

1. Introduce yourself and your family and where you live.
2. Briefly explain the issue or problem that concerns you.
3. Share a personal story or experience about how the issue or problem is affecting your life.
4. Explain what you think needs to be done to fix this issue or problem (*this is your "Ask"*).
5. Ask if the legislator can support your issue.
6. Thank them for their time and share contact information.