

Basics of Contacting Your Legislators, elected officials who work For the People

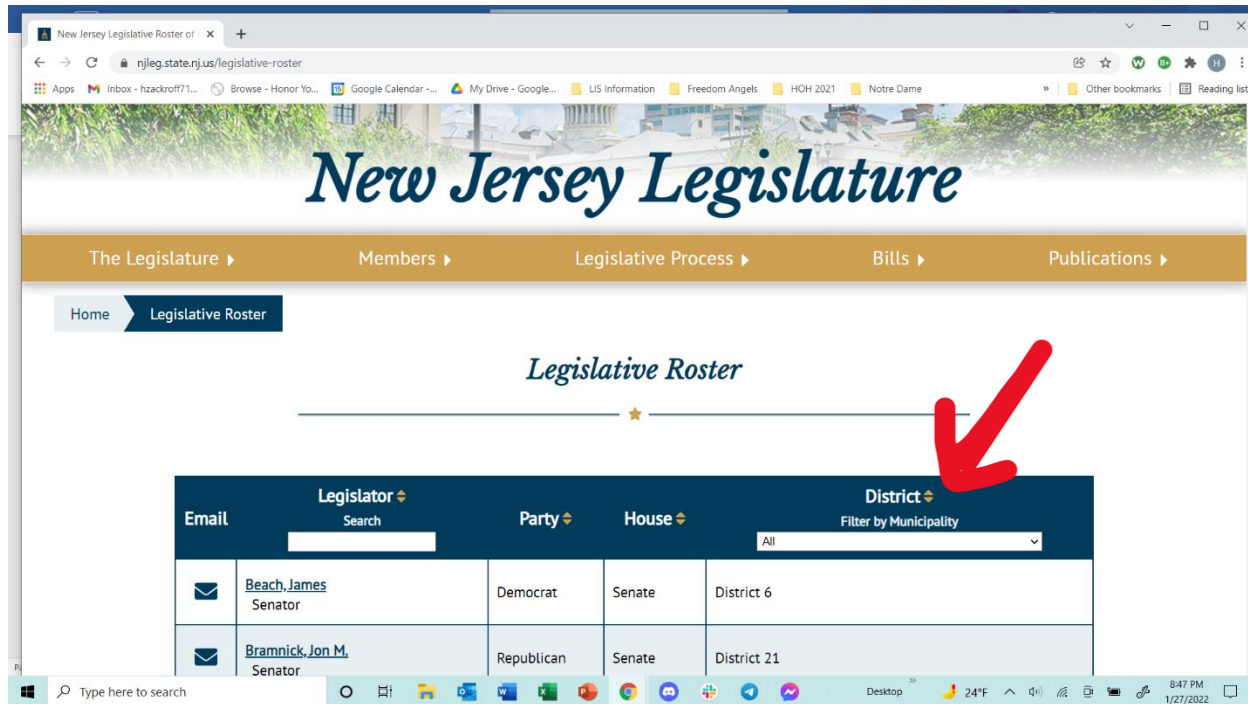
BASICS - New Jersey is made up of 40 Districts, where each district has One State Senator and Two Assembly People.

How to Identify your Legislators

START HERE - <https://njleg.state.nj.us/>

CLICK ON Find Your Legislator (<https://njleg.state.nj.us/#findLegislator>)

SELECT Legislative Register (<https://njleg.state.nj.us/legislative-roster>)



On the RIGHT COLUMN Find the District, Filter by Municipality

SELECT YOUR TOWN District, Filter by Municipality - State Senator and two Assembly Members listed

CLICK ON Name of one of the Legislators, you'll see background information about him/her and office phone number

BUTTON - CONTACT YOUR LEGISLATORS to send a message through this website as well. You can also connect directly with them by emailing them using this model:

Senator - senlastname@njleg.org

Assemblywoman - aswlastname@njleg.org

Assemblyman - asmlastname@njleg.org

Call your Legislators to share your views, concerns and thank them when you agree

Being persistent, respectful with calls and emails on a regular schedule expressing your concerns, support and interests makes a difference with the elected officials.

Call your Legislator's office and know the title of the elected official.

State Level – Senator or Assemblyman/woman

County Level – Commissioner

Town Level – Councilmen/women or Committeemen/women (check your town) & a Mayor, and Board of Education Member

Suggestions of What to Say When you Call your Legislators Offices

You can ask for your elected official or speak with the person who answers the phone. Sometimes you are referred to the Chief of Staff who handles all the inner workings of the office.

- **Know the bill number that is assigned to the issue that you are in support of or against.**
- A bill number with an A in front (A000) is for the Assembly. A bill number with an S in front of (S000) is for the Senate.

POSSIBLE SCRIPTS

Hello. I am calling for in support of or against bill A000 or S000. Can you please let the legislator know that citizens care about this issue. If the bill comes for a vote, I ask that the **Assemblywoman/man or Senator (pick one)** to vote **no or yes (pick one)**.

Would an email into your office help to express my intention with this bill? **(If yes-get an email address)**. Thank you for your time today.

OR

Hello. May I please speak with _____ **(use appropriate legislative title)**? *You may be referred to another staff person or asked to leave a message.* What is the position taken by your office on **A0000 or S000** (add the real number)?

IF THEY ARE ALSO IN SUPPORT

I am a constituent in your district. Please record that I am in AGREEMENT and FOR the ACTION of **A0000 or S000** on this issue. -- *You may add more context if you desire, **be sure to stick to the facts.***

To know that the **Assemblywoman/man or Senator (pick one)** has the best interests of NJ men, women and children is reassuring. Please know that my gratitude and support is with the **Assemblywoman/man or Senator (pick one)** on this issue.

Would an email into your office help the support of this bill? **(If yes-get an email address)**
Thank you for your time today.

IF THEY ARE NOT IN SUPPORT OF THE BILL

Hello. As a constituent of your district, please record that I am in disagreement and against the position of **A0000 or S000** on this issue. -- *You may add more context if you desire, **be sure to stick to the facts***

To know that the **Assemblywoman/man or Senator (pick one)** does not have the best interest of the NJ men, women and children at heart is most disappointing. Please remember your oath and promise to uphold the rights, freedoms, constitutional protections and guarantees of those who elected you into your role of public servant.

Please share an email for the office, so that I may follow up. Thank you for your time.

Follow up the Call by Sending an Email

- Thank the person/office staff you talked with for their time.
- Reiterate your support or opposition to the bill.
- Add any other facts that support your stance.
- Ask a question or two so that you can prompt them for a response to your email.

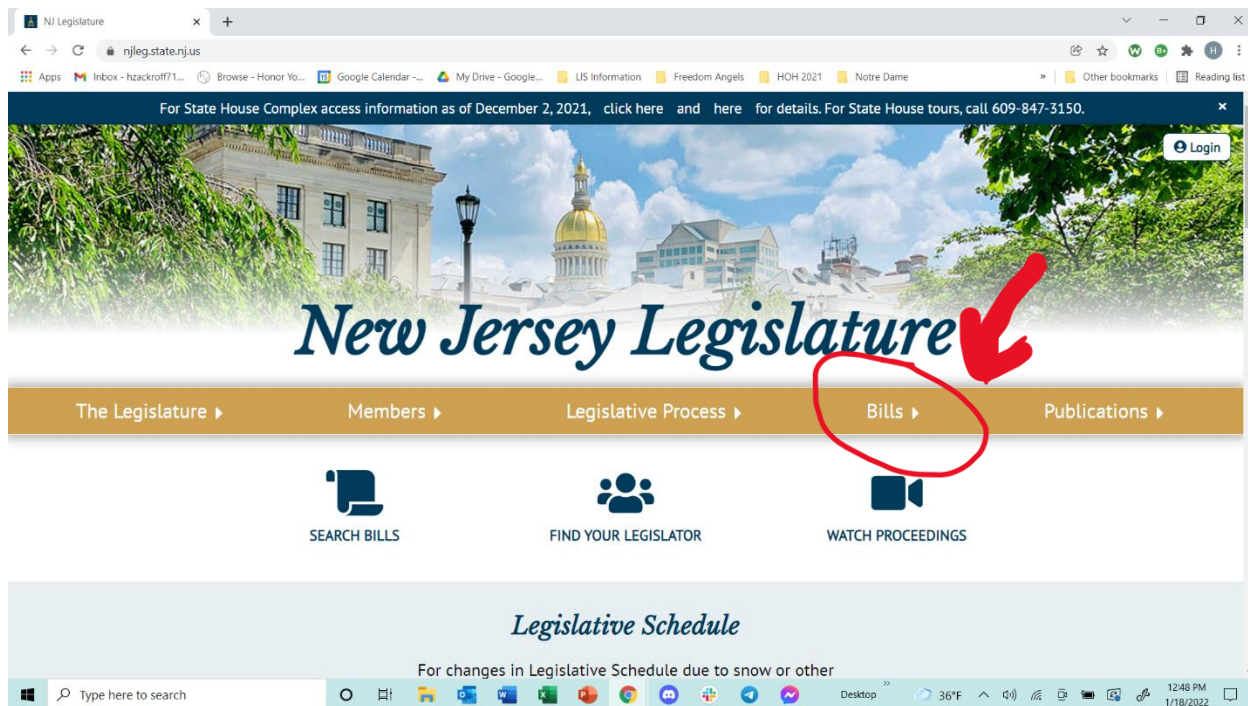
Research Your Legislators – get to know them and their issues

Search for your legislators on social media platforms and their elected position websites to discover their issues of their interest and learn of their parent choice initiatives. Follow their accounts so that you can **continue to stay informed and politely reply to their posts**. Many elected officials have newsletters mentioned on their websites, so sign up if offered.

How to Search for Bills of Interest or Receive Notice of Bills to Watch

START HERE - <https://njleg.state.nj.us/>

FIND BILLS PULLDOWN MENU, the 4th option on the Gold Header

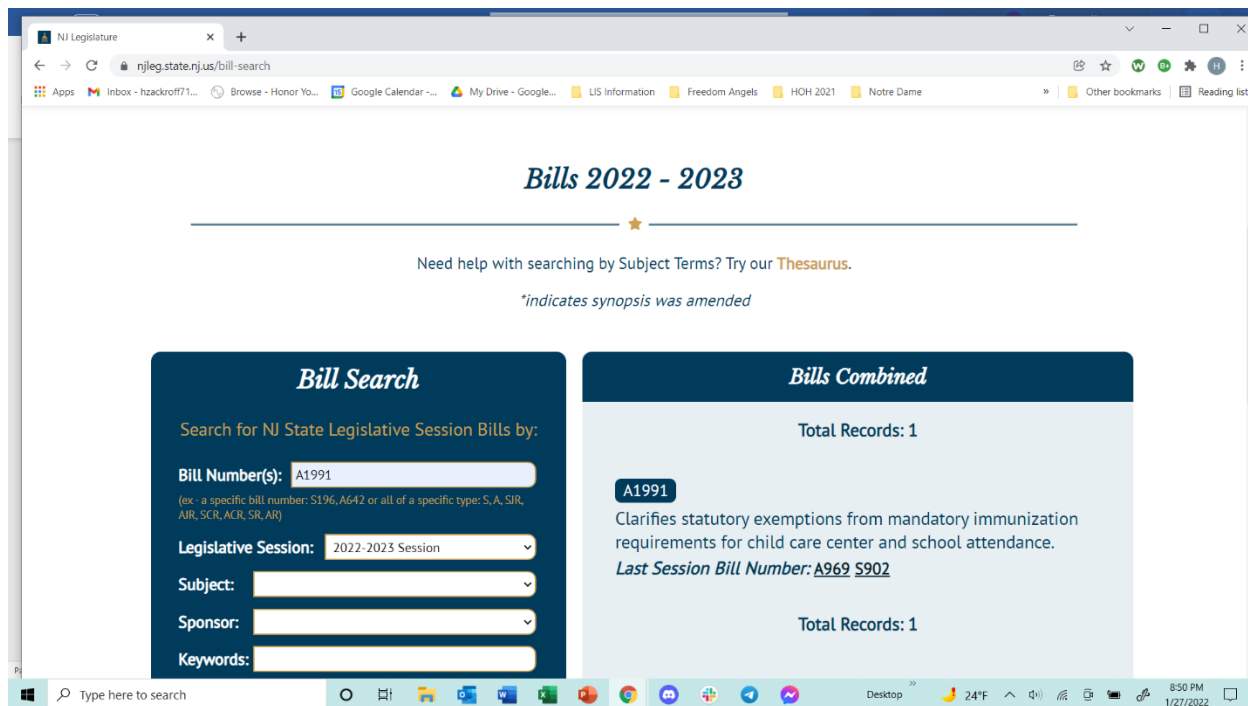


CLICK ON Bill Search <https://njleg.state.nj.us/bill-search>

ENTER THE DATA YOU KNOW – Bill Number, Subject (Area of Focus) of Bill, Sponsor's Name or Keyword to find the bill you are looking for

Senate Proposed Bills Start with an S and Assembly Proposed Bills start with an A

SELECT THE BLUE BUTTON with the Bill Number (for example A1991) to gain access to the Bill Details.



Select PDF or HTML to be able to read the bill. **At the end of the bill is a summary. This is a good place to start for content.**

If the bill has been written in past legislative sessions, there may be revisions for the current session.

[BRACKETS] like this remove language from an existing bill

UNDERLINE like this is added language to an existing bill that is being edited