



The Power of Advocacy

Advocacy is the act or process of supporting a cause or proposal for something or someone. Advocacy **allows us to be heard** and to **share our lived experience** so others can better understand our point of view.



Myth: Advocacy is only about telling people what they are doing “wrong” in the world.

Fact: Advocacy is about educating others, be it policymakers or community members, about real-life experiences.

Myth: Promoting fear is an effective form of advocacy.

Fact: Effective advocacy involves sharing facts and does not involve spreading fear or untrue information.

Myth: Only organizations and lawmakers can advocate.

Fact: Anyone can be an advocate! Advocacy is a part of our everyday lives, whether we notice it or not

Myth: Advocacy is only impactful if done at a national level.

Fact: All forms of advocacy, big or small, can be impactful. We advocate every single day when we speak up for ourselves.

“To be an activist is to speak. To be an advocate is to listen.”

- Janna Cachola



Joining a group of people working together to make your community a better place can be an empowering experience. Visit www.oaklandchn.org to explore workgroup opportunities.