



Easy Read Edition

**They Work For Us:
A Self-Advocate's Guide to
Getting Through to your
Elected Officials**

**Part 3: How Can I Talk to My
Elected Officials?**

3. How can I talk to my elected officials?



U.S. Senators

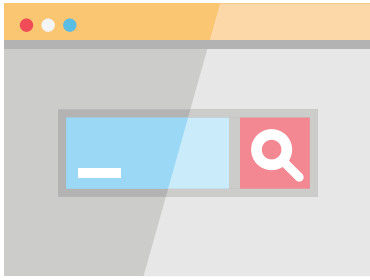
You can find **contact information** (like emails and phone numbers) for your **Senators** [here](#). Click on your state. This will bring up the names of the 2 Senators from your state.



U.S. Representative

You can find contact information for your **Representative** [here](#). Type in your zip code on this page. This will bring up the name of the Representative from your district.

State and local government



The Humane Society has a tool you can use to find out who represents you in **local** and **state government**. All you need to do is enter your address or zip code. Then, the tool will tell you the names and **contact information** of your **elected officials**. [Click here to visit the Humane Society's tool.](#)



You can use these websites to find:

- phone numbers to call



- where to send letters



- where to send emails.

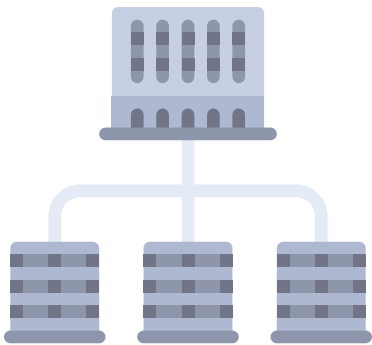


You can also call or send an email to make an appointment to meet in person with your elected official.

Where offices are



Members of Congress (your Representative and your Senators) have more than one office.



Each Member of Congress has one national office in Washington, D.C. They also have one or more offices in the state they are from.



State representatives might have more than one office in their state.

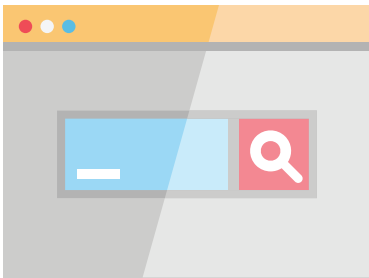


Local representatives, like a City Councilmember, usually have just one office.

Social media



Your elected officials probably have their own pages on **social media** websites (like Facebook or Twitter).



Use the searchbar on these websites to enter their name and find out.

How can I tell my elected officials what I am thinking?

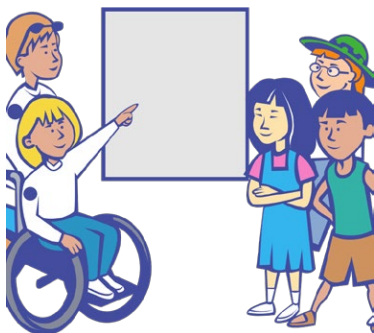


There are lots of different ways that you can get in touch with your elected officials. Some of these ways make a bigger difference than others.

When you talk to your elected officials, there are 2 things that make them listen to you:



1. How personal it is



2. How many people can do it

Here is a list of ways to talk to your elected officials. We put this list in order of how big a difference something can make.



1. Phone calls.

Phone calls can make a big difference if a lot of people call. Phone calls are personal, and lots of people can make phone calls.



2. Visiting your elected officials in person.

Visiting your elected officials makes a big difference. It is personal, but is hard for a lot of people to do at once.



3. Emails and writing letters.

Emails and letters are not as good as phone calls, but they are still important. Elected officials' staff do not pay as much attention to emails and letters as they do to phone calls. Also, it can be harder to make a letter seem personal.



4. Social media (Facebook and Twitter).

You can use social media to put together a group of people to make phone calls or send emails about a problem.

The next few sections will explain more about how to do all of these things.

Glossary



contact information

The information you need to get in touch with your elected officials. Contact information includes email addresses, phone numbers, and office addresses.



elected officials

Politicians that we elect to the government are our elected officials. Elected officials listen to the problems that people have. Then, they make laws to fix these problems.



local government

A local government is in charge of a smaller part of a state, like a city or a county.



local laws

Local governments make local laws. Local laws are just for people in that small area, not people in the whole state or the whole country.



members of Congress

Members of Congress are the people who have the power to make federal laws.



Representatives

Representatives are the elected officials in the House of Representatives.



Senators

Senators are the elected officials in the Senate.



social media

Social media is any place online where people can interact with each other. Some examples are Facebook, Twitter, and Tumblr.



state laws

State laws are laws only for people who live or work in a specific state.