

# Teens Resist: How to Write a Script & Call Your Reps



## So, what do we mean when we say the word “reps”?

When we say reps, or representatives, we most commonly mean the congresspeople who represent us—representatives in the House of Representatives and senators at the national level, in addition to our state representatives. Depending on the issue you want to focus on, though, it might also be more effective to call the executive branch, especially a specific cabinet department, or a hotline/company (but more on that later).

## Why do we call our reps?

The whole point of our system of government is that politicians are supposed to honor what is important to their constituents. When you call your senator or congressperson, they gain more information on what is important to you, and your opinion influences the way they think about a particular policy/how far up on their list of priorities it is.

## How do you know who to call about an issue, and what phone number do you dial?

Think about the issue: who has the most direct control over how it turns out? If you wanted to call to stop the construction of the Dakota Access Pipeline, for example, you might call the DAPL Hotline or the DOJ’s Environmental Division. Teens Resist includes who to call in each featured topic in a list, in case you want more examples/aren’t sure. The Capital switchboard numbers will connect you either with your US senators or your US representatives at **202-224-3121** after a few simple steps. If you want to get at the root of corporate power, you can consider calling or emailing a company. For example, the companies that fund the children’s detention centers at the border. We usually include these when applicable as well. For other phone numbers, Google is generally a great resource!

## What do you say once you get on the phone?

This is where that word “script” comes into play! Here’s our basic version:

Hi, my name is \_\_\_\_\_, I’m from \_\_\_\_\_, and I’m calling to ask you to [**vote; speak out; protect; support; continue to \_**] on/about/for [**your topic/law**]. I believe that this is [**important; vital; the only way to \_**] because [**your reason!**]. I urge you to use your conscience in making your decisions on this topic. Thank you.

Each topic requires you to add/rewrite/adapt this script a little bit, but it provides a basic template for the points you want to get across. We will do more work on specializing scripts a little later! It’s also important to note that your call will more often than not go to voicemail. Make sure to emphasize the fact that you are a constituent (i.e. saying where you live) when calling a representative—it’s **your opinion** that your rep wants to hear!

# Teens Resist: Key Resource Guide



**Teens Resist:** [teensresist.com](https://teensresist.com); **Teens Resist Lists:** [teensresist.com/lists](https://teensresist.com/lists);  
**Teens Resist Archive:** [teensresist.com/past-articles.html](https://teensresist.com/past-articles.html)

## Finding Your Reps

Find your US House Representative:

[www.house.gov/representatives/find-your-representative](https://www.house.gov/representatives/find-your-representative)

Find your US Senators:

[www.senate.gov/](https://www.senate.gov/) (top left corner)

Find your NY State Senator:

[www.nysenate.gov/find-my-senator](https://www.nysenate.gov/find-my-senator)

**Capitol Switchboard Phone Number:** 202-224-3121

**White House Comment Line:** 202-456-1111

**Notable Teens Resist Resources:** “Maya Brady-Ngugi’s 5 Steps to Becoming an Activist;”  
“2018 Midterm Elections Recap;” “Holiday Giving (Organizations: The List);” “The  
Must-Have List”

**Notable ACLU Resources:** Students’ Rights: Speech, Walkouts, and Other Protests; Take  
Action Page

**Regulation Comment Page:** [regulations.gov](https://www.regulations.gov)

**Your Senators’ and Reps’ websites:** [last name].senate.gov; [last name].house.gov (go here  
for contact info and town hall info!)