



How to call your representative

Lawmakers are concerned about what their constituents are thinking, and calling your representatives directly is the best way to make yourself heard. Remember, they all want to be re-elected, and you're the person in the position to do that.

Step 1: Find your lawmakers' phone numbers

- For Congress reps, you can visit whoismyrepresentative.com and search by your zip code. You can also text 520-200-2223 with your zip code to get your lawmakers' phone numbers at the national and state level.
- For state and local officials, their member websites or state legislature website should include their phone number.

Step 2: Identify yourself & your legislative affiliation

"Hello, my name is _____, and I am a constituent from zip code 12345."

If you aren't calling your own representative, say, "Hello, I am a US citizen from zip code 12345."

Step 3: Ask for the staffer who oversees your topic

"I'd like to speak with the legislative staff who oversees <public lands issues>." Usually, you will reach a staff person at the office who is tasked with keeping track of how many people are calling and their positions on issues. The staffer provides a summary to the elected official about what constituents have been saying. You can call as often as you like.

Step 4: Talk, and remember to:

- **Focus on one issue per call.** "I am calling today to express support for/express concern for _____". Include bill number or executive order number if possible.
- **Share your personal story & perspectives.** Stories help your representative personalize issues and demographics help staff categorize feedback: "I spent last weekend backpacking in Mt. Rainier National Park."
- **Make your position clear.** This is a simple opportunity to voice your point of view, not a conversation. The staffer will not challenge your point of view and needs to be able to write down your position quickly and succinctly. "I am calling to express my enthusiastic support for _____" or "I am calling to express my grave concern around _____".
- **If asked if you require a response, say no.** This makes it easier for the staffer to record your concern without having to put your information into a database.
- **Express thanks.** You will be talking to a staff person who might speak to hundreds of people a day. Say thank you! If your lawmaker has been supportive in the past on public lands or similar issues, you can thank them for their work.

You don't need to be an expert or overthink it — just call! You elected your lawmakers and your tax dollars pay their salaries. They work for you and expect to hear from you on topics you care about.

