

STUDENT ADVOCACY GUIDE

The purpose of this guide is to help students with disabilities advocate for issues or problems that are important to them. Students with disabilities may use the guide to identify issues or problems important to them, identify their representatives, and plan how they will advocate.

STEP 1: Identify Issues or Problems Important to You

The first step in advocacy work is to identify the issues or problems you want to discuss with your representatives. Issues or problems may be things that frustrate you or impact you personally. They may also be larger problems within your community or across the country. You may also advocate for specific pieces of legislation.

Check out the resources below to learn more about some topics you may choose to advocate for.

[TASH Advocacy Center](#)

[Council for Exceptional Children Advocacy Center](#)

[AUCD Policy Issues](#)

What issues or problems are important to you? Write down topics that you may want to advocate for with your representatives and describe why the issue or problem is important to you.

Issue/Problem	Why is this issue/problem important to me?

STEP 2: Identify Your Representatives

Once you have identified some of the issues you would like to advocate for, it is time to identify your representatives. Representatives are people who are voted into office to serve the area you live in. Representatives vote on legislation and make other policy decisions.

To find your representatives, enter your address and city into [Missouri Legislator Look Up](#).

Once you identify your representatives, it is important to identify their contact information, including their phone number and/or email address. You will use their contact information to schedule an appointment with them.

Representative	Name	Phone Number	Email
Governor			
M.O. Senator			
M.O. House District Representative			
U.S. Senator			
U.S. Senator			
U.S. House District Representative			

STEP 3: Schedule a Meeting

The next step is to identify which representatives you would like to speak to. You do not have to meet with every representative listed in the table above. Using the information you collected about your representatives, call or email them to schedule a meeting to talk in-person or on the phone.

Look on the next page to find examples of email and phone scripts you can use to contact your representatives.

Sample Email - Request In-Person Meeting

New message — ✖ ×

To [INSERT REPRESENTATIVE EMAIL ADDRESS]

Subject MO Disability Legislative Day

Dear [Representative],





My name is [your name] and I am [insert your role]. I live in [city/town] and am a constituent of yours.

I would like to schedule a time to meet with you to discuss [insert issues/problems you want to advocate for].

I will be in Jefferson City on [insert date] for MO Disability Legislative Day. Are you or a staffer available to talk with us on [insert date]?

Thank you for considering my request. I look forward to hearing from you.

Sincerely,
[Your Name]

Send    

Sample Email - Request Virtual Meeting

New message — ✖ ×

To [INSERT REPRESENTATIVE EMAIL ADDRESS]

Subject MO Disability Legislative Day

Dear [Representative],





My name is [your name] and I am [insert your role]. I live in [city/town] and am a constituent of yours.

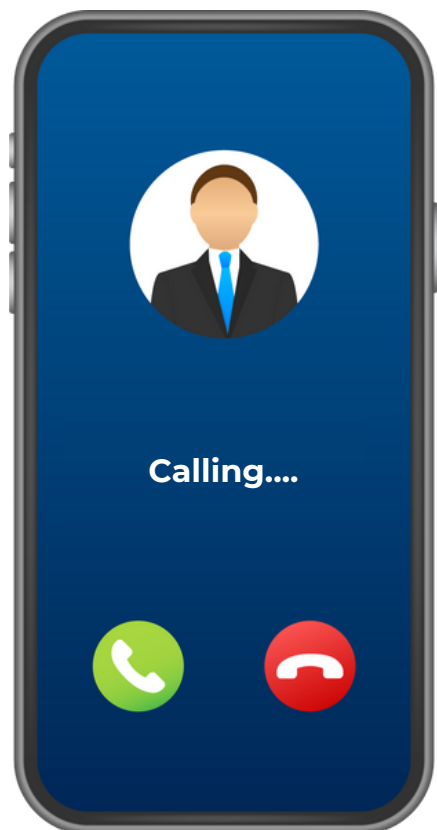
I would like to schedule a time to meet with you to discuss [insert issues/problems you want to advocate for].

I would greatly appreciate the opportunity to discuss these issues with you or a staffer on Zoom. When would be a good time for us to talk more?

Thank you for considering my request. I look forward to hearing from you.

Sincerely,
[Your Name]

Send    



Sample Phone Script - Request for In-Person Meeting

Hi,

My name is [your name] and I am a constituent of Senator/Representative [your Senator or Representative].

I would like to schedule a meeting with my representative or a staffer to discuss [insert issue/problem you want to advocate for].

I will be in Jefferson City on [insert date] for MO Disability Legislative Day. Is there a time when I could meet with Senator/Representative [your Senator or Representative]?

Thank you- I look forward to talking more with [insert person you scheduled meeting with] on [insert date] at [time of meeting].

Have a great day!

Sample Phone Script - Request for Virtual Meeting

Hi,

My name is [your name] and I am a constituent of Senator/Representative [your Senator or Representative]. I would like to schedule a virtual meeting with my representative or a staffer to discuss [insert issue/problem you want to advocate for].

When would be a good time to meet with Senator/Representative [your Senator or Representative]?

Great- I will set up a Zoom meeting and send it over. Who should I email the Zoom link to?

Thank you- I look forward to talking more with [insert person you scheduled meeting with] on [date] at [time of meeting].

Have a great day!