



Step by Step...

Guide to Legislative Advocacy



Find your Legislator.

Go to the [NJ Legislature website](#) to learn which Legislative District you are in and who your State Assembly and Senate representatives are.



Call your Legislator.

Calling your legislator can be more effective than email. Therefore, call your legislator's District Office to urge their support, and follow-up with an email.



Build a Relationship with Your Legislator.

Connect with your representatives throughout the year. Invite them to events, connect with them on social media, and update them on your successes as well as your challenges.



Educate Your Legislator About Domestic Violence.

Inform legislators about the impact of domestic violence on survivors, children and communities, as well as the ongoing needs and challenges survivors experience.



Participate in NJCEDV's Policy Advocacy.

Contact nmorella@njcedv.org to learn more about ways to stay informed and get involved in NJCEDV's Advocacy.