

## How to Tell Your Story

When you only have limited time meeting with your legislator, every word counts. Stories should be compact and compelling. Practice telling your story—time it and try to keep it under two minutes. Ask for feedback from friends. With practice, you will be able to shake your nervousness while keeping your energy and passion! Use the three elements below to help build your story.

### 1 | All Stories Need People

**What is your personal connection to the issue? Why are you here?**

- Introduce yourself: My name is \_\_\_\_\_, and I am here as a constituent and/or representing \_\_\_\_\_ [organization, coalition, group, etc.].
- Describe a challenge, experience, or success related to the issue: As \_\_\_\_ [your identity / perspective]:
  - I saw the effects of ...
  - I could / couldn't or I did / didn't ...
  - My life changed when ...
  - I loved to / dreamed of ...
  - My family often...
  - My community was ...
- And then (describe where you are today):
  - I chose to ...
  - I got help from ...
  - I realized ...
  - I got involved with ...

### 2 | All Stories Need Connection

**How does your experience connect to the issue at hand?**

- This experience has taught me / my community / organization that:
  - \_\_\_\_ needs to change
  - I am not alone. There are many others like me who \_\_\_\_
  - In order to \_\_\_\_, we need [more / less / better] \_\_\_\_

### 3 | All Stories Need Action

**What needs to happen next?**

- In order to \_\_\_\_, we're asking for your help today. Will you commit to:
  - Supporting / opposing \_\_\_\_ bill or amendment
  - Voting for a budget increase for \_\_\_\_
  - Joining us at \_\_\_\_ event on \_\_\_\_ in support of \_\_\_\_

*This guide was developed by the ACLU-PA and is updated by Elizabeth Randol, legislative director (erandol@aclupa.org).*