Tips for Attending Town Hall Meetings

**Be Prepared.** Come with thoughtful arguments, good data, and persuasive stories. This will help you be remembered.

**Tell a Personal Story.** Members of Congress are always looking for firsthand accounts of the impact that policies have on their constituents. Think in advance how a policy might affect you, your family, business, or community.

**Use Numbers If You Have Them.** Let the legislator know how many more people you represent. Use numbers by saying things like, “I have 50 employees,” or “I represent 100 people in my union.”

**Be Respectful.** It doesn’t matter if you’re talking to your grocer or a public official – starting any conversation with another person in a rude manner is not a very effective way to persuade them.

**Bring Colleagues.** Attending in large numbers is a good way to get attention and send a “listen to us” message that is sure to be heard. Coordinate your story before the meeting (also ask a public questions during the meeting).

**Talk to Every Staffer.** If you can make sure to introduce yourself to every staffer who is present at the town hall and get their business cards.

**Leave Paper or Email Your Issue Stance.** Any documents passed to state-based staff will likely be shared with the Legislative Assistant in Washington who covers your issue.

**Follow Up.** Use this as an opportunity to present yourself as an expert on your issues. An elected official often responds to an individual who just follows up with a phone call a few weeks after attending a meeting.

**Get Your People to Multiple Meetings.** Repetition and hearing the same message in different places throughout the district reinforces the importance of your issue to the legislator and staff members.

**Demonstrate That You’re Not Going Away.** If you continue to show your presence at town hall meetings, the legislator must deal with you, if only to avoid an uncomfortable encounter at a future town hall meeting.

---

**Questions?** Contact our Legislative Staff at 202-898-2816

[www.ahcancal.org/advocacy](http://www.ahcancal.org/advocacy)

[facebook.com/careadvocacy](http://facebook.com/careadvocacy)

[twitter.com/careadvocacy](http://twitter.com/careadvocacy)