

BUSY PARENT'S GUIDE TO CHILD ADVOCACY

1 minute	leave a phone message for your legislators at 1 (800) 332-2313 (outside Salem) or (503) 986-1187
5 minutes	send an email to your legislators: sen.firstnamelastname@state.or.us rep.firstnamelastname@state.or.us
5 minutes	send an email to a friend to keep them up to date
5-10 minutes	make a phone call
5-10 minutes	write (and send!) a postcard
10-15 minutes	copy and share an article of interest
10-15 minutes	write a letter to the editor of the PTA newsletter
15-40 minutes	write a letter to the editor of the local paper
45-60 minutes	attend a workshop on advocacy at your region training
1-3 hours	attend a town hall meeting in your local community
1-3 hours	meet with your legislator at their local office
1-3 hours	attend a school board meeting
2-3 hours	attend a legislative presentation at your PTA meeting
3-5 hours	attend a legislative committee meeting in Salem
1 day	attend the OPTA Legislative Summit
2 days	attend the OPTA Annual Convention

Even if you did all of these things, just one time over the next year, you would spend only 3 days, 16 hours and 45 minutes. Out of 365 days, that's not bad! Just imagine all the great things you could do for kids in that amount of time!