



Virginia Association of School Social Workers

A SSWAA Affiliate State

Action Plan

1. Know your legislator and how to contact them:

<https://whosmy.viriniageneralassembly.gov/>

2. Create an “Ask”. What do you want?

- a. What is your solution?
- b. What is something right now that you would like to see be different for your profession, your schools, your community?

3. Craft your message

- a. Clearly and succinctly state your “ask.”
- b. List three reasons why your “ask” is an issue.
- c. Find 1-3 statistics to support your “ask” that illustrates why change is needed on this issue.
- d. General guidelines
 - i. Consider the length. No more than 1 page.
 - ii. Be personable; speak from experience; share stories (within confidentiality guidelines) that highlight the need or ask

Example:

https://docs.google.com/document/d/1GWfMqeLLy14Z49jYUiEyR_O8PaT999kRq7eUle_yfx5w/edit?usp=sharing