



# EMPOWERING EFFECTIVE ADVOCATES: ADVOCACY TRAINING RESOURCES 2026

## THE BASICS

- Register to vote and vote in every election
  - Check your voter registration status: [www.sec.state.ma.us/voterregistrationsearch/](http://www.sec.state.ma.us/voterregistrationsearch/)
- Find your Legislators
  - Congress: [www.congress.gov/members/find-your-member](http://www.congress.gov/members/find-your-member)
  - State Legislature: <https://malegislature.gov/Search/FindMyLegislator>

## STAY INFORMED & CONNECTED TO YOUR ELECTED OFFICIALS

- Sign up for their newsletters & follow them on social media
  - Some have their own websites, send newsletters to their constituents, and have social media presences. You can find this information via any search engine, through links on their website, or by searching on social media platforms.
- Sign up for The Arc of Massachusetts Newsletter & Action Alerts
  - Newsletter: <https://thearcofmass.org/join/>
  - Action Alerts: <https://thearcofmass.org/action>
  - Sign up for The Arc of the United States' Action Alerts: <https://act.thearc.org>

## REACH OUT TO YOUR ELECTED OFFICIALS

- Introduce yourself and share your story. Here are some tips:
  - Keep it clear and concise. Remember—you are the expert on your own story.
  - Connect your story to an issue and explain the personal impact.
  - Clear ask—what do you want them to do?
  - Practice!
- You can call, email, or meet them in-person, either at the State House or in your community. Reach out to your legislator to schedule a meeting or join The Arc at the State House.

The Arc of Massachusetts



Scan the QR code to  
complete action alerts

## WE ARE HERE TO HELP!

- Nora Bent, Director of Government Affairs & Strategic Partnerships: [nbent@arcmass.org](mailto:nbent@arcmass.org)
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- Call The Arc of Massachusetts at 781-891-6270