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!