

Advocacy 103: Calling Your Representative

Calling your representative at the city, county or state level is a good way to express your concern and advocate for a particular solution.

Prepare for the call

- Know as much as you can about the piece of legislation that you are calling about.
 - If possible know the representative's voting record on this or similar legislation in the past.
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About the call

When you call you will most likely speak with a staff person working for your representative. This is fine. Staff people can be your allies in working with a representative. Treat them with courtesy.

There are two types of phone calls when contacting your representative.

1. The quick call.
 - Call the representatives office
 - Give them your address so that they know you are a constituent.
 - Tell the staff person the specific piece of legislation you are calling about.
 - Express your opinion on that piece of legislation
 - Thank them for their time
2. The longer call.
 - Call the representatives office.
 - Identify yourself and where you live.
 - Identify the piece of legislation you are calling about.
 - State your position and how you want the representative to vote.
 - Mention your personal connection with the issue (e.g. If your church provides food or space for homeless people and your desire to see those people have housing of their own).
 - Ask the staff person if they know where the representative stands on the legislation.
 - Offer to provide additional information in support of your position. If the staff person asks for information you do not have at your fingertips tell them you will call them back and then contact your FAITH rep. if you need help fining the answer.
 - Thank the person for considering your view.



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A program of Catholic Community Services of King County
