

CONTACTING YOUR  
REPRESENTATIVES

# I WANT TO HELP BY CALLING MY LAWMAKERS WHAT SHOULD I SAY?



Our civic engagement, our commitment to our neighbors and the policies impact them, is not limited to one vote every four years. Calling our lawmakers is one way to stay engaged, to hold accountable the people in office who have made a commitment to serve their constituencies. So, this is our engagement in letting them know what people in their district are concerned about and want to see them work on.

**HERE ARE A FEW TIPS THAT WILL  
MAKE GETTING INVOLVED FOR THE  
SAKE OF YOUR NEIGHBORS EASIER.**

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There are lots of times when we are discussing headlines or different policies in the news and women in our community will ask, "what can I do?" Many times our response includes an encouragement to call our lawmakers.

It is much less scary than you imagine, we promise! You are rarely ever speaking to your actual lawmakers. You are typically speaking to Congressional aides.

## WHERE DO I START?

Go to [www.whoaremyrepresentatives.org](http://www.whoaremyrepresentatives.org) and type in your zip code. It will give you contact information for the two Senators for your state and the Congressional Representative for your district. You can also visit [www.whitehouse.gov/contact](http://www.whitehouse.gov/contact).

## WHAT SHOULD I SAY?

**Where you're from:** "Hi, my name is \_\_\_\_\_ and I live in your district." It's important they know they represent you.

**Who you are:** Mention any affinity groups that you are a part of that they might be interested in. For example, are you of the same political party as the representative and voted for them? Are you an Evangelical Christian, Pastor, public school teacher, or nurse, etc? Particularly if you think something different than they would assume, this can be important.

**What you care about:** For example, "I'm concerned about families waiting at the border to go through the asylum process," or "I'm concerned about Dreamers who need a permanent solution from Congress."

Sometimes you'll have specific language to use around a specific policy (example: "We are asking you to set the refugee ceiling at 95,000) but most times you are just letting them know, "I want you to work on this issue."

\* From the video [Contacting My Representatives: What Should I Say?](#)