Use your voice, get involved!

ADVOCACY = USING YOUR VOICE

There are 369,519 members of Lane County that each have a story. Every story brings unique perspectives and ideas that can help shape our community into a place for everyone. Using your voice, or being an “advocate,” is a great way to share your story.

ADVOCACY=
✓ Using your voice to help build relationships with people that share similar interests.
✓ A safe way to express views and concerns.
✓ An effective way to create change!

As a Lane County resident, it is important that your story is heard. We all have a place in our community to express our needs, interests, and concerns in a safe and respectful way.

What does it mean to have voice?
You might be asking yourself, “What exactly is my voice?” If you can identify a few key factors, using your voice can be simple. Take some time to think about the following:
✓ What do I see in my community that could be improved?
✓ What are my needs as a community member?
✓ What issue(s)/obstacles can I relate to the most?

GET STARTED

Write down a list of ideas or issues you are passionate about. Use these questions to guide your direction for using your voice.

EXAMPLE: Tonya is passionate about having more park spaces available in her area. She calls City Hall to find out more information and is connected to Willamalane, who is actively seeking support for local park expansion efforts.

STEP 1

Find the right resources to learn more about your topic.
Finding the right resources can be hard, The Live Healthy Lane website can help you link up to key organizations, initiatives, & movements that support your interests and/or needs:

VISIT: livehealthylane.org/advocate.html

STEP 2

Decide Topic Direction.
• Do you have an interest/concern that can be changed through government or laws?
• Do you have a local interest/concern?

STEP 3

Get Connected!
Use the back of this page as a road map to answer these important questions and find positive ways to use your voice!
Where to go now...

Our community has identified 7 Common areas that Lane County could improve on:

**ECONOMIC DEVELOPMENT**

**AFFORDABLE HOUSING**

**ACCESS TO HEALTHY FOOD**

**EARLY CHILDHOOD DEVELOPMENT**

**PREVENTATIVE HEALTH SERVICES**

**HEALTHY WORKPLACES**

**COLLABORATION**

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**COMMUNITY RESOURCES**

In response to these common areas of need, community partners have identified the following resource directories you can use to learn more about your topic and get connected:

- **211**: Childcare, Basic needs, Education, Health and Legal support
  - 211info.org
- **ADRC**: Senior Services and Facilities
  - adrcinfo.org/consite/index.php
- **Centro Latino Spanish Resource Guide**: Resources for Spanish Speakers
  - centrolatinoamerican.org/resources
- **Lane Senior Guide**: Senior Programs
- **LTD Point2Point**: Public Transportation
  - ltd.org/point2point
- **Parenting Now! Resource poster**: Child and Family
  - parentingnow.org
- **Willamette Farm & Food Coalition Locally Grown Guide**: Food in Lane County
  - bit.ly/2AAI21K

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**Get Connected by SHOWING UP:**

- Lane County Events Calendar Page
  - bit.ly/2hWk4me
- Willamalane Community Events Calendar:
  - bit.ly/2v13SFB
- Lane Kids Events Calendar:
  - lanekids.org/events
- Travel Oregon Events Calendar:
  - bit.ly/2BpQOgi

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**Get Connected by VOTING:**

- Register to Vote!
  - bit.ly/1o822gU
- Understand how a bill becomes law:
  - bit.ly/1HBqP4g
- Send a letter to a local legislator:
  - bit.ly/1zqJ5pm

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**Get Connected through SOCIAL MEDIA:**

- Facebook: facebook.com/LiveHealthyLane
- Twitter: twitter.com/LiveHealthyLane
- Instagram: instagram.com/livehealthylane

Join us. Together, we can do more than each of us alone.

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Don't have the internet? Ask your local library or Family Resource Center for access and support.