

# Advocacy 101 Worksheet

USSWA | Day on the Hill

## 1. Grounding: Claim Your Voice

As a social worker, I am qualified to speak on policy because:

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## 2. WHO You Are

Briefly introduce yourself and your role.

**I am a social worker who works with:**

- Children / Youth
- Families
- Adults
- Schools
- Communities
- Other: \_\_\_\_\_

**Setting(s):**

- School
- Clinical / Therapy
- Hospital / Medical
- Community Agency
- Private Practice
- Other: \_\_\_\_\_

## 3. WHAT You Consistently See

Think in **patterns**, not individual stories.

**A system or policy issue I consistently see is:**

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**This shows up most often as:**

- Delayed services
- Increased crisis
- Burnout / workforce strain
- Barriers to access
- Higher long-term costs
- Safety concerns
- Other: \_\_\_\_\_

## 4. WHY It Matters

Why should a legislator care?

**This matters because it impacts:**

- Client / student outcomes
- Family stability
- Public safety
- School functioning
- Workforce retention
- Long-term costs to the state

**In simple terms, the impact is:**

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## 5. The ASK

### Today, I am asking you to:

- Support a bill
- Oppose a bill
- Consider an amendment
- Slow down / learn more
- Meet with stakeholders
- Follow up with NASW Utah

### Specific ask (if known):

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## 6. Your 60-Second Advocacy Message

### Draft or bullet your message below:

"I'm a social worker who works with \_\_\_\_\_.  
What I consistently see is \_\_\_\_\_.  
This matters because \_\_\_\_\_.  
I'm asking you to \_\_\_\_\_."

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## 7. If You Get Pushback...

Choose **one** response starter that feels natural to you:

- "That's a fair concern. What I see in practice is..."
- "One unintended consequence I worry about is..."
- "From a prevention standpoint..."
- "This becomes more costly when we wait..."
- "I don't have that information, but I'm happy to follow up."

## 8. After the Conversation

Advocacy doesn't end when the meeting does.

### Legislator or staffer I spoke with:

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### One follow-up action I will take:

- Send a thank-you email
- Share additional information
- Respond to an NASW action alert
- Continue the relationship