

# Activism: making the difference

Engaging in political activism can promote physical and mental wellbeing; help people find their voice and regain their power.



## What you can do:

Join a group or get on mailing lists of organizations who are already advocating around common areas of interest such as: **climate change, preserving land, food security, social justice, etcetera.**

- ▶ Join Protests
- ▶ Boycott and exert public pressure
- ▶ Set up or sign petitions
- ▶ Write individual letters or join a campaign – make it personal
- ▶ Write letters to the editor
- ▶ Talk to your family, friends and neighbours
- ▶ Meet with politicians.

## How to engage

- ▶ **Show genuine curiosity:**
  - What is their experience?
  - What is their opinion?
  - Why do they think that?
  - How do they feel?

**Gather factual information but don't overwhelm people with facts to to try to convince them to change their position.**

## Engaging with Politicians

- ▶ Indicate gratitude for their service
- ▶ Tell them your personal story and how you are impacted
- ▶ Make it relevant to the politician's portfolio or constituency
- ▶ **Be respectful of their time**
  - Research their background and positions related to the topic
  - Prepare and Practice
  - Introduce yourself and your organization or who you are representing
  - Briefly State what you would like to discuss – the more focused, the better
  - Ask 2-3 motivational questions
  - Ask for specific commitments and timelines
  - Provide a leave behind document including background information, reference materials and what you are asking for.



[climateactionna.org](http://climateactionna.org)

**CLIMATE ACTION**  
NEWMARKET · AURORA