HOW TO:
Call Your Member of Congress

After in-person meetings and handwritten letters, calls to Members of Congress are one of the most effective ways of lobbying.

Congress tracks every call they receive, and hearing constituents over the phone can be some of the most impactful conversations for Legislative Aides. Calls can truly make a Representative feel the pressure of the public. Here are tips for calling your Representatives:

1. **Introduce Yourself + Ask for the Relevant Staff Member:**
   Sometimes interns handle the phones, so when you call, say your name, let them know you are a constituent, and ask for the Legislative Assistant who handles the topic you are calling about. If the LA is unavailable, continue. If the LA is available, re-introduce yourself when he/she answers.

2. **Make the Ask:** Know exactly what you are asking for and say it early in the call. Should your Senator vote on specific legislation? Have that bill number available when you call and, after introducing yourself, say “I am asking Senator/Representative (XXX) to vote yes/no/support/co-sponsor…”

3. **Support Your Position:** Share 1/2 short supporting facts on why you are asking your Representative to take this specific action. Because you want to be as convincing as possible, try to connect their platform or past votes to this issue and your ask.

4. **Make a Connection:** Why are you calling about this issue? Share why this matters to you and re-iterate the ask.

5. **Ask How the Representative Feels and Say Thanks:** To close the call, ask how the Representative feels about this issue, or how they may vote, and thank the staffer for their time.

Report back to Peace Action any information on how your Representative may vote, and let us know you called. That’s how we measure impact!

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