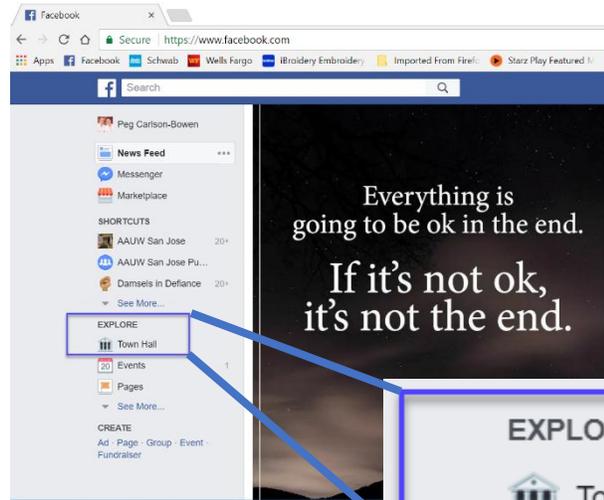


# Make Your Voice Heard!

## SmartPhone and Online Advocacy



### Resist Bot

To participate, text "RESIST" to 50409, and follow their prompts to set up a fax to your Senators and member of Congress. No downloads or apps required.

### Daily Action

"To join, text DAILY to 228466 (A-C-T-I-O-N)

"Daily Action" is a text-to-phone call-based communication tool that provides a summary of an issue from a **progressive** point of view, then allows you to directly telephone the appropriate representatives' offices.

### 5 Calls phone app: **Progressive** non-profit

"Type in your ZIP code (or let your browser or the app find your location for you).

Choose an issue that's important to you.

Make calls!

You have three members of Congress – two senators and a House rep.

Some issues need calls to all three (we'll tell you when they do). For those, call the first person on the list. When you're done, enter your call results and then move to the next person on your list.

5 Calls does the research for each issue, determining which representatives are most influential for which topic, collecting phone numbers for those offices and writing scripts that clearly articulate a progressive position. You just have to call.

Calls should take less than a minute. You'll be speaking to a staffer, so make your point clearly so they can tally your opinion correctly. The provided scripts are useful but you can add your own words."

### Facebook Town Hall

In Facebook, under the 'Explore' menu, find 'Town Hall.' Click on this—the app may ask you for your zip code or address (if Facebook doesn't already have them) and then it will find all your elected representatives (sometimes down to the city mayor level!) and provide a link to contact them.