



# Take Action

## Find Your Representatives

To look up your Representatives and get their contact information, [click here](#). Navigate to the 'Lookup' tab, and enter your address.

## Ways to Take Action

Speaking out to your legislator in support or opposition of a bill is a crucial way to influence the legislative process. Your voice is powerful, and especially so if your representative is in a leadership role, or a member of the committee that the bill you are following is being heard in. There are many ways to share your thoughts. You can call or email your legislators, share on social media about a bill, testify at the committee hearing on the bill, schedule a constituent meeting with your legislators with other concerned community members, or attend events hosted by organizations like lobby nights or rallies. [Find your legislators' contact information here](#).

During the legislative session, calls are more effective than emails or signing action alerts/online petitions from organizations. Outside of the legislative session, legislators will not likely be in their office, so an email is the best way to reach them.

## Tips for Effective Legislative Outreach

When you reach out to your elected officials, it is an opportunity to build a relationship with them. Ideally, even if you disagree, you want them to respect and hear your opinion. Do not use offensive or derogatory language or names.

Mention you are a constituent. Legislators want to hear from the people they represent, and your voice will carry more weight. When you call or email your legislators, mention that you are a constituent in the beginning of the note, call, or voicemail, and be sure to include your full name, street address and zip code at the end. If you are a member of a local organization, community association, etc, mention that as well.

When applicable, briefly add your personal story. Share why you care enough about this issue to reach out, and/or what your perspective on the issue is.

Include any credible data and links to resources - but keep it short and sweet! An effective message to a legislator can be a couple of sentences to no more than 2-3 paragraphs, or it likely won't get read. Stick to the main points, and make sure to include a clear ask of what you are asking the legislator to do. Example: I urge you to vote YES on SB 100. If you are emailing your legislator, put your ask in the subject line.

## Follow Along

You can watch all of the Senate and House floor sessions, committee meetings, and committee votes on the Maryland General Assembly website. On the home page, under “Status” you should be able to see if the House and/or Senate are convened on the floor. If they are, click the video camera icon to watch live.

Below the status section on the home page is a section called “Live Media,” where you can click to navigate to the live stream of any committee hearings or votes. If you miss a hearing and would like to watch it after, click the “Committees” tab, and then navigate to the committee the bill was heard in. Open the meetings tab for that committee and scroll to the date of the hearing. You can click the video camera icon to watch the recording of that committee hearing.

To follow along on how to engage on a bill, social media can be a great tool. Twitter is most legislators’ social-media of choice, and therefore the most effective. Figure out which advocacy organizations are working on the bills you care about and which legislators are the bill sponsors, then follow their pages. Through their posts you can see if the bill has an associated hashtag. You can follow that hashtag and include it in your posts. A common hashtag used during the legislative session is #MDGA with two digits of the year, so for the 2024 legislative session, it would be #MDGA24. Another common hashtag legislators use is #Working4MD.

We’ll be sharing important updates, so follow Advance Maryland on [Twitter](#), [Facebook](#), [Instagram](#), and [Threads](#).