

Meeting With Your Member of Congress

Prepare for the Meeting

- Visit www.house.gov and enter your zip code to find your legislator's contact information.
- Call your legislator's office and ask to speak with his or her scheduler. Identify yourself, the issues you plan to discuss and how many people will attend the meeting. Be flexible in arranging a date and time for the meeting and plan to discuss one to two key issues within the 15- to 45-minute time frame usually allotted.
- Research your legislator's stance and voting history on the issues (voting library available [here](#)). Also research the issues and opposing viewpoints to ensure you have all bases covered during the meeting.
- The day before, confirm your meeting and be sure to print out any supporting handouts or graphs you plan to bring with you.

During the Meeting

- Dress neatly and arrive approximately 10 minutes early to the meeting.
- Thank your legislator or staff member for their time and for any of their past votes that align with the issues at hand.
- Share personal stories and examples, illustrating how the policies in discussion affect you and your family.
- Listen to your legislator's views, whether or not you agree with them. Be clear and articulate and refrain from hostile retorts. Be prepared to answer questions and discuss the issues in detail.

Maximizing the Impact

- Leave information packets with your legislator along with your contact information so the office can respond to the meeting.
- Be sure to send a follow-up letter thanking your legislator and staff for meeting with you.
 - If available, comment on your legislator's Facebook page or send an "@ reply" via Twitter enabling others to also see the issues you feel are important to present to legislators.
 - Submit a letter to the editor of your local newspaper to ensure the community is aware of the member's position on the issue you discussed.
- Please share a report on your meeting with the Energy Nation team: info@energynation.org.