

# How to Call your Legislator

## 1 PREPARING FOR THE CALL

Review the Shared Hope's [State Action page](#) that discusses active state bills that protect child victims and strengthen actions to eliminate child sex trafficking. Locate the bill number in the blog and write it down to reference during the call.

Remind yourself that your legislator works for you; you and your neighbors have elected your official to represent your concerns! Even more so, legislators like to hear from their constituents!

1. Locate the number for your Senator or Representative's office.
2. Write out exactly what you want to say. The call will likely only last 1 minute, but helps to know what you want to say, before you say it. And don't worry about sounding "scripted" - legislators are used to and expect this.

## 2 DURING THE CALL

1. Introduce yourself to whoever answers the phone!  
"Hello! My name is \_\_\_\_\_ and I am a resident of CITY/DISTRICT. I am calling to share my concern with NAME OF LEGISLATOR regarding HOUSE/SENATE BILL NUMBER."
2. Your call will either be connected to the legislator or to a member of his/her staff.
3. Introduce yourself (again) and ask for a minute of their time.

Read from your script. An example of what you could say is,

"I am calling because I am concerned with HOUSE/SENATE BILL NUMBER. This bill is important to me because it seeks to protect child victims of sex trafficking in this state by INSERT SPECIFIC ACTION OF BILL (located in blog and/or on the LAC map). You may know that Shared Hope International, a leading anti-child sex trafficking organization, gave NAME OF STATE a GRADE LETTER (from your 2017 Report Card) this past year. Passing additional legislation, such as SENATE/HOUSE BILL NUMBER will demonstrate our state's commitment to prioritizing the protection of child victims and holding offenders accountable. I know none of us want to see a market that thrives on the buying and selling of sex with children, especially the existence of such a market in our state. Please support SENATE/HOUSE BILL NUMBER when it comes up for vote this legislative session."

4. That's it! Thank them for their time!

# ECHO THROUGH THE FOG

*Echo Through the Fog* is a somewhat regularly updated comic blog by [Cordelia](#).

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## How to call your reps when you have social anxiety

When you struggle with your mental health on a daily basis, it can be hard to take action on the things that matter most to you. The mental barriers anxiety creates often appear insurmountable. But sometimes, when you really need to, you can break those barriers down. This week, with encouragement from some great people on the internet, I pushed against my anxiety and made some calls to members of our government. Here's a comic about how you can do that, too. (Resources and transcript below.)



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if you want to HELP  
BUT HAVE SOCIAL ANXIETY  
& find PHONE CALLS VERY  
INTIMIDATING, you may  
BE THINKING:



## HERE'S A STEP-BY-STEP:

1 BLOCK OFF TIME ON YOUR CALENDAR.

12:00-12:45	Lunch
12:45-1:30	Make that call!
1:30-2:00	

EACH CALL ONLY TAKES A MINUTE OR SO, BUT YOU MIGHT WANT TO BLOCK OFF MORE TIME FOR YOUR FIRST CALL, SO YOU CAN PREPARE YOUR WORDS & NERVES.



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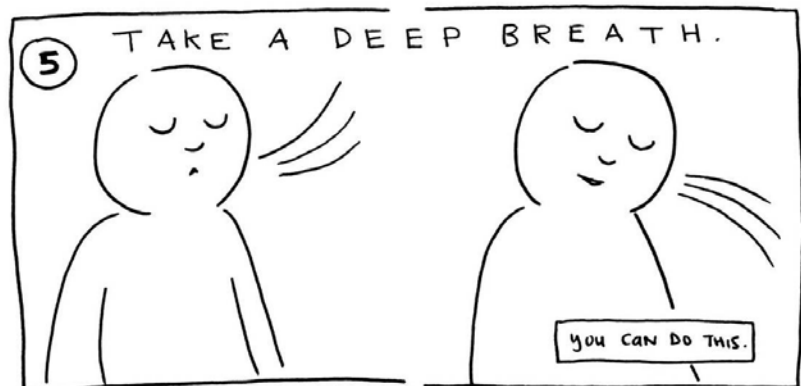
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AT THIS POINT, YOU'LL LIKELY BE SENT TO VOICEMAIL OR TO AN ACTUAL PERSON. THE PERSON WILL MOST LIKELY BE FRIENDLY AND PROBABLY WON'T HAVE MUCH TIME TO TALK, SO YOU SHOULDN'T HAVE TO DEVIATE MUCH FROM YOUR SCRIPT. IT'S A QUICK CONVERSATION.





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HEY, THAT WASN'T SO BAD...

CALL MORE PEOPLE! AND FOLLOW UP WITH THEM NEXT WEEK, OR EVEN TOMORROW, TO MAKE SURE THEY KEEP THESE ISSUES TOP OF MIND.

IT IS **OKAY** if your voice **'SHAKES'**.

IT IS **OKAY** if you FEEL **AWKWARD**.

They get a lot of calls, so they don't have time to judge you by how well you delivered your message.

IT IS ALSO **OKAY** if you CAN'T CALL.



THIS WEEK, MY BEST FRIEND TOLD ME:

DO SOMETHING THAT IS UNCOMFORTABLE BUT NOT HARMFUL TO YOUR MENTAL HEALTH.

FOR ME, CALLING WAS ENOUGH OUTSIDE MY COMFORT ZONE TO BE STRESSFUL & SCARY, BUT NOT SO FAR AWAY AS TO USE UP ALL MY ENERGY. THAT MIGHT NOT BE THE CASE FOR YOU, & THAT'S OKAY. DO NOT BEAT YOURSELF UP ABOUT IT. THERE ARE LOTS OF WAYS TO TAKE ACTION WITHOUT PICKING UP A PHONE:

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**WRITE**  
TO GOVERNMENT  
OFFICIALS



**LISTEN**  
TO IMMIGRANTS, PEOPLE  
OF COLOR, WOMEN, TRANS  
AND NON-BINARY PEOPLE,  
PEOPLE OF ALL FAITHS &  
SEXUAL ORIENTATIONS, AND  
PEOPLE WITH DISABILITIES.  
SUPPORT THEIR WORK.  
AMPLIFY THEIR VOICES.

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**DONATE**,  
if you're financially  
ABLE, TO ORGANIZATIONS  
THAT FIGHT INJUSTICE



**CREATE**  
ART THAT CHALLENGES  
& ART THAT INSPIRES

**KEEP IT UP.**

### Motivational resources:

There are a lot! Here are a few I really like:

- [Emily Ellsworth explains](#) why calling is the most effective way to reach your congressperson.
- Sharon Wong posted [a great series of tweets](#) that helped me manage my phone anxiety and make some calls.
- [Kelsey](#) is tweeting pretty much daily with advice and reminders about calling representatives. I found [this tweet](#) an especially great reminder that calls aren't nearly as big a deal as anxiety makes them out to be.

### Informational resources:

There are a lot of these, as well! These three are good places to start:

- [Find your representative at house.gov](#)
- [Find your senators at senate.gov](#)
- [Use the "We're His Problem Now" scripts when calling](#) (or write your own!)

### Transcript:

## “How to call your reps when you have social anxiety”

There's a LOT going on in the U.S. right now. Many people's rights and safety are at risk. You've probably heard that one of the most effective ways to advocate for issues you care about, or stand up against dangerous policies and appointments, is to call your local representatives.

If you want to help but have social anxiety and find phone calls very intimidating, you may be thinking, “How do I do this?!” (An oversized telephone handset hovers ominously over the narrator with its cord spiraling around her body. She looks up at it with great concern.)