Activist Lobby Training

What is activist lobbying?

Lobbying is a conversation with your elected official urging their support for an issue that you care about.

You don’t have to be a professional to be an effective lobbyist!

Talking to your congresspeople and telling them why you care about an issue is an important part of the democratic process. You’re the constituent! You can hold your elected officials accountable because their job is to represent your interests. You might thank them for voting for or sponsoring a bill you agree with, or have a polite conversation with them about why you think they should vote in a way their record suggests they wouldn’t.

Scheduling an Appointment

- To schedule an appointment with your congressperson, you can call the office and ask to speak directly with the scheduler.
- You might be given the scheduler’s email or be told the scheduler will call you back. That’s ok. Be persistent if they don’t get back to you.
- Once you connect with the scheduler, share your name and that you’re a constituent. You can provide your contact information, the dates you’re available to meet, and a very brief summary about what you’d like to speak about during your meeting: U.S. support for international family planning.
- Your meeting will probably last no longer than half an hour.

What to Say

- Start by thanking your congressperson for the meeting and introduce yourself.
- If your senator or representative is supportive of family planning, thank them for working to expand access to reproductive health and rights.
- Follow this with your asks: support for $1.2 billion for international family planning; support for UNFPA; support for the Global HER Act.
- End by summarizing your meeting and saying thank you!

International Family Planning Talking Points

You can use the talking points in these three documents to ask your congressperson to support the Global HER Act, UNFPA, and $1.2 billion for international family planning.