder.asp).

### **Make an appointment to meet with your legislators.**

#### Before the meeting:

- Have a fact sheet for each topic you need to discuss. Factsheets are available on the [Coalition's website](#).
- Before the meeting, custom highlight your fact sheet and staple a note with your name and home address to the corner of the sheet. Leave this with your legislator.
- If you are planning on discussing a bill, know the names of all sponsors and cosponsors. [Contact the Coalition](#) for assistance.
- Rehearse a brief one or two sentence description of why you are there as a way to begin the meeting.
- Obtain relevant background on your state legislator(s). [Contact the Coalition](#) for assistance.

#### During the meeting:

- Respect the legislator's time and be brief. Arrive on time and plan to stay no longer than 10-15 minutes.
- Keep in mind that you are their constituent and they are there to serve you. Try not to be intimidated.
- Start the meeting with the one or two sentence description you rehearsed of why you are meeting. Also try to relate at least one quick real-life example of the need for responsible sex ed.
- Educate them! You have the information they need to make good choices. Handouts can be helpful, but should be one page or less in length.
- If the legislator cannot meet with you for some reason, meet with staff and leave a personal note summarizing your mission.

#### After the meeting:

- Write a follow-up letter thanking the legislator and/or staff for time spent on your issue and include a brief summary of action to be taken.
- Continue to keep the legislator informed of the progress or problems concerning responsible sex ed.

### **Write your legislators.**

Whether you write or type a letter or email or fax your legislators, keep the following in mind to make your communication an effective tool in supporting life-long healthy sexuality:

- State the purpose for writing at the beginning of the letter and get to the point quickly.
- Include key information, using examples whenever possible.
- Keep your letter brief – one page max; if you email, keep the email to a few brief paragraphs.
- Explain why responsible sex ed is important to you, personally, as a constituent. Do this in your own words.
- Provide your legislator two good reasons why he/she should support your position.
- Always communicate as a constituent; never propose to be a spokesperson for a group.
- Cover only one issue per letter. If you have more than one issue that you would like to address, write separate letters for each issue.
- Offer to be of assistance. Offer to testify if there is a hearing regarding responsible sex ed.
- Be courteous and never threatening.