

# KNOWING THE POLITICAL PROCESS

Governments and politicians are key in processes of shifting laws, policies and regulations. Government and political structures are often complex and sometimes it may be difficult to engage with the bodies due to restrictions put in place.

*Here are a few tactics on how to use political pressure:*

1. **Face to Face Lobbying**

People can meet their political leaders and representatives in person to discuss an issue.

2. **Message Politicians**

Contact politicians and government officials through letters, email, calls and even social media. In Kenya, for instance, politicians have been known to engage with their constituency through social media platforms such as Twitter and Facebook. The same tool has been used by citizens to bring to the attention of politicians and government officials on various injustices taking place at the local level.

3. **Contacting local media**

Letters published in local newspapers, magazines, or blogs are often read by a politician, especially if they mention the politician or are related to an issue they are working on.

4. **Political Protests**

Demonstrations, marches, rallies and vigils are used to protest the actions of politicians or a government. Protests may be on issues of access to resources, naming corruption in institutions, violation of human rights etc.

5. **Campaigning for a candidate**

During the election period, you can identify a candidate who has the power to influence an issue that is important for your cause, who you can then rally people to support during the campaign process.

6. **Voting**

The voting process can be used to bring in better politicians who can be supportive to your cause. Encouraging people to vote one way or another is a useful process in influencing support for a preferred candidate.

*Source: The Mobilisation Lab, <https://mobilisationlab.org/resources/10-ways-people-power-can-change-the-world/>*