The most effective methods are PERSONAL:

1. In person visit
   Also effective: Letter to the editor in a local newspaper; attendance at in-district event,
2. Telephone call
   especially if you speak and are clear that you are a constituent.
3. Email message
4. Postcard
5. Letter

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Not as effective: Most offices are not systematically tallying constituent input from social media such as Facebook or Twitter. Mass-produced mailings and on-line petitions are also not highly regarded because it’s not possible to verify that a constituent is sending it.

When you telephone:

1. State your name, town, and zip code.
2. Clearly state the one issue or piece of legislation you are calling about. State the name or number of the legislation, if you know it.
3. Clearly state what you are asking your elected official to do.
4. Ideally, include a personal anecdote or reason you feel the way you do.
5. Speak politely and end with a thank you. If the person has supported the issue you’re calling about in the past, thank them for doing so.

Don’t worry if your message goes to voicemail – aides will listen to it and tally your input just the same.

Sample telephone call template:

"Hello, my name is__________. I'm a constituent from ___(town)_____, Massachusetts, Zip Code ______. I am calling about _____________________________________________. I strongly urge _{(Senator/Rep...)}________________ to please _____________________________. This is important to me because ____________________________________________. Thank you very much."

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