

# How to advocate in Washington State

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# Where to begin

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Discover your issue: Health care, gun violence, education

Find what level of government is best for your topic: Local, State or Federal

Develop a strategy: Advocacy is a long game

# Governments

## 1 | Local

- Districts
- Cities
- Counties

## 2 | State

- State Representatives
  - House & Senate
- Statewide Elected Officials
  - Governor & OIC
- State Departments
  - Health Care Authority

## 3 | Federal

- Federal Elected Officials
  - Congress
  - Senate

# Advocacy is a long game build relationships!

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Coffees

Town Halls

Meet in the district offices, Olympia, DC

Follow on social media

Email, text

**CLEARLY STATE WHAT YOU WANT!**

# Federal Advocacy

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Washington State Congressional Delegation

Senators - Two (D)

Congressional Members - Nine - 5 (D) 4 (R) - Open seats vulnerable

# Snohomish County

## 1 | Congress

Congressional District 1  
Susan DelBene - D

Congressional District 2  
Rick Larsen - D

Congressional District  
Pramilia Jayapal - D

## 2 | State House

Total Seats 14  
10 (D)  
4 (R)

## 3 | State Senate

Total Seats 7  
5 (D)  
2 (R)

Advocacy doesn't need perfection,  
just go for it!

Thank you!