

HOW TO

Contact your Lawmakers



Community
Advocacy
Field Guide

WHY REACH OUT?

It may seem intimidating to contact your lawmakers, but it's a great way to be an advocate. It takes only a few minutes and can have a big impact.

You can contact your lawmaker in many different ways. This field guide has suggestions for a few ways to reach out, but we bet you can find even more!

The most important thing to remember is that your lawmaker represents you. They are only in their position because most of the residents in your district voted for them. This means that you have every right to contact them with your concerns and that it's their job to listen to what you and your neighbors have to say.

Lawmakers aren't mind readers, so when you reach out in support or opposition of something, you are helping them do their jobs! So get used to reaching out and letting them know what you'd like them to do.

TIPS

Find your lawmakers

First things first, find out who represents you! You can find your lawmakers on your dashboard of our [toolkit](#), or by visiting [vote.utah.gov](#).

Introduce yourself

One of the most important things you can do is make sure that your lawmaker knows that you are their **constituent**. That word means that you live within the boundaries of the lawmaker's district.

In most of our communications online, we don't want to share any personal information, but this is one time we DO want to share where we live. This helps your lawmaker know that you really live in their district.

Keep a cool head

Always be respectful. Lawmakers are elected by you, it's true, but if you are trying to sway them to see things from your perspective, the first step is to use kindness in all of your interactions.

Tell them why you care

A good (**brief**) story will let lawmakers know why you care about an issue. Let them know the personal impact of the policy you are contacting them about.

What's the call to action?

Clearly state what you would like your lawmaker to do.

Keep it short and sweet

If you contact a lawmaker about a controversial policy, they are probably receiving several emails, calls, and texts. The most important thing is that you state your opinion and let them know how you want them to act on an issue.

DO IT!

Contact your lawmakers

CALL

It's not the most enjoyable, but this is the best way to talk to many lawmakers. If you want to make an impact with your U.S. Senator or Representative, it's well known that calling is the way to go!

The good news is that they are so busy they won't want to chit-chat. So use the following script to say what you need to say, and then get back to your comfort zone!

SCRIPT

Hello, my name is [your name]. I'm a constituent from [where you live, be specific!]. I am calling to ask [your lawmaker's name] to [support/oppose] [the issue you called about].

If there's time, you can add a short personal reason why you are asking for that action, but if not, say thank you and hang up. And that's it! You've made your call.

EMAIL

The best way to make an impact when sending an email to your lawmaker is to use your own words and stories. This is your chance to let them know why something matters to you and how it will impact your life if they support or oppose a specific policy.

Make sure to follow the previous tips, and include the basic niceties of communication, including an opening salutation (Hi, Hello, Dear, etc.) and a complimentary closing (Thanks, Sincerely, etc.) at the end.



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Contact your lawmakers

VIA SOCIAL MEDIA

Is your lawmaker active on social media? If so, this is a great way to interact with them. Find the platform they post on and follow them. You can comment on their posts and reach out via direct messages too.