

KEEP ADVOCATING!

Ways to engage in advocacy:

Political Engagement:

- Join a letter writing campaign
- Sign a petition
- Meet with your MP (or call or email them)
- Join a political party
- Stay informed, seize opportunities

Public Engagement:

- Encourage your community to take action with you
- Engage in non-violent action such as public events or vigils
- Prepare an elevator speech
- Write an op-ed or letter to the editor

Tips for meeting with your MP:

1. Plan ahead and do your research

- Create an outline with talking points
- Consider assigning speaking roles, practice
- Look up the MP's profile and voting record

2. Focus on what you know

- Why do you care about this issue?
- Do you have a personal connection to the issue?
- What experience or expertise can you share?

3. Have a clear ask

- What would you like the MP to do?
 - Ask a question in the House of Commons
 - Sponsor a parliamentary petition
 - Pass a motion to study an issue at a committee
 - Raise an issue in caucus
 - Table a private members bill
 - Make a public statement of support, use social media
 - Take a pledge
 - Speak at an event or press conference
 - Give their advice on roadblocks, who to talk to next

4. Follow up a couple weeks later

- Send an email thanking the MP for meeting with you
- Remind them of any action points

How to have effective conversations

Whether talking to your MP, your neighbour, or a family member, having conversations about the issues that concern you is an important part of advocacy. Here are some tips about how to have these conversations well.

- Remaining humble and open will help decrease barriers for becoming defensive or engaging in an unproductive conversation.
- Taking a curious approach will provide space for mutual learning, ask questions.
- Focus on shared values. Build from a place of agreement to create a safe space for new ideas.

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