

HOW YOU CAN BE INVOLVED IN THE LEGISLATIVE PROCESS

Members of Congress rely on input from constituents, experts, and advocates to make informed policy decisions. By advocating, you can provide Congress Members and their staff with **specialized knowledge, valuable experiences, and personal perspectives that can shape the legislation** they author, co sponsor, or vote on.

HOW TO GET INVOLVED



SOCIAL MEDIA

Offers direct, instant access to nearly every member of Congress

Tips:

- Identify yourself as a constituent when engaging with elected officials.
- Follow your representatives and senators on Facebook and X.
- Keep messages respectful—effective interactions make a strong impression.



EMAILS AND LETTERS

Members of Congress pay close attention to constituent feedback and track responses by issue

Tips:

- Include personal stories and original thoughts.
- Include your contact information so offices know how to reach you.
- Use ASE's tools and resources to support your communication



PHONE CALLS

Calling district or Capitol Hill offices is an effective way to share concerns, and you will speak with staff members who relay your message to the member of Congress.

Tips:

- Calls are especially impactful right before important votes.
- Consider calling both the Capitol Hill office (where legislative staff works) and local district offices to reinforce your message.



IN PERSON VISITS

Meeting with a Member of Congress or their congressional staff is an effective way to discuss specific issues or legislative priorities

Tips:

- Contact the member's scheduler to request a meeting
- Clearly state the purpose of the meeting and the one or two issues you want to discuss.
- Follow up afterward with an email or letter thanking them, recapping key points, and reiterating requests.

For more information about the legislative process please visit [Congress 101](#)