

## Quick Guide to the Spectrum of Advocacy

### Personal Advocacy

- *Advocating for Yourself*
- Ex: Researched your treatment options, got a second opinion, worked out a reasonable accommodation with an employer, filed a health/disability insurance appeal, engaged in education or support activities for yourself (e.g., support group), etc.

### Community Advocacy

- *Advocating for other individuals, or for your community*
- Ex: Spoke at an event, became a helpline volunteer or lay navigator, helped a friend or family member through their diagnosis, conducted community outreach and education, shared information with your healthcare providers, etc.

### Organizational Advocacy

- *Advocating for a cause-related organization*
- Ex: Became a volunteer or intern, raised funds, hosted or attended an event, etc.

### Media Advocacy

- *Advocating through media platforms*
- Ex: Wrote a blog, article, opinion editorial, gave an interview, shared information on social media, participated in a tweet chat, etc.

### Scientific Advocacy

- *Advocating for science or research*
- Ex: Reviewed grants for an organization or agency (Department of Defense), advocating for increased research funding, joined an organization's scientific advocacy efforts (Komen), attended a training (e.g., Project LEAD), sat on a hospital's institutional review board (IRB), etc.

### Policy Advocacy

- *Advocating for a new or changed policy*
- Ex: Met with a local, state, or federal agency about a policy, joined an organization's advocacy efforts, responded to an action alert, signed a petition, attended a town hall meeting, wrote comments on regulations, etc.

### Legislative Advocacy

- *Advocating for new or changed legislation or propositions*
- Ex: Got to know your elected or civic officials, joined an organization's advocacy efforts, responded to an action alert, signed a petition, attended a town hall meeting, attended a district meeting, attended a state or federal lobby day, etc.

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