



# Tips for Using Social Media with Congress

Social media is a creative and easy way to put your faith into action.

Did you know that your members of Congress use social media too? It's one of the ways they gather feedback from constituents like you. And since it's considered constituent communication, you can be confident that your voice will be heard.

You can share messages, videos and photos to raise awareness and educate others about global poverty. And you can take action to shape policies that protect our sisters and brothers most affected by hunger and the effects of climate change.

1. Identify your members of Congress and learn where your members stand on issues that are important to you.
2. Use your social media platforms to raise your voice and engage your members of Congress. Ask about your member's position, ask for the passage of a bill, or thank your member for taking action on your issue. Be sure to tag your member—and **@CatholicRelief** (for Twitter) or **@CatholicReliefServices** (for Facebook/Instagram)—in the post.

3. Get a Facebook constituent badge. A constituent badge appears next to your name when you interact on Facebook with your member of Congress. You can turn the badge on or off in Town Hall ([facebook.com/townhall](https://facebook.com/townhall)).

4. If you're speaking out about a piece of legislation that's moving through Congress over a period of time, consider posting a weekly comment.

5. Ask your friends, family and followers to comment and share, too!

Have you recently met with your member or member's staff? Post a photo, share about your meeting and tag your member, thanking them for meeting with you.

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