My biggest advice is that I do see elected officials sitting up and paying attention. Understanding that young people are angry and young people feel ignored and young people feel that their elected officials and elected institutions are not responsive to them. I also think that change is happening in response to your anger. Maybe not as fast or as evident as some people would like but I definitely see it. One of the ways to continue to push that change is to vote. There are also other ways- advocate within your peer group, work in coalitions with other organizers, to be involved in your community, to be pushing out information over TikTok, to be part of movements for social change. But voting can help. One of our elected officials in the legislature who is probably been the biggest block to progress won his election by 5 votes last time. And Biden won by a very slim margin. With Biden in particular it came down to a handful of votes in one particular county and if those people hadn't shown up to vote or they voted a different way things could have gone really differently. One of the lessons to take away from the fragility of our institutions that we're experiencing in this Post-Trump Era and with the Supreme Court tearing away all of these rights that we thought were firmly established is that it is fragile, but that also means that small group of people can make a difference between whether it holds together.