



General Info 2017

Plan Your Arrival

- Plan to arrive at least 15 minutes before the first event begins for SRA Day on the Hill. Each person must pass through security and depending on the lines, this could take some time.
- Capitol Visitor's Center is the main entrance to the U.S. Capitol, located below the East Plaza of the Capitol between Constitution and Independence Avenues, almost across from the Library of Congress/Supreme Court Buildings. A map indicating visitor's entrance can be found at this link: <http://www.aoc.gov/capitol-buildings/house-office-buildings>

What to Wear

- Dress neatly in business attire (no jeans, please).

What to Bring

- Youth: Your personal story of why Sexual Risk Avoidance is the healthiest choice,
- Adults: A one-pager on the success of SRA in your state/community
- A pen and small tablet to take notes
- Business cards, if you have them
- An umbrella – just in case it rains

What NOT to Bring

- Anything that is prohibited in the Capitol Complex. Visit this link to learn more: <http://www.aoc.gov/prohibited-items-us-capitol-building>
- **No food or drink** is permitted in the Capitol. This includes all food such as nuts, granola bars, bottled water, etc

Meetings

- Ascend will schedule meetings with your Members of Congress. Simply let Ascend know which Congressional District you provide services in and/or where you live. The Ascend staff will take care of the rest
- An itinerary for your day will be provided prior to your arrival. You will also receive a packet when you arrive the morning of March 25th that will include your itinerary and other materials you'll need for the day

Adults: How to Prepare for Your Visit

- Explain that this day is very important to the future of SRA education
- Remind all students that they should be on their best behavior
- Help youth summarize their unique story within about 1 minute. Practice with them
- Be prepared to share a 1-page summary of your program, if you provide SRA education (give an additional copy for Ascend)
 - o What your program looks like: It isn't a "just say no" program
 - o Where you serve
 - o How many you serve
 - o Success your program has demonstrated
- Bring a letter from Schools or Community Leaders on the value of your program (give a copy to Ascend)
- Have sufficient adult chaperones for your group
- If you can't bring youth, bring one or two well-written letters from youth you serve (give copies to Ascend)

Youth: How to Prepare for Your Visit

- Be prepared to give a personal reason that SRA is important to you and be able to do it within about 1 minute
- Practice with your leader
- Congressional Offices WANT to hear from you, so use your time wisely
- Be respectful, be prepared, be yourself
- Remember! This isn't about a "program". It's about you, your future, and receiving the skills to make healthy choices!