

National AHEC Organization

TIPS FOR AN EFFECTIVE CONGRESSIONAL VISIT

DO

- DO thank them for taking the time to meet with you.
- DO thank them for considering your viewpoint.
- DO be forthright and informative in your communication.
- DO stick to the agenda.
- DO keep it simple and brief.
- DO tell the legislator/staffer what you would like them to do.
- DO provide the legislator/staffer with a persuasive argument, allowing each group member to contribute to the conversation when appropriate.
- DO cite specific issues and data.
- DO offer to provide additional background information on the subject you are discussing.
- DO offer to assist the legislator's staff in any way possible.
- DO let the legislator/staffer know why you care about the issue-share personal stories.
- DO tell the legislator/staffer how this subject affects their constituents.
- DO expect your legislator to be responsive to your views.

DON'T

- DON'T be narrowly ideological.
- DON'T be threatening or confrontational.
- DON'T be close-minded.
- DON'T be overly technical.
- DON'T lose track of time- legislators and staffers are extremely busy and you should respect their schedule.
- DON'T expect your legislator to drop everything and focus on your concerns.