

Creating your personal advocacy plan

Research what is already happening in your community

Start by learning about issues in your community. Visit local government or organization websites, or call them to find out about programs, meetings, or initiatives you can join. Always check multiple sources to make sure your information is accurate.

Explore the problems you care most about

Find out what needs to be improved. Look at local data or reports to see where your community faces challenges. Use what you learn to guide your advocacy and make a difference.

Find who has the decision-making power

Identify the people or groups who can make changes on the issues you care about. Knowing who can take action is key to effective advocacy.

Offer solutions based on examples or your perspective

Don't just point out problems—bring ideas for how to fix them. Look for solutions that have worked in other places, or think of ways to improve programs that already exist in your community.



Build support with allies

You don't have to advocate alone. Connect with local groups and organizations that care about the same issues. Working together can make your voice stronger. Some groups even offer training or mentorship to help you grow your advocacy skills.

Learn to leverage storytelling, including your own

Your voice matters. Sharing your own story or experiences can help influence change. Talk to leaders, share your experiences, and use both online and in-person opportunities to make your message heard.

Take action and keep taking action

You can make a difference by writing letters or emails, posting online, or joining town halls and community meetings. Speak up, ask questions, and share your ideas—your voice matters!

Create your personal advocacy plan

Decide what issues matter most to you, set clear goals, and outline the steps you will take. Include who you will connect with, what actions you will take, and how you will track your progress. A plan keeps your advocacy focused and effective.

