

We created Women Talk Politics as a space for women to engage other women on the importance of voting by talking about the issues we care about. If you want to engage your friends on the importance of voting this year, here are a few ways to get started.

What to consider

Your why. Why are you doing this? Why is this important to you?

Your goals. Who are you engaging? Why are you engaging them? What outcome(s) are you looking for?

Your how. How do you want to have these conversations? In person? On the phone? Email? Text? Social? What will be most effective in achieving your goals?

Your boundaries. What will you do if a conversation makes you feel uncomfortable? What are your red lines? When do you end a conversation?

Misinformation and disinformation. Misinformation is unintentionally getting the facts wrong. Disinformation is getting the facts wrong on purpose in order to spread doubt and activate pre-existing fears. Social media and artificial intelligence have increased most people's access to both, even people you think share your politics, so misinformation and disinformation could come up in these conversations.

Approaches to try

Use "I" statements. For example, this year I am voting because I care about _____. This feels personal to me because _____. I used to think _____, but I learned _____, so now I know that _____ is true instead.

Ask questions. What issue (or issues) is making you want to vote this year? Why is this issue important to you? If someone is sharing a view that you sense might be mis or disinformation, you could ask: how did you arrive at that point of view? What personal experiences shaped your viewpoint? Where did you hear that? What is your source for that?

Listen. Listening is hearing what the other person is saying, taking it in, pausing to think about it, and then responding. Listening can sometimes mean you change your mind on a previously held opinion. Listening is not interrupting, or thinking about what you are going to say next while the other person is talking.

End on agreement. Maybe the agreement is not on a particular issue or point of view, or that one issue is the most important in the election, but that you both agree to vote and to encourage others to do the same.

Resources to dig deeper

[A misinformation and disinformation factsheet from the UN Refugee Agency.](#) [Why people are susceptible to misinformation and disinformation](#) and [why and how they spread](#) from the American Psychological Association.