



Junior Advocate Training Agenda

Monday, March 13

12:00 - 12:45

Welcome

- Get to know each other
- Introductions
- Name game
- Have you been to D.C. before?
- If so what was your favorite part?
- Is there something you really want to do while you're here?

Share your Story - Guest Speaker

2:00 - 2:20

Drawing the Capitol

Other Details of the Day

- Have you been to the Hill before?
- Were you nervous?
- Did you have fun?
- How did it make you feel to be there?
- What was it like for you to be there with your family member?

2:20 - 2:40

Bathroom Break & Snack Time

3:00 - 3:20

Decorate Luminaria Bags

3:20 - 4:10

Making posters, pictures or signs for the Hill

Letter writing to:

- President
- Your past self

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11TH ANNUAL CALL-ON CONGRESS

- Representative/Senators
- Thank you letters to researchers

4:10 - 4:30 Practice Chants
Hill Day Photo Practice
Ask Questions

Tuesday, March 14

8:00 - 8:45 Share your story
Why it is important to share our stories with legislators
Why it is important to share our stories with each other

8:45 - 9:15 Talking about your experience with CRC
Why we go and continue to go to the Hill - Pam Seijo
Question Time

9:15 - 10:15 What to expect in your Hill Day meetings

- Dress in your blue shirt
- Thank your legislator for their time
- Shake hands with everyone (if given the opportunity)
- Sit politely
- Wait to speak
- Use a big voice

How to speak when you drop-off leave behind packets

- Ask to leave the packet for the representative in a big clear voice
- If you are asked if you would like to meet with someone look to your adult for an answer (your parents know this can happen)
- What to do if your big person starts to cry

11:00 - 11:30 Stretch and Lunch Break

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11TH ANNUAL CALL-ON CONGRESS

- 11:30 - 11:45 Hill Day Chants
- 12:30 - 1:30 Role play - what to do in your meetings
- Do you feel ready?
 - Practice with each other
 - Do you feel good about heading to the Hill?
- 1:30 - 2:00 Hill Day Prep in ballroom with adults - Christopher Kush
- 2:30 - 3:00 Last minute questions for tomorrow
- 3:00 - 4:00 Finish Posters

Agenda is subject to change!

We will be flexible and adjust schedule to accommodate needs of Jr. Advocates and the adult advocate schedule.