

Emailing Your Legislators 101

How do you email your legislator?

- You can find your Pennsylvania State Senator or Representative by visiting this [Find Your Legislator Site](#).
- The site will provide you with a list of your state elected officials.
- To locate their email, click on the name of the elected official you would like to contact. An email link will appear above their contact information.

What happens when you email your legislator?

- After you've submitted your email, a legislative staffer reads the message and verifies that you are a constituent.
- While every legislator's office is different, generally the following occurs after your message received and verified:
- Important or compelling correspondence is given to a legislative assistant.
- Unique and moving messages are shared directly with the legislator.
- A summary of emails and letters received on a given issue are compiled for the legislator to review or present during a vote.

Tips when sending an email to your legislator:

- Be direct - state your subject clearly in the email subject line or first sentence of the message.
- Identify yourself and your relationship with the legislator - provide your name, location, and state that you are a constituent.
- Be clear & specific - stick to just one issue per message, state your views, and when appropriate include a relevant bill number (ex - SB 956)
- Be factual & courteous - rely on facts to support your message, explain how the issue impacts you personally, and avoid personal threats or attacks on the legislator's character.

What to say in your email:

Below, you will find a sample script urging your elected officials to support abortion access in Pennsylvania. You can learn more about the current legislation impacting our state [here](#).

SUBJECT: Abortion access is essential healthcare and must be protected. I support access to safe and legal abortion, and you should too.

Hello,

My name is (YOUR NAME) from (CITY) and I am emailing as a constituent of (LEGISLATOR NAME). The past year has been one of the most devastating for abortion rights. Nearly 600 anti-abortion bills were introduced across the US, including several in Pennsylvania. With the Supreme Court dismantling federal protections for abortion put in place by Roe v Wade, access across the country may soon radically change. Our work to protect access to safe, legal abortion in Pennsylvania is far from over. We need champions in the state legislature that are committed to creating a future where we can make decisions about our own bodies and shape our own futures.

Making abortion illegal is unpopular in Pennsylvania, and I refuse to be complacent when my rights are on the line. I am writing to you today to say that abortion is healthcare, and legislators in Pennsylvania must fight to protect access and ensure Pennsylvanian's can get the care they need and deserve.