

HOW TO CALL YOUR MEMBERS OF CONGRESS

Throughout the legislative process, there are several points you can support an issue or bill that you care about. One of the easiest and most effective ways to do this is by calling a legislator's office. While you won't speak directly to the member of Congress, your position for the issue will get back to their team in some form. Legislative staffers track the number of calls they receive on a certain issue or bill and use this information to influence their decisions moving forward.

NOT SURE WHERE TO START? HERE'S A STEP-BY-STEP GUIDE WITH EVERYTHING YOU NEED TO KNOW BEFORE CALLING:

1

DECIDE WHOSE CONGRESSIONAL OFFICE(S) YOU WANT TO CALL AND FIND THEIR PHONE NUMBER(S).

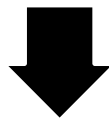


The first step is deciding which member(s) of Congress to call. Offices weigh feedback from constituents more heavily than from others. Occasionally, a campaign may ask you to reach out to a member that is not yours, like if a particular member is holding up a vote or needs support for their legislative proposal.

You can call congressional offices directly (either in Washington, D.C., or locally) or through the switchboard. You can find the direct number online on the member of Congress' website, but you can also reach representatives' offices by calling 202-225-3121 and senators' offices by calling 202-224-3121.

TIP:

Not sure who your members of Congress are? You can look up your elected officials at sojo.net/ElectedOfficials.



2

PREPARE WHAT YOU WANT TO SAY.

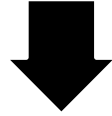
There's no need to prepare a whole speech, but it's a good idea to think through the basic points you want to get across before calling. Make sure you know how to describe 1) the issue you're calling about, and 2) what you would like the legislator to do. It's best to be brief, since offices receive a high volume of calls!



TIP:

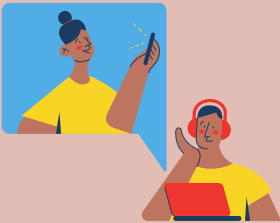
If you happen to have personal or professional experience with the topic, you can mention this during your call.

HOW TO CALL YOUR MEMBERS OF CONGRESS



3 MAKE THE CALL!

Here is a basic outline of what a typical call will look like:



- Say your name and identify yourself as a constituent (if applicable).
- If relevant, you can ask to speak with the legislative assistant or correspondent that works on the issue.
- State the issue and what action you would like the legislator to take. It's best to keep things brief, but you can include more information as needed to support your points.
- Thank the staffer for taking your call!

If you've never called a member of Congress' office before — or even if you have — it's common to be somewhat anxious. The policymaking process can seem daunting, but at the end of the day, it's important to remember that your representative and senators are meant to represent you! It is the job of their offices to pay attention to what their constituents care about, so don't hesitate to give them a call. As a community member and person of faith, your perspective is extremely valuable!



We also want to hear about your experience calling your members of Congress. Share it with us on social media [@SojoAction](#) or via email at sojoaction@sojo.net!

Not sure how to get started? Looking for a community of faith that cares deeply about justice and works to build a better world together? Join the Faith-Rooted Advocates Network! Learn more at sojo.net/FRAN.