

6. How to Get More Involved

- Reach out and talk to the candidates! Check out **our guide to [Talking to MPs about Autistic Self-Advocacy](#)** for more tips.
 - Note: This guide was created before the COVID-19 pandemic. Some of the tips for in-person meetings may not apply anymore as procedures changed.
- During elections, candidates often have **“Meet and Greet” events**, where you may be able to ask them questions. During the pandemic, many of these will be online.
 - For a list of questions, see the “Questions to Ask Candidates” section of this toolkit.
 - You can ask your candidate questions on any issue.
- You can also ask questions during **Town Hall debates**. There can be different ways to ask questions depending on the debate:
 - Online via Zoom or other video conferencing
 - Through a mobile device app
 - Through an online form
 - If in person, sometimes by writing your question on a piece of paper and giving it to a volunteer or worker.
 - If you ask a question during a debate, it may not get answered depending how many questions are asked. Candidates often stay behind afterwards if you want to speak to them one-on-one and ask questions.
- **Phone or email your candidates** to ask them questions and learn more about them.

- **Visit the candidate's office** to see how they are running the campaign and meet the volunteers and staff.
- **Ask questions on your candidates' social media pages** (e.g. Facebook, Twitter, Instagram, TikTok). Some candidates use social media more than other candidates.
- **Write letters to the candidates and newspapers** about issues that matter to you. See the "How to Contact Candidates" section of this toolkit for more information. Candidates have an email address and office address you can send electronic or written mail to. You can also contact them on their social media pages. Newspapers will have a page on their websites where you can submit Letters to the Editor.
- **Join the conversation online.** There are hashtags used on social media when people talk about Canadian politics and the upcoming election:
 - #Cdnpoli
 - #Canpoli
 - #elxn44
- **Talk to family and/or friends** you trust about how voting works. Encourage and support each other to vote!
- **Practice voting by using a practice ballot to roleplay with.** You can phone or email Elections Canada to ask them to send you a

kit. Elections Canada also has teaching resources on the [Elections and Democracy website](#), including printable resources.

- **Volunteer for or donate to a candidate that you support.** You can find volunteer opportunities by visiting the candidate's website or contacting their campaign office.
- [Apply to work for the election.](#) There are many jobs available.