



# How Can I Advocate?

**Advocacy is one of the most effective ways to ease human suffering and build a more just world.** Together, we have a mission to advocate on behalf of our sisters and brothers living in poverty around the world.

We have the power to influence policy and make things happen. In fact, research shows that the voices and actions of constituents—that’s you—have the greatest impact on members of Congress and their decision making.<sup>1</sup> There are many ways to lift your voice on the issues you care about.

**Here are a few ways to be effective in your advocacy:**

**“WE ARE CALLED TO BRING TOGETHER OUR PRINCIPLES AND OUR POLITICAL CHOICES, OUR VALUES AND OUR VOTES, TO HELP BUILD A BETTER WORLD.”**

Forming Consciences for Faithful Citizenship: A Call to Political Responsibility From the U.S. Conference of Catholic Bishops

## ■ WRITE YOUR SENATORS AND REPRESENTATIVES

Emails and letters on an issue can influence your members of Congress, but it’s best to make them personal. Share who you are *and* why you care about the issue—it will make your message 10 times more effective.<sup>1</sup>

## ■ USE SOCIAL MEDIA

Whether it’s Twitter or Facebook, the social media platforms you use can be powerful tools to contact Congress. In fact, research shows that just 30 posts or comments from constituents on an issue will help get the attention of congressional offices.

## ■ CALL AT KEY MOMENTS

If a bill is gaining or needs momentum, or a vote is expected, phone calls get the attention of your member of Congress quickly. **Text ACT to 677-68** to join our mobile network so you’ll know when your voice is urgently needed!

## ■ ATTEND AN EVENT

Members of Congress regularly host town hall meetings and other gatherings in their districts or states to hear from constituents like you! Attending an event is a great opportunity to ask questions about your issues and get to know congressional staff.

## ■ SPREAD THE WORD

Op-ed pieces and letters to the editor in your local press amplify the issues you care about and promote support in your community. Local media is monitored by congressional offices, so it’s a great way to put your issue front and center.

## ■ MEET IN-PERSON

There is *nothing* more impactful than in-person meetings with your members of Congress.<sup>1</sup> Whether in Washington, DC, or back home in the local office, your meetings help develop relationships and can shape policy.

**Visit [crs.org/act](https://crs.org/act)**

**for easy how-to guides on these actions, tips and other tools to advocate effectively!**

<sup>1</sup> Fitch, Bradford, Kathy Goldschmidt, and Nicole Folk Cooper. “Citizen-Centric Advocacy: The Untapped Power of Constituent Engagement.” [congressfoundation.org](https://congressfoundation.org). Congressional Management Foundation, 2017. [congressfoundation.org](https://congressfoundation.org).