Calling Your Elected Officials

Phone calls are a quick and easy way to let your elected officials know about the issues you care about.

## Before the call

* Know about your Senator or Representative. Research your legislators' voting records, committee assignments, professional experience, etc.
* Set a specific objective for the call. Limit the number of issues.

## During the call

* Ask to speak with the aide who handles the issue about which you wish to comment and ask for their name in case you need to speak to them in the future. It is common for an aide to relay a message to the senator or representative.
* Identify yourself as a constituent and tell the aide you would like to leave a brief message. For example: "Please tell Senator/Representative (Name) that I support/oppose (S.\_\_/H.R.\_\_)."
* State reasons for your support or opposition to the bill. If possible, use personal stories.
* Ask for your senators' or representatives' position on the bill. You may also request a written response to your call.

## After the call

* Write a thank you email or letter in which you summarize the discussion.
* Follow-up on any commitments made during the call, especially if you said you would provide additional information.