



TABLING 101

Quick tips & best practices

Benefits of tabling

- Visibility & awareness
 - Reach lots of people in a short time
 - Education!
- Direct engagement
 - Face-to-face interaction with your community
 - Building relationships
- Event & resource promotion
 - Campus health resources
 - Vending machines
- Recruitment
 - Gain new supporters & team members

Getting ready to table

- Know the rules
 - Where/when are you allowed to table?
- Set goals
 - How many people do you want to connect with?
 - How many materials/ECs to hand out?
- Gather materials
 - Ask clinics, orgs & companies for products & swag
- Prepare your elevator pitch
 - Write down talking points & practice!
 - Train your volunteers



Tabling best practices

- Make your table look great!
 - Use colorful banners & posters and keep it neat & organized
 - Offer swag & giveaways (candy, products, stickers, pens, etc)
- Set up in a high-traffic location for safety and visibility
- **DO NOT** give medical advice or take medical information
 - If you're distributing EC, **do not** ask questions about personal circumstances (date of last period, when sex occurred, etc.)
 - **Do not** refuse someone EC based on personal circumstances
- Make an ask & collect info from supporters
 - Sign a petition? Distribute EC? Share info?
 - Use sign-up sheets, QR codes & online forms
- Follow up!
 - Thank supporters repeat the ask, & share ways to get involved

Submit your tabling photos to EC4EC!

