



9 Tips for Calling Your Members of Congress

AFSC Action Hour Resources

2023

Calling the offices of your members of Congress is one of many ways to make your views known. Though it might feel like you are participating in a hopeless and impersonal numbers game, staffers and members take personal calls seriously, and regard them as a good way to gauge the opinions of their district.



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Indicate Your Relationship



Congressional offices consider the perspectives of constituents when making policy and legislative decisions. If you are a constituent, tell the staffer right away. You'll likely then be asked for your street address and email. You can also call the offices of members of Congress besides your own to thank them for taking action. On these calls, you can indicate you are a supporter.

Give Your Top Ask



This is the most important part of your call! Don't be afraid to repeat your ask often throughout your call.

Keep it Short



Staffers receive calls all day. The goal of frequent calling is to impress staffers with the volume of calls in support of a cease-fire, but we do want staffers to *listen* to our calls!

Lead with Passion



Your story is what makes your call stand out amidst the many calls staffers get every day. Use AFSC's storytelling tips to personalize and add urgency to your calls.

1

CALL AND EMAIL EVERY DAY

One call shows you care. Calling every day demonstrates greater commitment. Frequent communication builds trust and demonstrates urgency.

2

CALL THE DISTRICT AND CAPITAL OFFICES

Calling both offices allows you to reach more staff. It also increases the chances you get to talk to a staffer friendly to your position.

3

SAVE YOUR MEMBERS' NUMBERS IN YOUR PHONE

Saving both the district and the national office numbers makes them easier to access for daily calls.

4

THANK THE STAFFER

Remember that you are talking to a person who is likely also upset about deadly violence. Ask the staffer how they are doing and listen to their answer.

5

LEVERAGE YOUR COMMUNITY

Members of Congress pay attention to phone calls because they want to know that their constituents support their political and legislative decisions. If there are others in your community who share your understanding, mention them on your call. Staffers give more emphasis to those who speak on behalf of groups than they do to individuals.