MAKE YOUR VOICE HEARD

A Guide to the Virginia Legislature

HOW THE GENERAL ASSEMBLY WORKS

140 seats in the Virginia General Assembly

40 Senate Districts
100 House of Delegates Districts

EACH GENERAL ASSEMBLY MEMBER MUST BE:

- at least 21 years of age at the time of the election,
- residents of the district they represent, and
- qualified to vote for members of the Virginia General Assembly.

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VIRGINIA ELECTS 40 SENATORS AND 100 DELEGATES.

State Senators are elected every four years, and Delegates are elected every two years. General Assembly elections always happen on odd years, and there are no term limits.

LEGISLATORS ARE RESPONSIBLE FOR:

- Drafting and introducing bills
- Debating the merits of bills
- Voting to pass or kill bills

The Virginia General Assembly session starts on the 2nd Wednesday of January every year. The legislature meets for 60 days in even years and 30 days in odd years, which has traditionally been extended to 45 days.
LEGISLATIVE ADVOCACY

If your legislators don’t hear from you, they assume you approve of their actions.

FIRST THINGS FIRST, FIND YOUR LEGISLATORS

WAYS TO CONTACT YOUR LEGISLATORS

CALL THEM OR WRITE THEM

**TIP 1**
Know your house and senate district and the names of your legislators.

**TIP 2**
Plan out what you will say.

**TIP 3**
Remember to mention the bill number (if any) and why you are calling or writing.

**TIP 4**
Make it short and sweet. Get to your point quickly.

**TIP 5**
Tell a personal story they can connect to.

**TIP 6**
Problem, solution, action (i.e. “Vote yes on HB xxxx!”).
WAYS TO CONTACT YOUR LEGISLATORS

MEET THEM IN PERSON/VIRTUALLY

STEP ONE
Schedule your meeting.

STEP TWO
Be flexible and patient.

STEP THREE
Prepare and educate yourself. Establish clear goals.

STEP FOUR
Follow up and say thank you!

ENGAGE WITH THEM ON SOCIAL MEDIA

TIP 1
Follow and comment on your legislator’s page.

TIP 2
Ask them where they stand on issues.

TIP 3
Urge them to support or oppose bills.

TIP 4
Share our content on social media @acluva and tag your legislator.

CONNECT WITH YOUR LEGISLATORS EARLY AND OFTEN!
IMPACT YOUR COMMUNITY

WRITE A LETTER TO THE EDITOR

STAY CONNECTED WITH US
(Subscribe to our email list & follow us on social media)

JOIN PEOPLE POWER
(www.peoplepower.org)

PUBLIC MARCH OR PROTEST

WHY IS SHARING YOUR STORY IMPORTANT?

PERSONAL STORIES
MAKE AN IMPACT

OPEN THE DOOR
TO LASTING CHANGE

START IMPORTANT CONVERSATIONS

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SHOWING UP IS VITAL.
NO MATTER HOW YOU DO IT.

With your efforts, stories and voices, we can move mountains and build a Commonwealth in which everyone belongs.