



CONTACTING YOUR STATE SENATOR

Your Voice Matters

There is no more powerful force than women and allies joining together and advocating for all. Using your voice and sharing your lived experience can be tremendously impactful in shaping a state senator's understanding of, and position on, any given issue.

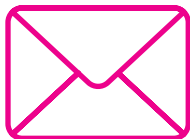
You can make a difference—if you have five minutes or five hours. Make that time count by sharing your perspective, expertise and experience on issues of importance to you, and using your voice to hold elected officials accountable.

Step 1: Find Your Senator

The Nebraska Legislature is comprised of 49 state senators. You can find the state senator that represents you by entering your address online: https://nebraskalegislature.gov/senators/senator_find.php.

Step 2: Contact Your Senator

You can reach your state senator via email or phone (or both). Their contact information can be found by clicking on their name: https://nebraskalegislature.gov/senators/senator_list.php.



Emailing Your State Senator

Email can be as simple or as detailed as you'd like. If your message includes a substantial amount of research or facts and figures, you might consider putting your full message into a formal letter that you can attach to the email. It's important to include the main two to three points of your message in the body of the email.



Calling Your State Senator

When you call a senator's office, you might speak with a staff member initially, as the state senator is likely to be engaged in other legislative responsibilities. It is important to share your perspective with the staff member, as they are responsible for briefing the state senator on legislative issues. A phone conversation with legislative staff or the state senator will have the same components as written correspondence.

Continue to the next page for the primary components of effective communication and sample email.

Primary Components of Effective Communication

Introduce yourself

- Indicate what issue you are contacting them about.

Establish your connection to the senator (i.e. why you are reaching out to this specific senator)

- Do you live in their legislative district?
 - "I am a constituent in your district."
- Do you work in or provide services to constituents in their district?
 - "I work in your district," or "I am a teacher in your district."
- Are you reaching out because of the senator's role or position?
 - "As a Nebraskan with personal experience in this topic, I am reaching out to you, as a member of the [insert committee name]."

Establish your expertise, perspective and/or connection to the specific issue on which you are reaching out

- Do you have personal experience or professional expertise in this area?
- Have you been directly impacted by this issue?

Share your message

- Include personal experience/expertise or share a story to support your perspective.
- How do you believe the specific legislation will address the problem?

Make your ask and be specific!

- Do you want them to support or oppose specific legislation?
- Would you like to talk with them to discuss the issue further?

Sample Email

(Color-Coordinated to Primary Components)

Dear Senator _____,

My name is _____. I am a constituent in your legislative district, and I care deeply about supporting families who are working their way to economic stability.

As a mother of two young children, I personally understand the significant impact that child care has on a family budget. I strongly support investing in our workforce by supporting affordable child care for more working families in our state, and I would encourage your support of LB 485.

Thank you for your consideration,
[Your Name, Address & Contact Info]