

Tips for Contacting Congressional Delegation

-**Fact check everything before you send, call, or post!** SNOPEs is a good fact check tool.

-Cut and paste your message (**one message per email for maximum effect**) and send to your senators and representatives.

-Put their numbers in your contacts so you don't have to look them up every day. Snail mail is **not** usually effective.

-**Call office with same message.** Talk to whoever answers. They tally calls and note upticks in support or opposition to a particular issue.

-**No form letters!** AI scans letters and can tell if they are form letters and they don't get counted. Use your own words and keep it brief because AI detectors usually need at least 100 words to detect AI written material.

-Remember to use the words **SUPPORT** or **OPPOSE** so AI picks it up along with the subject if your letter is longer. Send to general email and not a specific staffer. If you send to a staffer, it doesn't get counted in weekly total. Emails are reported weekly and are having an effect.

Do every day or as often as possible!