



Online Tools for Contacting Your Lawmakers

Cicero

- 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](#)

- 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](#)

DEMOCRACY.IO

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

Resistbot

- resist.bot
- Text "Resist" to 50409 to send messages to elected officials
- Find other keywords at 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](#), [Gemini](#), and [Copilot](#) 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

