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Capitol switchboard phone number: **(202) 224-3121**

(Mainly for Republican officials or you can tweak it for Democrats (I'll update it with different versions for both soon))

****Hello, my name is [Your Name], and I am a citizen from [City/Town, ZIP Code].****

I'm calling to urge Representative/Senator etc. [Name] to take action on several issues:

****We the People demand for the Immediate impeachment and arrest of Donald Trump**** for treason and domestic terrorism. Donald Trump is now responsible for the deaths of thousands of people. He has stopped the development of life-saving vaccines, and ended cancer research. We must hold him accountable for his support of extremism, his statements about Gaza that endorse ethnic cleansing, his attempt to overthrow our democracy and plunge us into authoritarianism, his orders to arrest Mahmoud Khalil which undermines our constitutional right to freedom of speech and our freedom to protest, and for being a direct danger to public health and safety. We must push for treason and domestic terrorism charges and bar him immediately. He said (twice) that he rigged the 2024 election the day before his inauguration and I strongly believe we should investigate this further and begin the removal process. Lemkin Institute for Genocide Prevention and Human Security has given the U.S. a red flag alert for genocide, and we must take that seriously, and we must act now. He's shown numerous signs of becoming a fascist dictator, including a blatant disdain and disregard for human rights, signing an executive order to give himself total power over the law, saying he wants to terminate the constitution, ignoring judges, implementing inhumane and unconstitutional mass deportation policies that racially profile Indigenous people and tear families apart and children out of schools, as well as threatening to annex our surrounding countries, and attempting to erase research and history of transgender people. These are all things that Hitler did. He is a continued threat to America, our peace, and our fundamental freedoms. We the People will not comply with fascism, we will not be silent, and we must take immediate action to preserve the integrity of our nation.

****We the People need to hold Elon Musk accountable**** for spreading neo-Nazi propaganda, platforming far-right extremism like the AfD, and allowing intentional and extremely harmful disinformation to flourish on X/Twitter and in the media in general about (for example, but not limited to) transgender people, while hate crime rates against transgender people in this country are climbing. We can not sit back and allow this. We will not be silent about our neighbors dying. Propaganda and lies about marginalized groups of people from a powerful person with immense influence must be met with consequences, not rewards. He literally did a nazi salute (twice) and now he's running the government. That's absurd and disgraceful. DOGE has also enacted mass illegal firings of federal workers. Elon Musk is dismantling the security of federal jobs and destroying our government. Good, respectable workers have been fired on false claims. Their performance was satisfactory. What we are witnessing happen at Yosemite and other national parks is a national tragedy and should be treated as such. Do something to protect our parks.

NOW. We must take immediate action to push for the firing and arrest of Elon Musk for his blatant coup attempt, revoke his U.S. citizenship, charge him with espionage, and for our state to file a lawsuit against Elon Musk for unlawfully collecting social security numbers and banking account information of U.S. citizens. Musk's companies have a history of data privacy violations. Congress has a duty to protect the public from corporate abuse. Congress must investigate his influence over public discourse and take action against billionaire monopolies.

****We the People must Stop all mass deportation policies**** and establish a fair path to citizenship and humane immigration policies that protect people's dignity. These policies heavily target people who are Native to America and we will not stand for this. We cannot support the forced separation of families or the detention of human beings in inhumane conditions. ICE has reportedly been going to people's doors and asking people to turn in their neighbors. This is what happened in nazi germany. We must immediately protect Indigenous people and condemn racial profiling and open advocacy of discrimination by our government leaders, and the creation of literal concentration camps for immigrants. This is, I'm sure you know, causing a deep disturbance to the people you were elected to serve. What are you doing to put an end to this injustice to humanity? History will remember those who stay silent.

****We the People strongly oppose Project 2025**** It threatens democracy, civil liberties, LGBTQ+ rights, reproductive freedom, and the entire fabric of our nation. I ask that you publicly reject this agenda and commit to blocking any legislation or executive actions tied to it. I, along with many others including women, disabled people, various marginalized groups, and anyone who recognizes patterns from history, will be watching your stance on this very closely when we vote.

****We the People demand you push to protect LGBTQ+ rights on the federal level**** that have been stripped away from American people and fight against discrimination in healthcare, employment, and education. Which means:

- Ensuring protection from discrimination based on sexual orientation and gender identity in all public and private sectors, including the workplace, healthcare systems, and educational institutions.
- Legalizing gender-affirming healthcare—as there is a medical consensus that this is life saving healthcare—and ensuring that it is accessible and covered by insurance plans for all trans and nonbinary individuals.
- Ensuring the safety of LGBTQ+ people, particularly transgender and nonbinary individuals, who are disproportionately affected by hate crimes and violence. This includes enforcing policies that protect youth from harmful practices like so-called “conversion therapy” and protecting their right to express their gender identity freely in schools and public spaces.
- Advocating for full marriage equality, and continuing to protect the right of same-sex couples to adopt and raise children without discrimination.

- Combatting efforts at the state level to undermine LGBTQ+ rights, such as banning gender-affirming care for minors, restricting LGBTQ+ curriculum in schools, or criminalizing a person's gender identity expression.

****Protect abortion rights at the federal level**** so that no one is forced against their will to give birth, no one is denied access to essential healthcare and bodily autonomy, and no one dies at the hands of uneducated politicians. We demand you to push to pass legislation such as the Women's Health Protection Act (WHPA) to guarantee the right to abortion nationwide, preventing individual states from imposing extreme restrictions, and to restore and Strengthen Roe v. Wade Protections. Investigate and take legal action against states that enact abortion bans and criminalize patients, doctors, and those who help others access life saving care. The treatment for a miscarriage is an abortion. This can kill people. The American people are dying at the hands of our politicians due to lack of care, medical education/profession, and federal protections.

****Protect Diversity, Equity, and Inclusion (DEI)**** On his first day in office, Trump issued an anti-diversity, equity, and inclusion (DEI) executive order titled "Ending radical and wasteful government DEI programs and preferencing", calling for the termination of all "discriminatory" DEI programs throughout the federal government. DEI programs originated from the Civil Rights movement, were codified by the Civil Rights Act of 1964, and are intended to boost the educational and workforce participation of historically underrepresented populations like women, people of color, people with disabilities, and members of the LGBTQIA+ community, which in turn benefits [not just individuals but the organizations they participate in](#). It simply recognizes disadvantages that marginalized people factually face. Attempting to remove these programs is like spitting in the face of those who have fought relentlessly to get us this far. Any country that is anti-diversity, equity, and inclusion is headed down a dark path. We will not be silent about this.

****Fight the Constitutional Crisis**** We are in a constitutional crisis. Since day one, the Trump (and unelected billionaire, Elon Musk) administration has defied constitutional law to engage in aggressive executive overreach. They have co-opted Congress's "power of the purse," dismantled segments of the federal government without legal authority, and have begun to defy the court orders in response to this blatant disregard for the law and the constitutionally mandated separation of powers.

****You must reject House Republicans' proposed cuts to SNAP and Medicaid**** Grocery prices and hunger are increasing rapidly in the country. Cutting the program that helps over 42 million people put food on the table is unacceptable. Same with Medicaid. 72 million Americans rely on it for healthcare mostly children, seniors, and veterans. Republicans' desire to cut these programs in order to pay for tax cuts for billionaires is disgusting. What is your plan to protect SNAP and Medicaid?

CLOSING / CONCLUSION / SUMMARY

We must establish a clear safeguard going forward. I am calling as a deeply concerned citizen to demand immediate action against any further assaults on our democracy, our rights, and the Constitution itself. We the People are facing an attack on our fundamental freedoms—reproductive rights, voting rights, LGBTQ+ rights, and protections for marginalized communities—and we must fight back. Our human rights are being systematically dismantled, and must be protected federally going forward. Additionally, the rise of authoritarian threats, corruption, and disregard for the rule of law have placed our nation on a dangerous path and have spread mass amounts of anger and fear among the people. This is unacceptable.

As my elected official, I urge you to take a firm stand and refuse to compromise on the following principles:

1. Defend Democracy – Reject any efforts to erode democratic norms, including election subversion, voter suppression, and the targeting of political opponents. Support measures that strengthen fair elections and accountability. Defend the constitution and the people who elected you.
2. Protect Bodily Autonomy – Codify abortion rights and reproductive freedom at the federal level. No government should have the power to control personal medical decisions.
3. Defend Immigrant Communities – Oppose mass deportations, family separations, and xenophobic policies that violate human rights and tear communities apart. We must protect Indigenous people.
4. Protect LGBTQ+ Rights – Stop the legislative attacks on LGBTQ+ people including bans on transgender healthcare, education censorship, and efforts to erase our identities. Ensure that all American people are treated with dignity and respect under the law.
5. Hold the Powerful Accountable – No president, judge, or legislator should be above the law. Corruption, insurrection, and abuse of power must be met with consequences, not complicity. This includes holding those responsible for the January 6th attack accountable, preventing convicted felons and sexual assaulters from holding office, and enforcing ethics standards for Supreme Court justices and members of Congress. Why are we holding people living in the country to higher standards than the people running the country?

This is not a partisan issue—it is a matter of upholding the Constitution and defending the people you were elected to serve. If you fail to act, history will remember those who stood by as our country crumbled. I urge you to publicly commit to helping urge for these safeguards around our human rights and the constitution, and to take decisive action to protect the people of America and our future.

I expect a response outlining your stance on these urgent matters. I, along with countless others, will be watching closely to see whether you stand with the American people or with those who seek to discriminate against us and dismantle our democracy.