



How to Help Political Candidates

Many people define a “strong candidate” as someone who can get a lot of votes on their own. The reality is there are no strong candidates without strong supporters. No one can get elected on their own. Volunteering does not have to take a lot of time. Do what you can, and you might make the difference in an election.

Ways to help a political candidate you support:

Don't Have a lot of Time?

- **Vote** – Make sure that you are registered to vote. Visit vote.utah.gov to check your registration status and/or register to vote. Also, write down the election day on your calendar and set up a reminder.
- **Visit the candidate's website** – Learn about them and sign up for their newsletter (if applicable).
- **Talk with friends** – Share what you like about the candidate and why you are supporting them.
- **Social media** – Like/follow the candidate on social media, share positive things about the candidate, and invite your friends to do the same.
- **Put up a yard sign.**
- **Donate** – Any amount helps.

Coordinate with the Candidate if You Have a Few Hours Here and There

- **Go door-to-door / canvassing** – Walk your district and pass out campaign materials.
- **Events** – Help pass out materials at fairs, booths, and parades.
- **Host a Cottage Meeting** (a.k.a., “House Party”) – A small, informal gathering, usually held in someone's home, where neighbors can meet a candidate face-to-face, ask questions, and share concerns.
- **Snail Mail Campaign** – Write letters to ten people living in the candidate's district and share why you are supporting the candidate. Voters are more likely to be persuaded by someone they trust, and most people I know enjoy getting snail mail. Support a candidate and make someone's day!
- **Make phone calls** – Call ten people in the district and let them know why you support the candidate.
- **Recruit friends to help.**

Have a Significant Amount of Time to Offer?

- **Do everything mentioned above.**
- **Join the candidate's campaign committee.**
 - Consider skills you have that might help:
 - Event Planning
 - Volunteer Coordination
 - Photography
 - Website Design
 - Social Media
 - Other: _____

Circle what you will do to help.



Now Create a Plan!

My Personal Campaign Plan:

Actions I will take to support _____

Date Completed:

People I know who can help:

What I will ask them to do:

Learn More About Being Civically Engaged in Utah at:
UtahForwardParty.org/Civics

