



Communicating with your Legislators

VISION ZERO 
Zero fatalities. Zero excuses.

Communicating with Legislators

Before Session Starts

- In person
- E-mail
- Phone call
- Snail mail
- Media
 - Talk radio
 - Letters to the Editor

Non-session Schedule

- Interim Committees
- Bill drafts
- Events and Socials

Communicating with Legislators

During Legislative Session

- If you can't make it to Bismarck
 - E-mail – make sure you let them know if you are a constituent
 - Phone – hard to connect with legislators via phone during session.
 - 1-888-NDLEGIS (635-3447)
 - Snail Mail
 - Printable labels available www.legis.nd.gov/contact-my-legislators

Communicating with Legislators

In Person During the Legislative Session

- Be nice
- Provide factual information
- Make it meaningful to them
 - Why is it important to them?
 - Why is it important to their district?
 - What do their running mates think of it?

Communicating with Legislators

Schedule during legislative session

Session Schedule

- Organizational Session
- Regular Session

Typical day for legislator

- Committee structure
- Volume of bills
- Volume of constituent contacts

Testifying in a Committee Hearing

Planning your testimony

- Crafting a message that tells your story
- Choosing the speaker
- Coordinate talking points
- Make the issue about public health, not partisan

Testifying in a Committee Hearing

How to Testify

- Sign in
- Order of testimony
- Address the Chairman
 - Use the term Chairman whether male or female
- Bring copies of testimony
 - Three hole punch your testimony
- Don't repeat

Communicating with Legislators

Role Playing

- One-on-one with legislator
- Committee hearing