



UNA★USA

Calling Your Member of Congress

Introduction

Picking up the phone and calling your Members 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 counts. When calling a Congressional office, keep the following in mind:

- 1. Be sure to call your Members of Congress at their Washington, D.C. office, as the staff there handles federal legislation and foreign policy issues.** You can find telephone numbers 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, be sure to keep your message brief and to the point.**

Calling your Member of Congress is a great way to make the case for the UN!
Visit www.unausa.org/advocacy for resources, talking points, and more!