



Calling Your Member of Congress

Prepare for the Call

- ☐ Know your Congressperson's voting history and position on the issue.
- ☐ Have up-to-date information about legislation related to the issue.

Make the Call

- ☐ Call the Capitol Switchboard at 202-224-3121 and ask for your Representative or Senator's office.
- ☐ If you simply want to express your opinion about how you want your Congressperson to vote on a bill:
 - ☐ Identify yourself to the person who answers the phone
 - ☐ Say that you are a constituent
 - ☐ Express your position on the bill
- ☐ If you want to have a conversation about a bill or issue:
 - ☐ Ask to speak with the staff member who works on the issue
 - ☐ Identify yourself, state that you are a constituent and name any affiliations
 - ☐ Identify the bill or issue you wish to address.
 - ☐ State your position and how you want your Congressperson to vote.
 - ☐ Mention examples from your personal experience (e.g. If you are calling about the need for increased funding for child care and you work at a day care center, mention the impact that lack of funding has on children in the congressperson's district.)
 - ☐ Ask what your Congressperson's position is on the issue.
 - ☐ Offer to provide additional information in support of your position.
 - ☐ Thank the person for considering your view.



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Choose the appropriate questions for the flow of your conversation and the status of the legislation (e.g. if the bill needs co-sponsors, supporters, or speaker for floor debate).

Sample Telephone Lobbying Script

"Hello, my name is _____ and I'm a constituent from _____.
May I speak to the person working on the minimum wage issue?" (Note the name of this person for your next call.)

"Hello, my name is _____ and I'm a constituent from _____.
I am also a member of NETWORK, A National Catholic Social Justice Lobby. I'm calling in regard to the Fair Minimum Wage Act (S. 20). Are you familiar with this bill?

"Great. I believe that this legislation helps people in poverty and is at least a step toward providing a living wage."

-or-

"Okay, well let me tell you about the bill. It will increase the minimum wage by \$1.50 over the next year and is sponsored by Senator Kennedy. I work at a shelter for homeless people and more than 50% of our clients over the past year have been full-time, minimum wage workers who cannot earn enough to afford basics like food and shelter. By raising the minimum wage, some of these people would be able to afford these basics."

"Does the Senator support this bill? Will the Senator be a co-sponsor of the bill? Is your office working to get other Senators to co-sponsor or support the bill? What could we do to help gain more support for it?"

"I would appreciate the Senator's support of this bill."

-or-

"Is there something specific the Senator objects to? What information can I provide that would help the Senator consider my position on this bill?"

"Thank you for your time."