How To Connect To Your Member of Congress

Being a great advocate is more than just talking to decision makers—it also means maintaining a relationship even after your first conversation is over. By continuing to communicate with your representative, you can demonstrate how much an issue matters to you and your community. Developing a closer relationship also makes it more likely that your representative will give your issue time and attention. Building these important relationships takes only a few, simple steps—here are some you can try:

⭐ Schedule an In-District Meeting with Your Representative
Scheduling an in-district meeting with your representative is a great way to express your concerns directly and allow you to connect to your legislators on a personal level. In-district meetings are especially helpful if you have a specific “ask” or piece of legislation that you want to talk to your representative about. Make sure to check out this toolkit for more tips on how to have a great in-district meeting.

⭐ Call Your Representative’s Office
One easy way to contact your representative is to call their office. You can use phone calls for a lot, including thanking representatives for their support, sharing your concerns and letting representatives know about any significant changes in legislation. If you want to ask your representative to co-sponsor legislation, try using this script!

⭐ Write to Your Representative’s Office
Like phone calls, sending an email or letter is a great and simple way to stay in contact. You can use letters to thank your representatives for their support or to indicate your concern about a specific issue. Letters can also help you ask your representative to co-sponsor legislation—check out this template for ideas on what to include in a letter with an ‘ask’.
Personalize Your Communication
Personalizing your message is a great way to convince your representative that they should care about your issue. Do some research about your representative before reaching out, including looking at their voting record and the committees they serve on. The Girl Up Advocacy App has information about your representative that makes it easy to prepare personalized talking points in advance.

Send a Thank You Note or Poster
After communicating with a representative, always send a thank-you note to thank them for their time and to remind them of your ‘ask’. The Girl Up Advocacy App has a sample template you can use to draft your note. If you are feeling more creative, you can come up with handmade thank-you cards or posters—your rep might even hang them in the office!

Shout Them Out on Social Media
Your representative is likely on Twitter and Instagram, so take the opportunity to communicate with them! Posting a picture with your representative after a meeting or mentioning them on social media is a great way to continue to stay in contact with your representative’s office and to thank them for their support even after you’ve met.

More Resources
Visit Girl Up’s Advocacy 101 page to learn more about the basics of advocacy and some facts about current legislation.

Download the Girl Up Advocacy App for free on your iPhone or Android device for information about your representatives and legislation.

Use Girl Up’s Advocacy Toolkit for more tips on how to become a successful advocate.