



# 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



## How Do I Contact My Legislator?

Find out who he or she is! Go to the State Legislature's home page <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](mailto:Rep.Jones@legis.wisconsin.gov); for members of the Senate, the form is [Sen.Adams@legis.wisconsin.gov](mailto: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.

