



Women Defending Democracy: Unite & Rise 8.5

Action Sheet: Young Voters are the Future: Are We Listening?

Guest Panelists:

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This action sheet is for contacting and logging in any contact you have had with your representatives or other actions you have taken on issues addressed by *Women Defending Democracy* (WDD). Please record it with the [Action Tracker](#).

More information on communicating with your representatives: [How Constituents Can Be Most Effective](#)

Tips for Contacting Your Representatives

- **Identify yourself as a constituent.** Your voice matters most in your own district.
- **Use any form of contact** (email, phone, postcards, letters) — every message is logged and counted.
- **Keep it short and to the point.** Staff track each issue, so clarity helps.
- **Reach out even if they already agree with you.** Support is logged, not just opposition.
- **Contact only your own representatives.** Messages from outside the district are often not logged.
- **Call often, but no more than once a day.**
- **Be civil and respectful.** Courtesy goes a long way. Don't forget to say *thank you*!

Take Action!

Advocate for Civic Education

- Lobby for higher standards for civics education curriculum to really teach students, not just allow everyone to pass without learning.

Engage more Young People Online

- Engage young people online more; that's how to reach them
- Start an Instagram account @LWVyouth
- Focus on one target demographic rather than trying to balance more or ignoring one group to prioritize the other.



Find your U.S. House Representative

Go to the official House lookup tool and enter your ZIP code: [Find Your Representative \(U.S. House\)](#)
Access your Representative's website, email contact form, phone numbers, and district office info.

Find your U.S. Senators

Use the Senate contact page: [Contacting U.S. Senators](#). Senators websites include contact forms, phone numbers, and mailing addresses.

Call Congress

Call the U.S. Capitol switchboard: **202-224-3121**. Ask to connect to your Repre's or Senator's office.

Use 5calls.org

A nonpartisan, volunteer-driven platform that makes it easier for citizens to contact their elected officials about important issues.

Postcards & Letters

Tina Smith US Senate
720 Hart Senate Office Bldg
Washington, DC 20510

Amy Klobuchar US Senate
425 Dirksen Senate Building
Washington, DC 20510

Ilhan Omar Fifth District
1730 Longworth House
Office Bldg
Washington, DC 20510

Write letters/commentaries to newspapers

Star Tribune (Minneapolis)

- [Strib Submit a letter or commentary](#)
- Email: opinion@startribune.com
- Guidelines: 250 words or fewer, include your name, address, and phone number.

Pioneer Press (St. Paul)

- Email: letters@pioneerpress.com
- Guidelines: About 200 words max, include name, address, and daytime phone.

MinnPost (online nonprofit newsroom)

- **Email:** letters@minnpost.com (include your full name and city)

Local Neighborhood Newspapers

Tracking Your Actions

To log your actions—such as phone calls, emails, attending rallies, or other outreach—please use the link below. You can return to this link anytime to submit additional updates.

[Women Defending Democracy Tracking Form](#)



Questions? Contact us at: membership@lwvmpls.org or office@lwvmpls.org or vote@lwvmpls.org