



Pacific Marine  
R E S E A R C H

## How To Contact Your Representatives:

### Find your local, state and federal representatives:

Make sure you write at the correct level of representative. Who is going to who can propose legislation to address the issue you are writing about?

<https://www.commoncause.org/find-your-representative/change-your-address>

### Write a personal letter or email:

Signing online petitions or circulating a form letter or email is an easy way to get involved and create a large backing to let your representatives know that their constituents care about the environment and climate change. If you want to make a bigger impact or spread the word about a particular issue it is best to write a personal letter by hand and send it through the mail.

Before constructing a letter make sure to research about your legislation or topic so that you can construct an informed letter about why you are writing. Here are some things to include!

1. **Use a proper greeting:** “Dear Representative....”, “Dear Senator....”, “Dear assembly(wo)man....” Maintain a polite and informed tone throughout your letter.
2. **Who you are:** A simple sentence about what constituency (member of a community or organization) you are a part of and that you care about the environment and listen to what science tells us about climate change.
3. **The specific issue or legislation you are writing about:** Call the legislation out by name and how it will affect the environment if it is/is not passed.
4. **How it affects you:** Will this legislation affect your drinking water or local swim spot? Will it alter the landscape of your favorite outdoor destination? Or maybe it affects your ability to live in your native lands or the home you grew up in? Let them know a personal connection to how this legislation will affect you.
5. **A call to action:** What do you want your legislator to do? How do you want your representative to address the topic you are writing about or take action regarding this piece of legislation?
6. **Follow Up:** Continue to write about this issue or others that are related.

*Don't forget to proofread and spell check!*