How to Call Your Legislator

Here's a Step-by-Step:

1. Block off time on your calendar.

   - 12:00-12:45: Lunch
   - 12:45-1:30: Make that call!
   - 1:30-2:00: Don't rush yourselves!

2. At the scheduled time, go sit somewhere quiet.

3. Find out who represents you. Some places to look:
   - House: house.gov/representatives/find/
   - Senate: senate.gov/senators/contact/

4. Write out exactly what you plan to say.
   - It only needs to be a few lines, and there are lots of templates online that you can use.
   - Example: Hello! I am a constituent from City (ZIP code) and I am calling to urge [Local Name] to publicly...

5. Take a deep breath.

   - Tip: They may already have a pre-written statement.
   - If not, you can say: I know it's hard, but call anyway! Think through it & ask them to keep pushing.

   - You can do this.
To find your legislators, visit:
http://www.legis.la.gov/legis/FindMyLegislators.aspx

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