Advocacy 101
The Basics on Participating in Hawaii’s Legislature

Legislators you should contact to support or oppose a bill

1. Those from your own district
2. Find your Legislator tool: https://www.capitol.hawaii.gov/fyl/
3. Members of relevant committees or have addressed similar bills
4. Members of leadership

Sign up on the capitol website
1. Register at capitol.hawaii.gov
2. Look up bills by number or with keywords such as "invasive species"
3. Sign up for hearing notices
4. Once a bill is scheduled for a hearing, you must submit your testimony (or intent to testify verbally) through the website at least 24 hours before the hearing

Testimony is important because:
- Legislators try to make the best decisions based on the input they have. Bring your perspective to help guide those decisions.

What to include in written or oral testimony
- Committee, hearing date/time/location (listed on hearing notice)
- Clear statement of support or opposition
- State your name and affiliation
- Salutation to the committee chair, vice chair, and members
- A few reasons why you support/oppose (speak from personal knowledge or experience). Can also include video, art, photographs, song, etc.
- Thank them for their time. If you are testifying in person, you have 2 minutes.

Important dates
- 3rd Wednesday of January: Start of legislative session
- Jan-Apr: Bill hearings can be scheduled at any point! Sign up for hearing notices, and when scheduled submit testimony!
- April: End of legislative session

Other Resources
- Public Access Room Hawaii: https://lrb.hawaii.gov/par/
- Videos on navigating the capitol website: https://lrb.hawaii.gov/par/engagement-101