

Advocacy

101 How To Find Your Rep

with Paloma Arroyo



STEP 1

Find out who represents you

- Start with trusted resources like [Common Cause's Find Your Representatives](#) tool.
 - When it comes time to find out who is on your ballot, we recommend you check out this resource from [When We All Vote and Ballot Ready](#).

STEP 2

Visit official office/campaign websites

- A quick search of your elected leaders' official websites should point you to an email, phone, or address that you can use to get in touch with them about your concern/issue area.
- It will also give you an idea of what committees they sit on, bills they may be sponsoring, press releases they've shared, and community events they're hosting that you can attend.

STEP 3

Google is your friend

This may seem like an obvious one, but when traditional channels don't work, you may have to get creative. Start with the elected official's name and an issue you're interested in learning more about. For example, "Pramila Jayapal" and "Student Loans." This will lead you to news articles that may have covered their stance on an issue or point you to press releases with additional information. Just [make sure the results you find are from legitimate](#) sources.

STEP 4

Peep their social media

Facebook, Twitter (er, X? Who even knows), Instagram, Threads, etc. are all good places to start. Follow the politician or candidate you want to know more about and search the individual platform similar to what you did above. This will point you in the direction of past content from them, community members, or organizations that may have helpful information about where they're leaning.

STEP 5

Get involved!

- Start with trusted resources like Common Cause's Find Your Representatives tool.
 - Sites like [Mobilize](#) or [Eventbrite](#) (or even social media) are a great way to find events led by organizations in your area.
 - Still can't find anything? Join Supermajority's events and trainings to learn how you can be a badass organizer in your own right.

RESOURCES

(in order mentioned)

1. Use [Common Cause's Find Your Representatives](#) tool.
2. Find out who is on your ballot with [When We All Vote and Ballot Ready](#).
3. [Is your news source legitimate?](#)
4. Find events near you using [Mobilize](#) or [Eventbrite](#)

Key Idea

When we say our lives are safe, we mean that we live free of fear, intimidation and violence at home, at work, and in our neighborhoods—no matter where we're from, who we love, or how we identify.

Common signifiers of safety:

- Physical safety—you know your neighborhood, you know your neighbors
- You are not discriminated against based on who you love
- People are affirming of your gender identity and respectful of your boundaries
- Emotional safety—you can be your whole self
- Power—there is not an imbalance of power between you and your spouse and your community
- You are not discriminated against because of your socioeconomic status or your racial background