All government policies come down to one of two areas: domestic and/or foreign.

**Domestic policy** has to do with affairs “at home”- inside the United States. Examples of domestic policies include topics such as tax rates, medical regulations, food safety, and education.

**Foreign policy** covers any topic that concerns our relationship with other countries and/or events that take place outside the United States, such as trade agreements with other countries, forming alliances, and waging war. The main goals of our foreign policy include: protecting America/Americans, supporting economic growth, protecting human rights around the world, and increasing support for American values like democracy and freedom.

Article I of the U.S. Constitution grants Congress the authority to pass legislation relating to domestic and foreign policy, while the process of actually enforcing and implementing these policies often falls to the executive branch. The executive branch is led by the president, as outlined in Article II.

Over the course of U.S. history, Congress has used its power to create several executive departments that help develop and carry out domestic and foreign policy. Each department is led by a secretary, who is appointed by the president and approved by the Senate. These secretaries make up the president’s Cabinet and are the chief advisers to the president over their respective areas.

It is also important to understand that foreign policy and domestic policy affect one another. For example, though maintaining a robust military to defend the United States is in our vital interests, commitments abroad might also mean fewer resources and funding for things we would like domestically. Similarly, treaty commitments that impact an area, like the environment, might change the way we conduct domestic policy.

Over time, both domestic and foreign policy changes and adapts to suit the needs of the time, as well as the priorities of the current Congress and presidential administration. Whether concerning matters inside our country or abroad, the ultimate purpose of each policy is to advance our national interest-our nation’s economic, military, political, and/or cultural goals and ambitions.