

# ADVOCACY 101

## A GUIDE TO USING YOUR VOICE FOR CHANGE

### Definition

Advocacy is **using your voice, your story, and your actions to push for change that helps your community.**

If you care and you act.  
You're already on the path.

### In Action

- Asking questions at a city meeting
- Helping neighbors understand their rights
- Signing or sharing a petition
- Telling your story to highlight an issue
- Tagging local officials about community needs
- Helping people access resources
- Teaching how local decisions affect daily life

### Advocacy vs Complaining

**Complaining says:**

"This is a problem."

**Advocacy says:**

"This is the problem and here's what we can do about it."

**Advocacy is solution-oriented, community-centered, and rooted in care.**

### Start Today

You don't have to do everything.  
You just have to start somewhere.

- Learn about a decision being made locally
- Talk with neighbors about what they are seeing
- Show up (in person or online)
- Contact an elected official to advocate

