How and Why to Contact Your Legislator

You are a Constituent:
That means you are your legislator’s boss!

State legislators receive 1,000 to 5,000 contacts from their constituents a year!

Why Contact Your Legislator?
- Tell them how you want them to vote
- Give them an idea
- Ask them to help you understand a state law or policy
- Ask for help with a problem (that they can fix!)

Your Legislator CANNOT Help you with Some Things.
- Legal advice
- Court issues
- Financial advice
- Federal or local issues

Lisa Pugh
Executive Director
608-422-4250
Pugh@thearc.org
www.arcwi.org
**How Do I Contact My Legislator?**
Find out who he or she is! Go to the State Legislature’s homepage [http://legis.wisconsin.gov](http://legis.wisconsin.gov). Click on the link that says *Who Represents Me?*

- **Call Them!** You can use the toll free Legislative Hotline, at 1-800-362-9472.
- **E-mail them!** The e-mail addresses of members of the Wisconsin Legislature all have the same format. For members of the Assembly, the form is `Rep.Jones@legis.wisconsin.gov`; for members of the Senate, the form is `Sen.Adams@legis.wisconsin.gov`.
- **Send them Snail Mail!** You can reach your legislator by mail at one of the following addresses:
  - Representatives whose last names begin with a letter from A to L: P.O. Box 8952, Madison, 53708-8952
  - Representatives whose last names begin with a letter from M to Z: P.O. Box 8953, Madison, 53708-8952
  - All Senators: P.O. Box 7882, Madison, 53707-7882
- **Call the legislator’s Capitol office** to find out if you can meet in your hometown soon.
- **Contact them on their Facebook page, twitter or other social media.**

**Things to Remember:**

- **Contact your own legislator.**
- **Give your name and contact information.**
- **Ask for a response.** You are entitled to know.
- **Be specific and clear.** Know what you are talking about. Be able to describe your situation, position or solution,
- **Know the timing and be timely.** Call before the vote!
- **Be personal.** Share a story in your own words.
- **Be reasonable and respectful.** Even if you disagree.
- **Say Thank You.**