

GETTING STARTED IN ADVOCACY: A YPR'S BEGINNER'S GUIDE



You've noticed a problem in your community and want to take action—but you're not sure where to start. Advocacy is about **raising awareness, educating decision-makers, and building community support** for change. You don't have to be a policy expert to make a difference.



Understand Your Issue

- Write down what you've seen or experienced.
- Gather facts, stories, and examples that explain why it matters.
- Learn the history—has anyone tried to address it before?



Identify Your Goals

- Ask yourself: What would a "win" look like?
- Break it down into small, achievable steps.



Find the Right People

- Identify community leaders, coalitions, or organizations working on similar issues.
- Connect with them to share information and resources.
- Asset Mapping (Find the how to video)



Educate Others (*Not Lobby*)

- Share your story on social media, in community meetings, or through local news.
- Provide facts and personal perspectives without asking for a specific vote or policy action.



Build Community Support

- Asset Mapping to find support.
- Host informational sessions or roundtables.
- Invite others to share their experiences.



Engage Decision-Makers (*Educational Approach*)

- Send them information and stories about the issue.
- Ask open-ended questions: "What do you know about this?" or "How is this being addressed?"

RECOVERY-FRIENDLY REMINDER

"Your lived experience is powerful. Change starts with one voice, then grows with community. Recovery is advocacy."

unity and hope. Advocacy is about amplifying voices and informing conversations. Even small actions can lead to big change when people work together.

GETTING STARTED IN ADVOCACY: A YPR'S BEGINNER'S GUIDE

You've noticed a problem in your community and want to take action—but you're not sure where to start. Advocacy is about **raising awareness, educating decision-makers, and building community support** for change. You don't have to be a policy expert to make a difference.



Understand Your Issue

- Write down what you've seen or experienced.
- Gather facts, stories, and examples that explain why it matters.
- Learn the history—has anyone tried to address it before?



Identify Your Goals

- Ask yourself: What would a "win" look like?
- Break it down into small, achievable steps.



Find the Right People

- Identify community leaders, coalitions, or organizations working on similar issues.
- Connect with them to share information and resources.
- Asset Mapping (Find the how to video)



Educate Others (*Not Lobby*)

- Share your story on social media, in community meetings, or through local news.
- Provide facts and personal perspectives without asking for a specific vote or policy action.



Build Community Support

- Asset Mapping to find support.
- Host informational sessions or roundtables.
- Invite others to share their experiences.




Engage Decision-Makers (*Educational Approach*)

- Send them information and stories about the issue.
- Ask open-ended questions: "What do you know about this?" or "How is this being addressed?"

RECOVERY-FRIENDLY REMINDER

"Your lived experience is powerful. Change starts with one voice, then grows with community. Recovery is advocacy."

 unity and hope. Advocacy is about amplifying voices and informing conversations. Even small actions can lead to big change when people work together.

