



Calling Your Member of Congress

Introduction

Picking up the phone and calling your member of congress is a quick and effective way to share your point of view on an issue. Most importantly, office staff keep track of the number of calls they receive on a specific issue so every call really counts. When calling a congressional office, it is good to keep the following in mind:

- 1. Be sure to call your MOC's Washington, DC office, as the staff there handles Federal legislation.** You can find out the telephone number for the offices by visiting www.house.gov and www.senate.gov.
- 2. Before calling, be prepared with a short script that covers the following pieces of information:**
 - Who you are and where you are from
 - Why you are calling and what you would like your member of Congress to do
 - Share a brief personal story related to your message
 - Thank the staffer for their time
- 3. When you call, make sure you are talking to the right person.** You can briefly mention that you would like to share an opinion on foreign policy and the United Nations.

Calling your Member of Congress is a great way to make the case for the United Nations! It's important to know your ask before you call. Visit www.unausa.org/advocacy for resources, talking points, fact sheets, and more.