Communicating with your Legislators
Communicating with Legislators

Before Session Starts
- In person
- E-mail
- Phone call
- Snail mail
- Media
  - Talk radio
  - Letters to the Editor

Non-session Schedule
- Interim Committees
- Bill drafts
- Events and Socials
Communicating with Legislators

During Legislative Session

• If you can’t make it to Bismarck
  – E-mail – make sure you let them know if you are a constituent
  – Phone – hard to connect with legislators via phone during session.
    • 1-888-NDLEGIS (635-3447)
  – Snail Mail
    • Printable labels available [website link]

[Website link]
Communicating with Legislators

In Person During the Legislative Session

- Be nice
- Provide factual information
- Make it meaningful to them
  - Why is it important to them?
  - Why is it important to their district?
  - What do their running mates think of it?
Communicating with Legislators

Schedule during legislative session

Session Schedule
- Organizational Session
- Regular Session

Typical day for legislator
  - Committee structure
- Volume of bills
- Volume of constituent contacts
Testifying in a Committee Hearing

Planning your testimony

• Crafting a message that tells your story
• Choosing the speaker
• Coordinate talking points
• Make the issue about public health, not partisan
Testifying in a Committee Hearing

How to Testify

• Sign in
• Order of testimony
• Address the Chairman
  – Use the term Chairman whether male or female
• Bring copies of testimony
  – Three hole punch your testimony
• Don’t repeat
Communicating with Legislators

Role Playing

- One-on-one with legislator
- Committee hearing