

Share Your Story

Make your meeting more impactful

Your story is a powerful tool that creates an emotional connection to the issue.

Craft your story

You don't need to be a policy expert; you are already an expert on your experiences. Sharing how the issue impacts you illustrates the need and makes your request memorable.

You can use the following prompts to craft your story before your meeting.

- What is your IBD story: When were you diagnosed? How has it impacted your life?
- How does your story relate to restroom access? Make it local; give an example from your own community.
- How would this policy impact you?
- What is your policy ask? Include it at the beginning *and* the end of your story.

Keep it brief. You should be able to tell your story in just a few sentences. Remember your story makes your request human. Being able to relate to your story will impact the heart and mind of your local elected official.