



AUGUST RECESS



What is August Recess?

Congress returns to their districts in August to hear from their constituents, but very few ever contact their elected officials.

- 85% of Americans believe elected officials don't care what people like them think
- 23% of Americans who voted for a Representative cannot name their current Representative.
- Very few ever contact their elected officials
- 41 million Gen Z, many of whom are people of color, are eligible to vote and that is power.

Here's your opportunity to schedule a meeting with your senator and representatives. You can even do this in community. Start by gathering a couple friends virtually. Listen to and pray together. Consider taking younger folks with you and platform their voices. Here are a few things you can do.

Contact or Call your [Representative](#)

- Enter your zip code here to find your representative's phone number
- Call the U.S. Capitol switchboard at (202) 224-3121 & get transferred to your representative.
- Calls can be an effective way to let your representative know how constituents are feeling about a certain issue. The staff tally how many times a call comes through re: a specific issue.
- Call Script:

Hello, my name is [insert your name]. I'm a constituent from [insert your state], zip code [insert your zip code]. I am calling to ask [insert your representative's name] to support/not support [insert an issue]. [Share a personal story]. Please [include

advocacy for specific issue]. Thank you for your time and consideration.

**IF LEAVING A VOICEMAIL: Please leave your full street address to ensure it is tallied.*

Email to meet your representative with friends.

Hello, my name is [insert your name]. I'm a constituent from [insert your state], zip code [insert your zip code]. I'm reaching out on behalf of some neighbors to set up an in-person meeting for our constituents with him/her. Are there times in the next two weeks that he/she is available?

Particularly for this meeting, we are trying to address _____ [i.e., voter suppression, gun violence, family separation, DACA/Dreamers, detention of asylum seekers, racialized policing, and criminal justice reform, Gaza....]

Thank you for your consideration, and I/we look forward to meeting you!

Sincerely,

<Your Name Here>

Engage your representative on [social media](#)

Find a town hall to attend in your area.

Check out accounts and websites run by the elected officials and their staff including Facebook, Twitter, official government websites, media alerts, official government newsletters (sign up page is typically found on their websites), local newspapers & neighborhood websites

Follow up the meeting with an Email

Thank you once again for your time today and for listening to our requests for Senator/Representative _____. We deeply appreciate her service and believe in her capacity to create meaningful and lasting change. Below, you will find a list of our requests, the names and affiliations of the attendees, a screenshot, and several resources.

Here are some legislative asks you can make:

Incarceration

- Reduce or eliminate the costs of communication for incarcerated individuals with their families.
- Revisit laws that contribute to prolonged incarceration, such as the Three Strikes law.
- Halt federal executions that have been scheduled after a decade-long pause.
- Eliminate the use of private prisons.

Immigration

- Aggressively protect and expand DACA and work towards a pathway to citizenship.
- Increase funding for Alternatives to Detention (ATD).
- Ensure children are released with their families from detention centers, not placed into foster care.
- Ensure asylum seekers are genuinely heard and not turned away.

Gaza

- Permanent ceasefire and an immediate return of all hostages.
- Expansion of humanitarian corridors, and an end to Israel's indiscriminate use of force, collective punishment, and the mass transfer of civilians in Gaza.
- Entry of Humanitarian Assistance.
- End of arms sales to Israel.

**This is adapted from the [CCDA Civic Engagement Guide](#) which has more tips, scripts, and preparation material for groups.*