

Advocacy: Forming Your Team

This worksheet will help you get started on your journey to becoming an advocacy powerhouse. First step is forming a team! Legislative advocacy can seem daunting, but legislators want to help the constituents they work for. Plus, you're amazing. You've got this.

Forming a team is a great way to do advocacy. Teams can keep each other motivated and accountable. They allow you to share resources and best practices.

1. Start with something you know like the back of your hand -- your story. Before you get started, it's important to know what your motivations are. Don't worry about being perfect or having clear goals yet. You'll get there. Just write out your thoughts and first reactions.

How has this disease impacted your life?

In what ways do you think policy or legislation could help people impacted by this disease?

Great! We will come back to this!

2. Recruitment. In forming your team, you should only choose people with legislative experience, right? WRONG! Your team should be filled with anyone interested in creating change.

Use this space to brainstorm passionate individuals in your social network who have a connection to the disease. Think through your networks: people you went to school with, you've volunteered with, you've previously worked with, etc. and write them here.

3. Send those people an email, text, tweet, or telegram (do people still do that?) asking them if they want to be part of a newly created legislative team that is looking to make a difference. Make sure your message is short and friendly.

Template:

Hey [REDACTED]

I am starting a legislative group for people impacted by [REDACTED]

“How has this disease impacted your life?” [REDACTED]

“What we can get done together” [REDACTED]

Do you want to join my team and change the world!?!

Yours, [REDACTED]

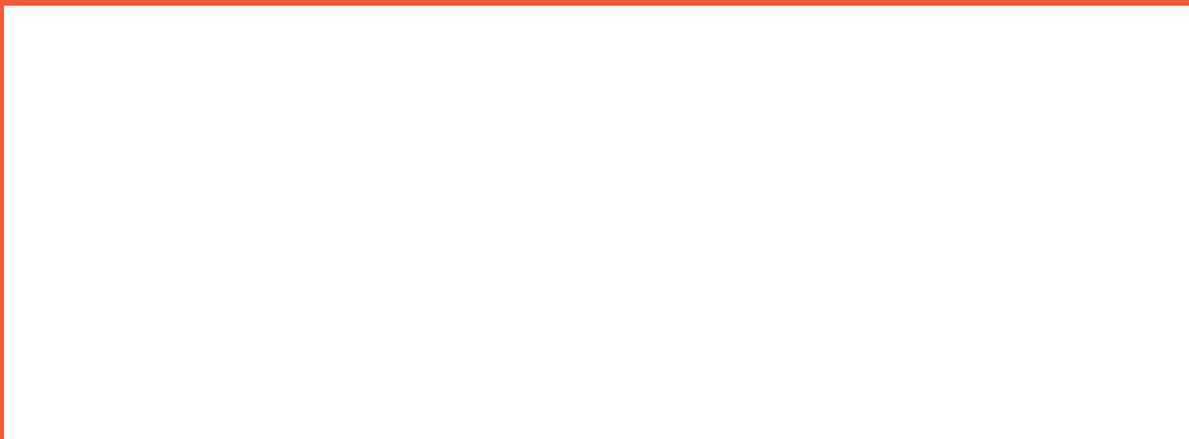
4. Great start! But we aren't done building your team. Let's reach beyond your network and recruit some people from the larger disease community via social media. On the next page is a template to help get you started. Feel free to edit it in the box provided below!

Social media post:

Hello current and future advocates! I'm forming a legislative team of people who are living with and impacted by [REDACTED] and who want to create change. No experience necessary. Passion for justice required! Contact me for more details!



Once you have your draft finished, post it on your social media channels and on Facebook groups or other forums that people impacted by the disease use. Use the space below to brainstorm those potential online spaces.



Now post away! And wait for your potential new teammates to contact you.

5. Roster. Don't get discouraged by people who say "no" because plenty of people will say "yes." Add those people's names to this list!

Name	Email	Phone

6. Next, it's about holding your team accountable and being the leader you were born to be. The accountability part comes with togetherness -- schedule some way for the group to meet on a recurring basis. There are tons of options through online platforms like Zoom, Skype, or Google Hangouts, or you could meet in person at a local coffee shop or a common place that's familiar to your disease. The frequency will be up to you. In the beginning, the more you meet, the better. This helps you gain momentum and make lasting change!

