

Tips for Contacting Elected Representatives

Preparing to Call your Elected Representatives:

- Be polite
- My name is ____ and I live in ____.
- I'm calling to urge you to ... (choose 1-2 points that you feel passionate about)

Preparing to email your elected representatives:

Helpful Comments...

- How you and your family use the ocean and coasts – stories about how this impacts you personally.
- Are fact-based.
- Provide specifics regarding impacts to the ocean and coasts, plants and animals, and people.

Less Helpful Comments...

- Only support or oppose the issue
- Do not provide enough specificity or substance to evaluate the impact
- Provide the same or similar information as other comments (these comments are grouped together)

Preparing to speak at a hearing:

- **Write it down:** If you plan to speak at a hearing, write out what you want to say ahead of time.
- **Keep it personal:** How has the issue affected you and your neighbors?
- **Keep it brief:** You'll probably have a maximum of three minutes to speak. Ten people speaking for one minute is more powerful than one person speaking for ten minutes. If you have more to say, you can always submit it through written testimony.
- **Stay on topic:** Always tie your testimony to the subject at hand. Make a clear ask: Make sure to bring your testimony back to a clear ask for action. (Example: "This is why I support _____.")
- **Relax:** Remember to breathe and take your time. You'll do great!
[Modified from the Rogue Action Council]

For examples and more tips to provide comments, visit

<https://www.boem.gov/NP-Tips-to-Provide-Comments/>