Talking to your Elected Officials

Be Prepared

Have materials ready the night before.

- Find studies about cannabis and the condition that affects your family. Bring studies for any claim you will make and email them to the Legislator the night before.
- Have a handout that clearly covers your talking points.
- Bring any photos or videos you’d like the legislator to see.

Be able to tell your story in 2-3 minutes. Be sure to include:

- Thank your legislator for their time.
- Let them know you support medical cannabis access.
- Tell them how access to therapeutic cannabis will help you or your loved one.
- Explain how lack of access has hurt you or your loved one.
- Let them know what you’d like to see changed in the bill.
- Ask if they have any questions. Ask if you can count on their support.

Etiquette

Meeting an elected official can be extremely overwhelming at first. Just remember that these elected officials are human. They are hearing from all sorts of people about lots of issues.

Do:

- Dress for your audience. Wear professional clothes if possible.
- Be polite and respectful.
- Stick to your topic and avoid going off topic. Don’t discuss issues that aren’t on the table.
- Offer to answer any questions they have. If you don’t know the answer, say so. Be willing to research it and get back with them. This helps set up continuing conversations.
- Thank them for their time.

Don’t:

- Don’t argue. You will come across many legislators that disagree with you or have misinformation. Eventually, you want that legislator to vote for medical access. If tension elevates, thank them for their time and walk out. The seeds have been planted.
- Try to avoid partisan politics as much as possible. Stick to the issue of medical cannabis, which is non-partisan.
- Do not use foul language and make sure you watch your tone and body language.
- Do not get physical with anyone.

Follow-up

- Always follow up with a “thank you” email, even if the visit went poorly. Change takes time.
- Send a note weekly, or bi-weekly to the legislator and ask for any updates, or if they’ve changed their position.