

# STUDENT GUIDE: HOW TO PREPARE FOR ADVOCACY DAY AT THE STATE LEGISLATURE

This guide is for students. You don't need to be an expert – just be yourself.

## What is Advocacy Day?

Advocacy Day is a chance for students to:

- Visit the State Capitol
- Meet elected officials
- Share what school is like from a student's point of view

You are there to talk about your experience – not to debate or argue.

## Why are students involved?

Adults make decisions about schools, but students live with those decisions every day

Your voice helps leaders understand:

- What helps you learn
- What challenges do you face
- Why school resources and opportunities matter

Your experience is important.

## What will I be asked to do?

You may be asked to:

- Introduce yourself
- Share one story about your school
- Explain why something at your school matters to you
- Say thank you at the end of the meeting

You do **not** have to:

- Know everything about laws or policy
- Speak if you don't feel ready
- Be perfect



## What if I feel nervous?

That's normal.

Most students feel nervous before speaking – even adults do.

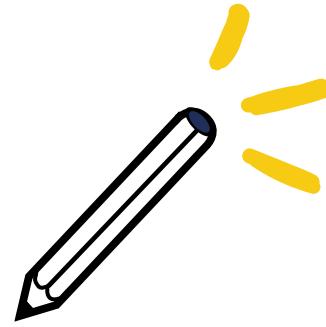
Helpful tips:

- Take a deep breath
- Use notes or read from a paper
- Speak slowly
- Remember: you belong here

## What makes a good student story?

A good story is:

- Personal
- Honest
- Specific



You can talk about:

- A class or teacher that helped you
- Something that makes your school different
- A challenge you've faced and how your school supported you

Your story doesn't have to be long.

## What are meetings like?

- Meetings usually last 10-15 minutes
- A few students will speak
- Elected officials may ask questions
- Everyone should be respectful and polite

If you don't know an answer, it's okay to say:

"I'm not sure, but I can follow up."

## What happens after Advocacy Day?

After meetings, you may:

- Write a thank-you note
- Talk about what went well
- Reflect on what you learned



Advocacy is about learning how to use your voice – today is just the beginning

### ★Remember

You matter  
Your story matters  
Your voice matters

Thank you for being part of Advocacy Day.