

Share Your Story

Your story is your most powerful tool!

Compelling stories personalize issues and prompt Members of Congress and their staff to take action. Your story should be clear, concise, and actionable.

Use this storytelling template to build your story.

Consider

Before you begin crafting your story, it is important to understand key details that impact the narrative.

- What issue are you advocating on?

- When is a time this issue personally affected you or your loved ones?

- What is your goal in sharing this story? How do you want Members of Congress and their staff to respond? What do you want them to feel compelled to do after hearing your story?

Create

Follow the prompts from this bank to craft an effective story.

Set the Scene

- “I’d like to tell you about a time when I was personally affected by....”
- “_____ is an issue I really care about.”

Explain the Situation

- “What happened was...”
- “I am affected by this by...”
- “I care about this issue because...”

Share the Impact

- “This made me feel...”
- “This helped me...”
- “This hurt me because...”
- “This impacted me by...”

Make the "Ask"

- “I am asking you to cosponsor (bill name) because....”
- “I am asking you to support (bill name) because...”

Closing

- “Thank you for your consideration. I hope more people have access to...”
- “Thank you for your consideration. I hope no one has to go through...”

Example - Charlotte's Story

Issue: Charlotte Woodward Organ Transplant Discrimination Prevention Act

Charlotte’s Story: Organ transplant discrimination prevention is an issue I care about. I care about this issue because I received a live-saving heart transplant over 11 years ago. This transplant saved my life and made me feel very grateful that my doctors respected my life and did not let my diagnosis stand in the way of the care I needed. I am asking you to cosponsor the Charlotte Woodward Organ Transplant Discrimination Prevention Act because it would help ensure that people with Down syndrome and other disabilities are not discriminated against in the organ transplant system. Thank you for your consideration. I hope that all people with disabilities have access to healthcare that does not discriminate against them solely because they have a disability.

Create

Set the Scene

Explain the Situation

Share the Impact

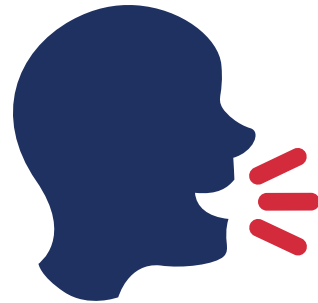
Make the Ask

Closing

Carry Out

Now it is time to share your story! Keep these tips in mind as you prepare.

Practice, practice, practice! You will become more comfortable and more confident sharing your story the more you practice.



Stay on topic. This will help Members of Congress and their staff better understand how they can turn your experience into action.

Watch the clock. Concise stories are easier to remember and leave room for follow-up questions and conversation.

