



# Online Tools for Contacting Your Lawmakers

## Cicero

- [live.cicerodata.com](https://live.cicerodata.com)
- Identify your national, state, & local elected officials
- Find contact info and social media links
- Use interactive maps of legislative districts



## [GovTrack.us](https://govtrack.us)

- See your reps' voting records and more
- See the progress of bills that you care about
- Sign up for a free account to get alerts and updates on bills



## [Democracy.io](https://democracy.io)

- Email members of Congress all at once
- Requires your home address, phone number, and email address



## Resistbot

- [resist.bot](https://resist.bot)
- Text "Resist" to 50409 to send messages to elected officials
- Find other keywords at [resist.bot/guide](https://resist.bot/guide). Check your voter registration, send letters to the editor, and more
- Message and data rates may apply when texting



## How AI Can Help

- Use AI chatbots like [ChatGPT](https://openai.com), [Gemini](https://gemini.google.com), and [Copilot](https://copilot.microsoft.com) to make your messages more clear and concise
- Ask for explanations of issues or laws
- Add your own personal story
- Always ask for and check sources

