



Top 10 Ways to Build Relationships with Your Members of Congress



1. Who are your members of Congress?



Find out who your members are. Use www.house.gov to find your House members or www.senate.gov to find your Senators.



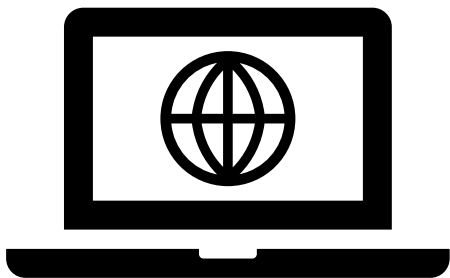
You will need to know the zip code of where you live and vote.



2. What does your Member of Congress do?



Learn what committees and teams your Members of Congress are on.



Learn what issues they care about by visiting their website.

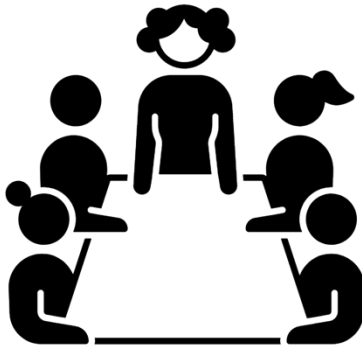




3. Do you want to get information from your Members?



You can stay up-to-date by signing up for Members' email newsletters.



4. How can you meet with your Members?



Visit Capitol Hill in Washington, D.C. by setting up an appointment with your members or their staff. Email or call their staff to schedule a visit.





If you can't visit to Washington, D.C., members have offices in their state districts. Email or call your local office to schedule a visit.



Call the United States Capitol at (202) 224-3121. Ask to speak to your Representative or Senators.



5. Do you want to have coffee with your Members?



Many Members host coffee meetings with voters in their district.

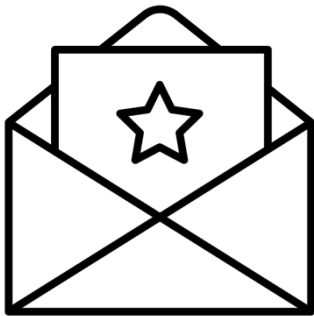




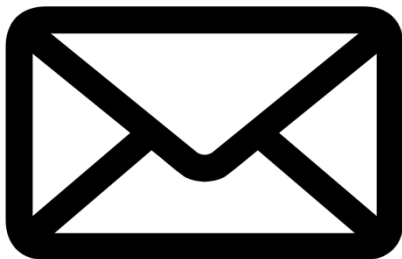
This is a great way to meet with your member in your hometown.



6. Are you having an event or meeting in your community?

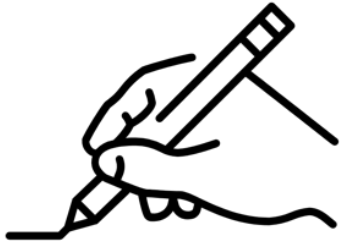


Invite your Member or their staff to come.



7. How can you use mail to keep in touch?





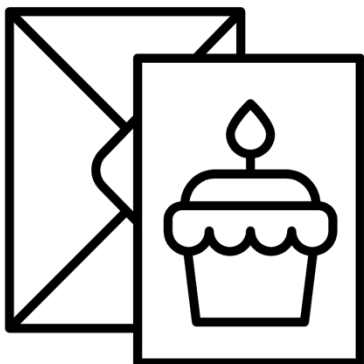
After meeting them, write a thank you note to the staff or Member. Thank them for taking the time to meet with you.



They may have asked you a question that you didn't know the answer to. Answer that questions in your letter.



8. Are your Members celebrating a birthday or holiday?



Send your Members a card wishing them a Happy Birthday or Holiday.





Thank them for the work that they are doing for your state.



9. Did your Member help create or change a law that matters to you?



Call and thank your member for helping write laws.





You can thank them on social media (Facebook and Instagram). Be sure to tag their account.



If they haven't, ask them to create laws that are important to you if. Hearing from people like you lets them know what's important to the people they serve.

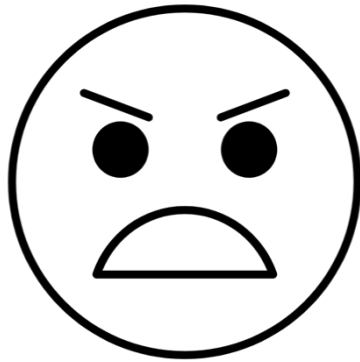


10. Remember to be respectful!



You may be upset if your Member doesn't support a bill that matters to you. If this happens, it's important to be respectful.

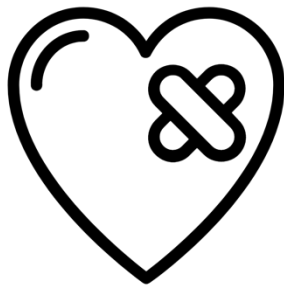




Do not say things that are not nice. This includes in-person and on social media.



If you can build a good relationship, it can be great for both of you.



Remember it's not easy to fix a relationship if the person doesn't trust you.



ASSOCIATION OF UNIVERSITY CENTERS ON DISABILITIES
THE LEADERSHIP, EDUCATION, ADVOCACY & RESEARCH NETWORK



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AUCD in Plain Language

