Calling Your Member of Congress

When you are not able to meet with your congressional delegation in person, consider making a phone call and following up with a short email that restates your points.

Here are a few tips on phoning your Member of Congress:

- Identify yourself as a constituent and specify the topic you want to discuss
  "Hello, my name is [name]. I am a [hometown/state] resident – OR [job title] of [school district] – and I would like to speak with the education legislative assistant about Impact Aid for public schools."

- Know what you want to say and make a few brief points
- Keep statistics, talking points or notes in front of you to keep you calm and on message
- Be clear in what you’re asking the policymaker to do
  "My school district depends on Impact Aid for [XXX, YYY and ZZZ]. It is a critical funding source for us, and I urge [elected official] to support a $52 million increase to the program for FY 2021."

- If you don’t know the answer to a question, tell the person you are speaking with that you will get back to them
- Keep the call under five minutes unless the person you speak with prolongs the conversation with questions
- Be considerate
- Ask the person you speak with for his or her email address and follow-up with a short email restating the points you made on the call

Don’t be surprised if you need to leave a message. If you do, keep it brief and clear. Be sure to provide your name and contact information and request a return call and/or a written letter on the topic of your message.

In addition to, or instead of, calling your legislator’s DC office, consider calling a local district office. District offices tend not to receive as many phone calls as the DC office does.

Need help finding your Members of Congress’ phone numbers?
Visit the NAFIS Action Center at https://www.nafisdc.org/take-action/ and scroll down to find “Find Your Congressional Representatives.” Find your Members of Congress (one member of the House of Representatives and two Senators) by entering your address (or your school district’s address).

The telephone number for the Washington, DC, office is included in the Member profile, or you can call the capitol switchboard to be directed to any office.

Be sure to let NAFIS know who you’ve called to assist with our general advocacy strategy. Contact NAFIS Policy & Advocacy Director Leslie Finnan at leslie@nafisdc.org or 202-624-5455 if you’ve called a Member of Congress or need help in doing so.