**5 Tips to Support Women Running for Office**

With November 2 coming up and elections close at hand, we wanted to share 5 easy tips to support women running for office. We have many women from our P

1. **Support them monetarily** – campaigns can be expensive and women notoriously are hard on themselves when they are asking for money. So give up your latte for a week and venmo their campaign 25.00.
2. **Help them spread the word – canvas for them** – take an hour, gather your friends or family and canvas a neighborhood for them. In order to practice safety, canvas with someone else and go before dusk. And of course, never knock on doors or go into places where you feel uncomfortable.
3. **Send them a thank you note** – quote from ALisa
4. **Register to vote** – while this seems like it goes without saying, if you truly want to support vote for them. Many races are won or lost by a handful of votes. Participate in democracy and engage in the system.
5. **Put a sign in your yard or around your neighborhood** -

**Safety for Women on the Campaign Trail – blogpost**

90,000 direct voter contacts – Lynette Wadell

Always shave sometone with you – safety and communal

Never have people go in spaces where you don’t feel comfortable.

Bev- We don’t knock on doors after dusk.

Campaign in pods – you go along with them

Where is Bev? Just the street over

**Running as a women of color in Utah?**

Ways to pivot on a campaign trail -

Jess Egbert – I didn’t knock any doors, social media, town halls, events at Fizz

Hire neighborhood kids to hang flyers on the door

2100 rooftops

Raised money to reach people