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)

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.

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

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/.

Got a ½ 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.