



TAKE ACTION: What We Can Do

You can do this by making one phone call to one of your national senators, members of Congress, or the White House.

Or, for those looking to turn despair into action, here's some meaningful advice from a high-level staffer for a Senator:

There are two things we should be doing all the time right now. *You should NOT be bothering with online petitions or emailing.*

1. Face-to-Face Interaction:

- The best way to be heard and get your congressperson's attention is through face-to-face interactions.
- Attend town halls, visit their local offices, or find a way to attend their events if you're in DC. Look for "mobile offices" held periodically by their staff (times are on each congressperson's website).
- When you attend, ask a lot of questions and push for answers. The louder and more vocal you are, the better.

2. Daily Calls:

- In-person events don't happen every day, so the most important daily action is calling.
- **Make 6 calls a day:**
 - 2 calls each (DC office and local office) to your 2 Senators and 1 Representative.
- Calls are what congresspeople pay attention to. Each day, Senior Staff and Senators get a report of the top 3 most-called-about topics, sorted by zip code and area code.
- Republican callers generally outnumber Democrat callers 4-1, sometimes even closer to 11-1 on specific issues like gun control.

When You Call

• Speak to the Right Staff Member:

- When calling the DC office, ask for the staff member in charge of the issue you're calling about. If transferred, great! If not, ask for their name and continue talking to whoever answers.
- Always provide your zip code so they can mark it down.



- **Make It Personal:**
 - Share personal stories or concerns (e.g., "I voted for you and I'm worried about...", "As a teacher, I am appalled by...").
- **Focus on 1-2 Issues:**
 - Pick 1-2 specific topics to focus on each day. Even if there's no immediate vote, it's important to keep calling.
- **Be Clear on Your Message:**
 - Clearly state your position (e.g., "I'm disappointed that the Senator...", "I want to thank the Senator for...").
- **Don't Worry About Repetition:**
 - People answering the phones generally turn over every 6 weeks, so even if they're sick of you, they'll be gone soon.

Tips for Calling

- If you feel awkward on the phone, use scripts (e.g., from Indivisible) until it feels more natural.
- Save the 6 numbers in your phone under "P – Politician" for easy access.