Election 2026:

TIPS FOR INDEPENDENT ADVOCATES

Your Voice Matters

Sharing your story can help candidates understand how government decisions affect you. You can connect with candidates to share your experiences, ask questions, and talk about the issues that matter to you.

Our agency is nonpartisan. This means we do not support or oppose candidates and we cannot contact candidates or arrange meetings on your behalf.

INTERESTED IN CONNECTING WITH CANDIDATES?
HERE ARE FOUR STEPS TO HELP YOU GET STARTED

1.) Find Candidates in Your District

- **Find your voting districts for Congress, the NYS Senate, and Assembly. Each office may have different district boundaries.**
- **Visit your county Board of Elections website to see who is running in your district.**
- **Consider learning about candidates from different political parties to hear their views on issues that matter to you.**

2.) Find Ways to Connect

- Visit candidates' campaign websites for contact information and upcoming events.
- Attend public events, such as town halls, candidate forums, and community gatherings.
- Follow candidates on social media to learn more about events and opportunities to ask questions.
- Contact local political parties for information about candidate events.
- If you cannot attend an event, consider sending a letter or email with questions.

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3.) Prepare for the Conversation

Before a meeting, think about what you want them to know:

- **Introduce yourself. Share your name and what matters to you.**
- **Share your story. Talk about an experience that affected your life.**
- **Choose two or three issues. Focus on what is most important to you.**
- **Ask questions. Find out how the candidate plans to address your concerns.**
- **Bring photos. Pictures can help share your experiences.**

4.) Stay Connected

After a meeting, you can:

- Send a thank you note.
- Share additional questions or information.
- Follow up to learn more about the candidate's positions.
- Continue speaking up about issues that matter to you.

Helpful Election Resources

- New York State Board of Elections: elections.ny.gov
- Nassau County Board of Elections: nassaucountyny.gov/566/Board-of-Elections
- Suffolk County Board of Elections: suffolkcountyny.gov/Departments/BOE
- Find Your Legislative District: elections.ny.gov/new-york-state-elected-officials