# 7. How to Use Your Power to Create Change

Here’s a guide on what you can do to get involved in state & federal legislative issues. There are many different ways for people to create change. Some people like to do all of these activities. Some people can only do one at a time. The important thing is to do something!

JOIN OR START A PETITION:

Support or create petitions to show public backing for issues.

ATTEND PUBLIC MEETINGS:

Participate in public hearings or town halls to voice your opinions.

STAY INFORMED:

Follow news and state government updates to learn about important issues.

CONTACT LEGISLATORS:

Reach out to your state representatives by phone, email, or letters.

PARTICIPATE IN PROTESTS:

Attend peaceful rallies or protests to raise awareness.

VOLUNTEER FOR CAMPAIGNS:

Help candidates who align with your values by volunteering.

VOTE:

Make sure to vote in state and local elections to influence change.

ADVOCATE ON SOCIAL MEDIA:

Share your views and connect with others online.