



Writing to your legislators

Letters can be a useful tool in communicating with decision makers. Political staffers have said as few as 10 letters on a particular issue can be enough to get a legislator's attention.

All letters are helpful, but personal letters are more powerful and convey a greater level of interest than form letters.

You may choose to handwrite, e-mail or fax your letter. Check with your legislator to see how he or she prefers to be contacted.

To find your U.S. representatives and senators, visit www.house.gov or www.senate.gov. These Web sites link you to each legislator's Web site, where you can find more information.

Addressing your letters

To a U.S. senator:

The Honorable (full name)
__Rm.#__ (name of) Senate Office Building
United States Senate
Washington, DC 20510
Dear Senator (insert last name)

To a U.S. representative:

The Honorable (full name)
__Rm.#__(name of) House Office Building
United States House of Representatives
Washington, DC 20515
Dear Representative (insert last name)

See our sample letter for an example to help you write your own letter.

This is information explaining how to contact your legislator. This is an effective way of influencing decision makers.