

Advocacy is simply speaking or acting on behalf of something or someone, and it is critical in advancing the priorities of the SMA community. The voices of individuals with SMA and their families are incredibly important when reaching out to lawmakers, but there are a few things to remember to be an effective advocate.



KNOW YOUR ISSUE!

Elected officials have to be knowledgeable about a wide range of issues. Part of your job as an advocate is to educate them about SMA and what living with the condition is like. You don't have to be an expert, but it is important to know the basics, and share them in your meeting. You can learn more about SMA and the issues we advocate for here: www.curesma.org/advocacy/



KNOW YOUR ASK!

Know what you want your elected officials to do and ask them to do it! The ask can be to vote for a certain bill, oppose certain legislation, sign a letter or any number of things. Elected officials want to help, but need to know how to do so.



KNOW WHO YOUR ELECTED OFFICIALS ARE!

Familiarize yourself with your elected officials based on where you live. You can find your state and federal officials through the "Find Officials" look up section on [Cure SMA's Action Center](#).



TYPES OF ADVOCACY

There are many different types of ways you can advocate and share your story with an elected official including:

- In-person meeting
- Phone call
- Letter
- Email
- Social media

All of these are effective methods and important!



REMEMBER TO ALWAYS FOLLOW UP!

What you do after your advocacy action is just as important as doing the action itself. Sending a follow-up thank you note shows your appreciation and is strategic in establishing a relationship for future meetings with your elected official. Thank them for their time and reiterate your ask and connection to SMA.

**Notify us of your advocacy action! Keep us aware of your advocacy efforts for SMA.
Email us your advocacy action at advocacy@curesma.org.**