

## **FREQUENTLY ASKED QUESTIONS**

### ***How can I find out who my state legislator is? What about my U.S. Representative and U.S. Senators?***

Every state has a legislative website and most have a feature where you can enter your zip code to find out who represents you. Your U.S. Representative (every district has one) can be found by going to [www.house.gov](http://www.house.gov) and entering your zip code in the box at the top right-hand side "Find Your Representative". Your U.S. Senators (every state has two) can be found by going to [www.senate.gov](http://www.senate.gov) and finding your state in the top right hand corner drop box called "Find Your Senators".

### ***How can I find out information about the policymaker I am going to meet with?***

It is important to know some basic information about the person you are going to meet with, what their role is, what action they may have taken regarding your issue, and what issues are most important to them. Reading the person's bio and recent press releases can provide some of this information. These are usually available online. If available, a search of their website may also reveal some helpful information. You can also search for recent news articles about the person or their agency.

### ***What if someone asks me a really personal question or something I don't want to answer?***

Be honest and kindly respond that it is too personal or too hard to answer their question or that you would rather not answer. You can repeat what you have already comfortably shared about your story.

### ***How should I follow up with a policymaker after a meeting?***

Within a week or two of the meeting, send a letter or email to the person you met with thanking them for the meeting and a very brief reminder or summary of the issue you discussed. Provide any additional information that was requested or that you offered to share. Remind the policymaker about your willingness to be an ongoing resource to him or her.

### ***What type of information should I take with me to leave behind?***

A one or two page fact sheet or summary of information related to the topic you are raising will help reinforce the message you are sharing and can serve as a resource to the policymaker and/or his or her staff as they further consider and discuss the issue you raised. Make sure your information comes from a credible source. The information could include data, a program description, or other facts about the issue.

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