

# What is Advocacy?

Advocacy in its most simplest form is taking action to create change. An advocate is a person who publicly recommends a particular policy or supports a particular cause. They pull from their personal knowledge and experiences to build support for the cause in their community and educate their elected representatives who hold the power to enact change. Without advocacy, society would not and can not represent the wants and needs of the people living in it.

Advocacy comes in all types and forms, and most definitely does not have to be complicated. It can be as simple as posting an informative graphic on social media or talking to a friend to educate them about the cause. It can also be as big as hosting a rally, testifying in committee, writing an op-ed in your local newspaper, or helping to get out the vote and asking candidates where they stand on issues you care about. Being an effective advocate is taking the course of action that feels most impactful to you.

As individuals living in a democratic system, we have the ability to affect the outcomes of decisions that affect our lives. We have the right to advocate and participate in our government, and we must utilize the experiences we have and the power we hold as “we the people” to create far-reaching positive outcomes for ourselves and our communities.

"Constituent voice is essential for elected officials in centering their community at the school board, city hall, state legislature, or in Washington DC. Constituent advocacy is critical in setting what is **possible** in the policy arena and making **possible** happen."

**MN Representative Jim Davnie**



"Every important change in our society, for the good, at least, has taken place because of popular pressure—pressure from below, from the great mass of people."

**Edward Abbey**

