

Civic Action Toolkit: Educate Yourself and Make Contact

Making your voice heard in government doesn't require a law degree or political connections. With a little preparation, you can become an effective advocate for science, human rights, and evidence-based policy.

Here's a simple, step-by-step plan-with easy instructions and trusted resources-to educate yourself, contact your representatives, and make the most of your civic engagement:

1. Learn About Current Legislation

- Congress.gov - <https://www.congress.gov>
- GovTrack.us - <https://www.govtrack.us>

2. Find Your Representatives

- House.gov - <https://www.house.gov/representatives/find-your-representative>
- Senate.gov - <https://www.senate.gov>
- USA.gov State Contacts - <https://www.usa.gov/elected-officials>

3. Write to Your Members of Congress

- Democracy.io - <https://democracy.io>
- ThoughtCo - <https://www.thoughtco.com/write-effective-letters-to-congress-3322302>
- WriteExpress - <https://www.writeexpress.com/congress.html>
- ACLU - <https://www.aclu.org/issues/make-call-write-letter>

4. Call Your Members of Congress

- USA.gov - <https://www.usa.gov/elected-officials>
- ACLU - <https://www.aclu.org/issues/make-call-write-letter>

5. Meet with Your Lawmakers Face-to-Face

- Schedule a meeting - <https://www.congressfoundation.org/projects/face-to-face/how-to-schedule-a-meeting>

6. Contact State Officials

- USA.gov - <https://www.usa.gov/state-governor>

7. Write or Call the White House

- White House - <https://www.whitehouse.gov/contact/>

8. Subscribe for Updates

- Subscribe to Science Abbey alerts and blog updates
- Visit the 'How to Vote Quickguide' on the Science Abbey site
- Watch for: 'Scientists' Guide to American Government'

Bonus: Advocacy Toolkit

- ASBMB Toolkit - <https://www.asbmb.org/Advocacy/advocacy.aspx?id=13661>

Every email, every phone call, every vote matters.

Use your voice. Use your tools. Change starts with you.