



How to Vote 101

The FAQ-style toolkit to help you feel confident leading up to Election Day.

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Have other questions? Don’t hesitate to reach out! Email alerts@nwhn.org and one of our Get Out the Vote staff will get back to you ASAP. 5

In the past two years since Roe v. Wade was overturned, we’ve witnessed unprecedented attacks on women’s health care. [Abortion is now a fraught state-by-state access issue.](#) [In-Vitro Fertilization \(IVF\) is on the line.](#) And now, [access to birth control is in jeopardy.](#)

But all is not lost. We have a voice in this system – namely, our vote. And if we come together and vote this fall? We could change *everything*.

Why should I vote?

It’s easy to feel disaffected or disheartened by politics and to believe that your single vote won’t make much of a difference. But it does. Voting helps...

- Ensure that your values and the issues that matter the most to you are prioritized
- Decide where your tax dollars should be spent (where government funding and resources should go)
- Fight against racism and discrimination and honor those who fought for the right to vote
- Turn numbers into power – and [we have the numbers.](#)

And if you think a single vote doesn’t matter, [here are times when they’ve decided close races.](#)



Wait – am I even eligible to vote?

You CAN vote if you:

- **Are a U.S. citizen**
- **Meet your state's residency requirements** (note: you can be experiencing homelessness and still meet these requirements.)
- **Are 18 years old on or before Election Day** (In some states, you can pre-register to vote before you turn 18 if you will be 18 by election day.)
- **Are registered to vote by your state's voter registration deadline** (North Dakota does not require voter registration.)

You **CAN'T** vote in U.S. elections if you:

- Are not a U.S. citizen, including permanent legal residents.
- Have a felony conviction in some states. Check with your state elections office.
- Are a U.S. citizen residing in a U.S. territory (only for the general presidential election).

Learn more about these requirements at usa.gov/who-can-vote.

How do I check if I'm registered to vote?

Got 30 seconds? You can check if you're registered to vote by [filling out a quick form on vote.org](#).

What is my voter registration deadline?

To vote, you need to be registered – and not all states offer same-day registration. What's more, deadlines vary by state – so it's important to understand your specific situation.

[Use Vote411's interactive registration deadline tool](#) and select your state to view your election dates & deadlines.

How do I register to vote?

Registering to vote takes less than 2 minutes. Simply [fill out the voter registration form on vote.org](#).



How do I vote in-person on Election Day?

- You can [find your nearest polling place](#) by using vote.org's polling place locator tool.
- Each state sets its own voter ID rules. Most require voters to bring identification to vote in person. [Find out what type of ID is required to vote in your state here.](#)

I won't be in town on Election Day. What are my options?

Depending on your state, you might be eligible to submit **an absentee ballot, vote by mail, or vote early.**

Absentee voting: States that use absentee voting require the voter to request a ballot to be sent to them.

By-mail voting: States that use a vote-by-mail system automatically send ballots out via mail to all registered voters without the voter having to ask for it.

- Visit Vote411 and select your state from the dropdown menu to [see if your state offers absentee or vote by mail options.](#)

Early in-person voting: Some states allow you to vote in person 15 to 30 days before election day.

- [Check vote.org to see if this is an option your state offers.](#)

My voting situation is weird and unclear. Where can I get more information?

How to Vote If You're...

- [A student studying in another state](#)
- [Living abroad](#)
- [In the military](#)
- [A first-time voter](#)
- [A new U.S. citizen](#)
- [A trans voter](#)
- [Formerly incarcerated](#)



Why should I pledge to vote?

Making a pledge is a psychological strategy that helps keep you focused and committed to goals you might otherwise be tempted to give up on and, with women's health on the line, showing up to vote this year is more crucial than ever.

- [Pledge to be a voter](#)

Why should I make a plan to vote?

The same reason we meal prep and schedule our weeks – it's empowering and effective. Making a plan to vote [greatly increases the chances you actually will](#), and can help reduce anxiety around the voting process (especially for first-time voters!).

- [Make a plan to vote](#) and spread the word to others!
 - Know what your voter registration status is
 - Make a plan to vote [by mail](#) or in person
 - If you plan to vote in person, research [where your local polling places are](#).
 - Research candidates to learn where they stand on issues that matter to you
 - Tell your loved ones about your plans to vote and encourage them to make their own plans too

How do I get my friends and loved ones to vote?

Every vote has the power to impact women's health. Encourage your friends and loved ones to vote by:

- Offering rides, or ordering a rideshare service, to get them to and from their local polling place
- Helping them get registered to vote or confirm their voter registration status
- Helping them request an absentee ballot or vote by mail
- Hosting a [Party at the Polls](#) event:
 - [Sign up to host](#) a Party at the Polls event
 - [Download the free how-to guide](#) for hosts
- Walk in a [#walkthevote](#) voting parade

What are my voting rights exactly? I'm afraid someone will try to intimidate me at the polls, or suppress my vote.

Know your voter rights so you'll feel confident and unshakable when you go to cast your ballot.

- Know your [general Election Day rights](#)
- Know your [voter rights as a voter with a disability](#)
- What to do [if someone is interfering with your right to vote](#)



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