

Advocacy In Your Pajamas

Having an Impact from Home



Today's Advocacy Focus:

The Virginia General Assembly

The Legislative Branch of Virginia's Government



House of Delegates →

The Virginia House of Delegates has 100 Delegates, elected every 2 years.



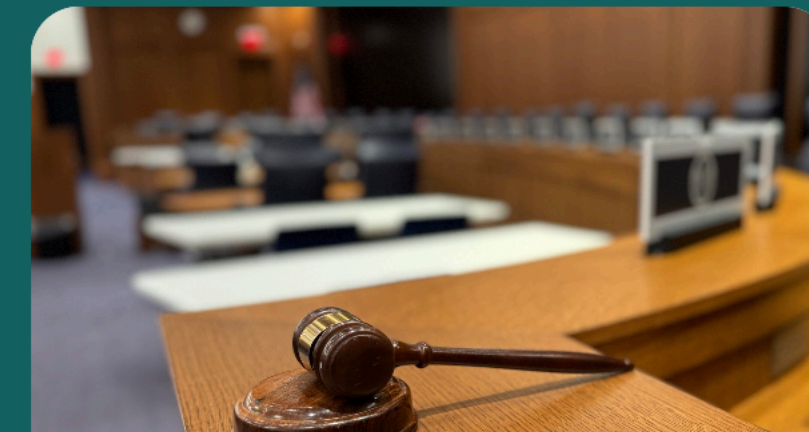
Senate →

The Senate of Virginia has 40 Senators, elected every 4 years.



Studies & Commissions →

When creating legislation that solves complex challenges, the General Assembly often creates a legislative study or commission to deal with subject matter that requires more in depth analysis.



Agencies →

The Constitution of Virginia allows the General Assembly to establish administrative agencies and commissions to support the legislative process.



Advocacy In Your Pajamas

Topics We Will Cover

- * How Can I Keep Track Of A Bill?*
- * How Can I Find My Legislator?*
- * What Do I Say?*
- * Can I Represent The LWV?*
- * What IS Lobby Day And Should I Go?*

Advocacy In Your Pajamas

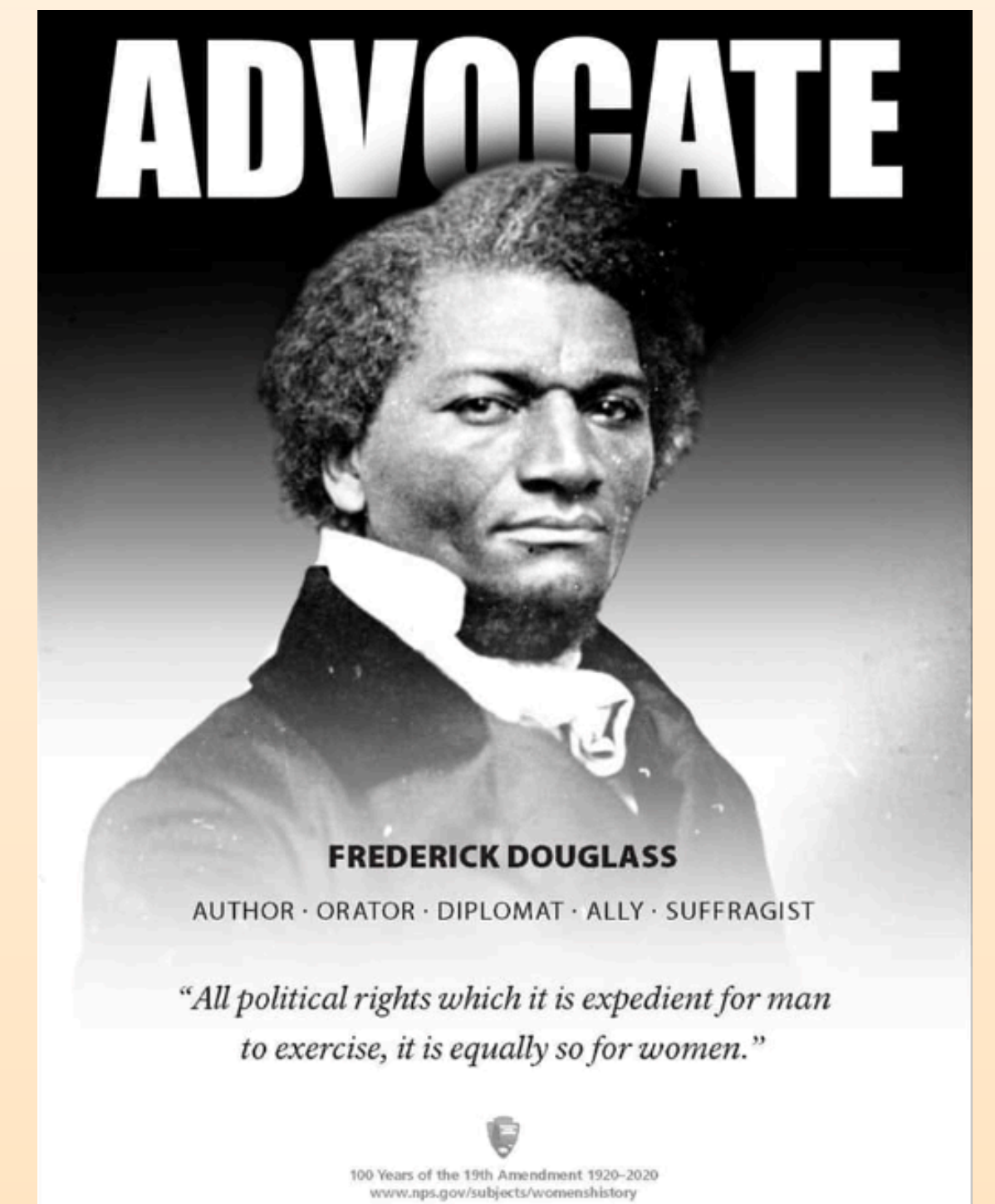
Online Training: Advocacy In Your Pajamas

- * **General Assembly Session**
- * **In Person Advocacy Is Just One Step**
- * **What Are Issues I should Advocate For/Against?**
- * **How To Advocate In Your Pajamas**

Advocacy In Your Pajamas

The League of Women Voters ... over 100 years of advocacy

- * *Legislators need to hear what you want.*
- * *Each person who speaks up counts for 100 people who only vote.*
- * *Advocacy is More Convenient than ever Before.*



Advocacy In Your Pajamas

Plan Your Story

Your experience

Affects others

Right now!



Advocacy In Your Pajamas

The League of Women Voters ... over 100 years of advocacy

Polite Wins



Advocacy

The League of Women Voters ... over 100 years of advocacy

Why Arguing Fails

Think of a time when someone persuaded you to change your mind. What worked?

DEEPLY-HELD BELIEFS



? YOU'RE A TERRIBLE PERSON...



PBJ-COMICS.COM

Advocacy In Your Pajamas

Tips for Calling or Writing

- 1) Focus on YOUR elected officials first
- 2) Provide your name, address and say you are a constituent.
- 3) Once the General Assembly session begins, the bill(s) will have have a name/number. Tell the legislator what the bill number is.
- 4) Clearly state your position and *your ASK* .
(i.e. What do you want them to do?)
- 5) Be polite, respectful and considerate of the legislator's staff.
- 6) Build a relationship over time with the legislator and staff.

Participation & Public Comment -

<https://vga.virginia.gov/engage/participation-public-comment/>

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Boost Your Confidence when Calling or Writing

- 1) Write up notes or a script with your key points.
- 2) Track your contacts (date, time, result) to be ready for your next encounter
- 3) Report your actions to our League so we will know what you are up to.
 - 1) We've got a form for that... Activity Report Form
<https://form.jotform.com/252480334347153>

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Got Questions? Our Quicklinks App may have the answers-

<https://www.jotform.com/app/251364058834157>

Advocacy Tools

How EXACTLY do I do this?

Tools - Advocacy in Your Pajamas

** I know I can't speak for the LWV, but what are the LWVSHR legislative priorities?*

** Legislative Collaborative Round Table*

** LWV-VA League Priorities -*

<https://my.lwv.org/virginia/legislative-priorities-2026>

** <https://lwvshr.us/advocacy/virginia-general-assembly-2026/1380-2/>*

** Additional Information on Bill Tracking:*

<https://lwvshr.us/advocacy/virginia-general-assembly-2026/bill-tracking/>

** Who's My Legislator -*

<https://whosmy.virginiageneralassembly.gov/>

Tools - Advocacy in Your Pajamas

1) *The Legislative Information System*

The screenshot displays the Virginia Legislative Information System (LIS) homepage. At the top left is the LIS logo, which includes a stylized map of Virginia and the letters 'LIS'. To the right of the logo is a search bar with the placeholder text 'Search for keyword, chapter, or bill number' and a magnifying glass icon. Below the search bar is a dropdown menu for the session, currently set to '2026 Regular Session'. To the right of the session dropdown is a 'Find a Bill' button. Below these elements are three filters: 'Bills by Subject' with a 'Select...' dropdown, 'Bills by Member' with a 'Select...' dropdown, and 'Bills Introduced by Day' with a calendar icon. The main content area is divided into three columns. The left column, titled 'Bills & Resolutions', contains links for '2026 Session: Bills by Category | All Legislation', 'Budget Bill: State Budget', 'Bill Indexes: Cumulative Index', and 'LOBBYIST in a BOX'. The middle column, titled '2026 Session Information', lists 'Session dates: January 14, 2026' and provides links for 'Delegates & Senators', 'Standing Committees', 'Daily Floor Calendars', and 'Communications'. It also includes links for 'Minutes: House | Senate', 'Video: House | Senate', 'Committee Statistics: House | Senate', 'Session Statistics: By Status', and 'Concurrent Sessions: 2024 Special Session I'. The right column, titled 'Upcoming Schedule', shows the schedule for 'January 15, 2026'. It lists several events: '12:00 PM Senate Convenes 2026 Regular Session' at the Senate Chamber, '12:00 PM Senate Convenes', '12:00 PM House Convenes', '12:33 PM House adjourned', and '1:50 PM Senate adjourned'. A 'Senate Transportation' event is also listed, occurring 15 minutes after adjournment in Senate Room B, Room 306. A 'Full Schedule' link is located at the bottom of the schedule column.

LIS

LEGISLATIVE INFORMATION SYSTEM

Search for keyword, chapter, or bill number

2026 Regular Session

Find a Bill

Bills by Subject Select... Bills by Member Select... Bills Introduced by Day

Bills & Resolutions

2026 Session: [Bills by Category](#) | [All Legislation](#)
Budget Bill: [State Budget](#)
Bill Indexes: [Cumulative Index](#)
[LOBBYIST in a BOX](#)

Virginia Law

[Code of Virginia](#)
[Virginia Administrative Code](#)
[Constitution of Virginia](#)

Legislative Resources

[State Agency Legislative Liaisons](#)
[Reports to the General Assembly](#)
[Procedural Calendars](#)

2026 Session Information

Session dates: January 14, 2026

[Delegates & Senators](#)
[Standing Committees](#)
[Daily Floor Calendars](#)
[Communications](#)

Minutes: [House](#) | [Senate](#)
Video: [House](#) | [Senate](#)
Committee Statistics: [House](#) | [Senate](#)
Session Statistics: [By Status](#)

Concurrent Sessions:
[2024 Special Session I](#)

Upcoming Schedule

January 15, 2026

12:00 PM **Senate Convenes 2026 Regular Session**
Senate Chamber, The Capitol
[\(View Meeting\)](#)

12:00 PM **Senate Convenes**
[\(View Meeting\)](#)

12:00 PM **House Convenes**
[\(View Meeting\)](#)

12:33 PM **House adjourned**

1:50 PM **Senate adjourned**

Senate Transportation
15 Minutes after adjournment of the Senate
Senate Room B, Room 306, General Assembly Building
[\(View Meeting\)](#)

[Full Schedule](#)

Tools - Advocacy in Your Pajamas

2) Who's My Legislator?

Bonita G. Anthony (D)

House District 92

In Session Address

General Assembly Building, Room 1002
201 North 9th Street
Richmond, VA 23219
(804) 698-1092

Email Address

DelBAnthony@house.virginia.gov

Mailing Address

P.O. Box 1853
Norfolk, VA 23501
(757) 204-5492

Who's your Legislator?

Committee Assignments

[Finance](#)

- [Subcommittee #2](#)

[Labor and Commerce](#)

[Privileges and Elections](#)

- [Campaign Finance](#)

- [Constitutional Amendments](#)

[Transportation](#)

- [Department of Motor Vehicles](#)

- [Highway Safety and Policy](#)

- [Transportation Infrastructure and Funding](#)

Legislation | [Prefiled: 16/Not Prefiled: 0/Total: 16]

[Chief Patron](#)

[Co-Patron](#)

Tools - Advocacy in Your Pajamas

3) Tracking a Bill

HJ2

Status: In Senate

Constitutional amendment (second reference); qualifications of voters and the right to vote; persons not entitled to vote.

Introduced by: [Elizabeth B. Bennett-Parker \(Chief Patron\)](#)

Summary As Introduced

Constitutional amendment (second reference); qualifications of voters and the right to vote; persons not entitled to vote. Provides that every person who meets the qualifications of voters set forth in the Constitution shall have the fundamental right to vote in the Commonwealth and that such right shall not be abridged by law, except for persons who have been convicted of a felony and persons who have been adjudicated to lack the capacity to understand the act of voting. A person who has been convicted of a felony shall not be entitled to vote during any period of incarceration for such felony conviction, but upon release from incarceration for that felony conviction and without further action required of him such person shall be invested with all political rights, including the right to vote. Currently, in order to be qualified to vote a person convicted of a felony must have his civil rights restored by the Governor or other appropriate authority. The amendment also provides that a person adjudicated by a court of competent jurisdiction as lacking the capacity to understand the act of voting shall not be entitled to vote during this period of incapacity until his capacity has been reestablished as prescribed by law. Currently, the Constitution provides that a person who has been adjudicated to be mentally incompetent is not qualified to vote until his competency is reestablished.

History

Date ▾

Collapse All ^

1/15/2026 Senate Read second time

1/14/2026 Senate Reported from [S-Privileges and Elections](#) committee (8-Y 3-N 2-A) ^
[Vote](#) | [Introduced](#) | [PDF](#)

1/14/2026 Senate Referred to Committee on [S-Privileges and Elections](#)

1/14/2026 House Agreed to by House (65-Y 33-N 0-A) ^
[Vote](#) | [Introduced](#) | [PDF](#)

Tools - Advocacy in Your Pajamas

4) *Get Updates from Experts*

Through out the General Assembly session there are groups tracking the bills you are interested in. Some frequently update their advocates who sign up.

Womens Legislative Round Table (LWV- VA Group)

Wednesday at 8:30 am (virtual meeting)

<https://my.lwv.org/virginia/advocacy/womens-legislative-roundtable-2026>

Virginia Interfaith Power & Light - (Partner Organization)

Monday, 6:30 -7:00 pm

<https://vaipl.ourpowerbase.net/civicrm/event/info?reset=1&id=272>

Advocacy In Your Pajamas

What else can you do from home?

- * Participate in a Study
- * Donate funds, time or talent
- * Attend a LWV-SHR online meeting
- * Make calls, send out the newsletter, add events to the calendar; we have lots of one time and recurring tasks. Pick what you like!



Advocacy: National Action Alerts on Positions

Positions create a foundation for advocacy. Once you join the LWV, you will receive emails (Action Alerts) from our national office urging you to contact your elected officials regarding our positions and legislation. At the present time Action Alerts include:

- * Defending Equal Access to the Ballot,
- * Protecting our Youth from Climate Change,
- * Urging Democrats & Republicans to work together to protect Voting Rights,
- * Urging passage of the Equal Rights Amendment, and
- * Rooting Out Dark Money

MONEY IN POLITICS

We work to ensure that our government serves the people, not wealthy special interests, by promoting transparency, limiting SuperPACs, and eliminating dark money.

Advocacy In Person

Learn By Doing

Democracy Day (Partner Group) – January 19 - 20, 2026

Attend the social the night before, spend the night, meet allies, engage with legislators. Even if you can't attend [watch the excellent introductory video](#).

[League Day](#) – February 10 and 11, 2026

*Attend the social, spend the night, meet fellow Leaguers, engage with legislators.
NOTE – free registration for LWV members.*

Advocacy in Your Pajamas



*** Thank you for viewing!**

