

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.firstname.lastname@state.or.us
 - rep.firstname.lastname@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
- 15-40 minutes: write a letter to the editor of the local paper
- 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
- 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!