Part One: Finding Your Representatives and Value Identification

1. Look up your representatives
One of the first steps to legislative advocacy is to identify your state and federal representatives. The most effective advocacy efforts are directed at a representative of whom you are a registered constituent, and so identifying your elected officials is crucial to targeting your efforts.

- Go to act.commoncause.org, enter your geographic information, and identify your elected officials and their contact information (telephone is generally more effective than email).

-Federal Representatives:
   - US Senator #1:
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   - US Senator #2:
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   - US Representative:
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-State Representatives:
   - State Senator:
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   - State Representative:
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2. Research your representatives
In general, the more you know about your representative, the more effectively you can impact their opinions and decision-making by targeting your message to what is most important to them.

- Pick one or two of your federal or local representatives to complete the following questions:

- Do your representatives have a stated position on gun control legislation?

- How have your representatives voted on gun control legislation in the past?

- Have your representatives, or your representatives’ constituents, experienced gun violence in your community?
Legislative Advocacy Exercise
Please go through this worksheet individually or in small groups

**Part Two: Creating your Pitch**

1. Think about (or research) a local bill related to gun control, and how you would develop a 2-minute “elevator pitch” or phone message directed at your state representative, discussing your position on this bill. Alternatively, think about the Dickey Amendment (handout provided), and how you would develop a pitch directed at your federal representative discussing your position on this legislation.

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**Re-Group:**
- Did participants run into any difficulties finding their representatives and identifying their values?
- Share elevator pitches
- What makes an effective elevator pitch?
- How can you target elevator pitches to representatives who may not be particularly interested in gun safety legislation, or who may share different views on gun safety legislation than you?
- How could you incorporate this type of exercise into the resident schedule? How could you develop a legislative advocacy network in your residency to make this work simpler and easier for residents?

**Part Three: Story-banking**

Human stories are generally more effective at impacting legislators than statistics or dry facts. As pediatricians, we have a rich resource of patient stories that can be de-identified and shared with legislators, in order to illustrate the human impact of legislative action.
Legislative Advocacy Exercise
Please go through this worksheet individually or in small groups

1. Create a story-bank of patient stories related to gun violence
   - Thinking back to your piece of legislature (or gun violence prevention efforts in general), what types of patient stories would be relevant in advocating to your representatives?

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   - Write down a relevant story and think about how it may best be shared with others

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Re-Group:
   - Did participants run into any difficulties in coming up with or writing down your stories?
   - HIPPA concerns?
   - Share patient stories
   - What makes an effective patient story? How can these stories best be used in legislative advocacy?
   - How can a resident story bank be developed in your program?