

TIPS FOR MEETING WITH YOUR LEGISLATOR (VIRTUALLY)

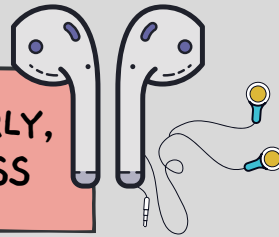
Use these tips when meeting virtually with your legislators!

1 FIND A QUIET SPACE THAT IS BRIGHT TO SHOW THAT SMILING FACE



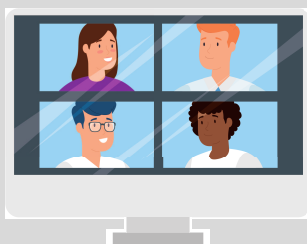
2 STAY HYDRATED - A NICE SIZED WATER BOTTLE AND SOME HOT TEA WILL DO IT!

3 WE WANT TO HEAR YOUR MESSAGE CLEARLY, SO HEADPHONES ARE THE KEY TO SUCCESS



4 VIRTUAL MEETINGS GO A LOT BETTER WHEN USING A COMPUTER OR TABLET

5 TAKE A MINUTE TO FOCUS AND CONTROL YOUR BREATHING



6 AND REMEMBER, YOUR STORY IS WHAT MATTERS AND WHY THEY SHOULD HELP!

PLEASE DO NOT RECORD YOUR MEETING. YOU ARE WELCOME TO TAKE A PICTURE OF THE MEETING TO SHARE ON SOCIAL MEDIA WITH THE PERMISSION OF EVERYONE ATTENDING.