



9 TIPS FOR CALLING YOUR MEMBERS OF CONGRESS

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.

LEARN MORE: [AFSC.ORG/CRISIS-GAZA](https://afsc.org/crisis-gaza)



IDENTIFY YOURSELF

Congressional offices consider the perspectives of constituents when making policy and legislative decisions. If you are a constituent, tell the staffer. 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 Palestinian human rights, 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.

CALL AND EMAIL EACH DAY

One call shows you care. But frequent communication demonstrates commitment and urgency and builds trust.

CALL BOTH OFFICES

Calling both the capitol and district offices allows you to reach more staff and increases the chances you speak to a friendly staffer.

SAVE THE NUMBERS

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

THANK THE STAFFER

You are talking to someone likely also upset about deadly violence. Ask them how they are doing and listen to the answer.

USE YOUR COMMUNITY

Phone calls help an office get a sense of constituent views on their political and legislative actions. Mention if your community shares your view to give your statement more weight.

