

Got Time? Advocating for An Issue/Concern



Got 5 Minutes? You've Got Time To:

- Share about the issue/concern or anything having to do with self-advocacy with one other person. Find someone who hasn't heard about it before!
- Post about it on social media websites (Facebook, Twitter, YouTube).
- Make copies of information about the issue/concern and take them with you when you go out. While you are out, you can give them to people or you can hang them up on community bulletin boards.
- Send one e-mail about the issue/concern to your local legislators.
- Get one person to sign a petition about the issue/concern (see Got 30 Minutes)
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Got 15 Minutes? You've Got Time To:

- Share about the issue/concern with management staff at your agency/organization
- Research a place in your community where you can share about the issue/concern (schools, disability service agencies, businesses)
- Practice talking about the issue/concern, so that you are always ready when you have the opportunity to advocate.
- Schedule a meeting with your local legislator to share about the issue/concern
- Make signs to put up in the lawn or post around your agency/organization.
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Got 30 Minutes? You've Got Time To:

- Create your own information about the issue/concern (cards, brochures, flyers) for you to share around your community.
- Interview other self-advocates and allies about their self-advocacy journey.

- Write a letter about the issue/concern to the editor of your local newspaper.
- Ask a local radio station if you can be a guest on one of their radio programs to share about the issue/concern.
- Put information on your agency/organization website.
- Create a petition about the issue/concern
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Got One Hour? You've Got Time To:

- Write up a blog post on the issue/concern to use in your own or someone else's disability related blog.
- Make a video about the issue/concern or about self-advocacy and put it up on YouTube.
- Build a Facebook page or website to share the message of the issue/concern
- Host a Google Hangout about the issue/concern. It might give you a chance to spread the message around the state, across the country, and throughout the world! Learn about Google Hangouts at <https://hangouts.google.com/>.
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Got a 1/2 Day (6 hours)? You've Got Time To:

- Plan a rally highlighting this issue/concern and invite the community.
- Have a booth at a community resource fair and share information about the issue/concern and self-advocacy.
- Create pieces of art representing what the issue/concern means to you and put them on display, along with information about the issue/concern.
- Interview people about self-advocacy and what they think it means; share the footage at your agency/organization and/or on social media.