



Abortion Advocacy Legislator Outreach Guide

Find Legislators in your State

- Go to this [Congress webpage](#) that allows you to find the website for each state's legislature.
- If you would like to contact the governor of your state, you can go to this [webpage](#), find your state, and then you will be redirected to the website of your state's governor.

State politician messaging templates

Phone script:

"Hi, my name is J. Smith. I am a constituent from (state), zip code (zip code number). I am calling to tell (representative's name) that I oppose the (bill name/number). This bill would XYZ. Every one should have freedom over what they do with their bodies, and they should be able to control their path in life without the government stripping them of their rights. I expect (representative's names) to protect the rights of their constituents, and oppose (bill name/number). Thank you for your time."

Email template:

To my (senator/rep),

I'm writing as your constituent from CITY/STATE with deep disappointment in the introduction of (x) abortion ban. This ban would DO XYZ. I call on you to defend the right to abortion. Every one should have freedom over what they do with their bodies, and they should be able to control their path in life without the government stripping them of their rights.

I call on you to:

- Oppose (abortion restriction bill number).
- Work with other state legislators to overturn the existing abortion restrictions in our state, as they impede people from accessing essential medical services.

This is your time to show leadership and protect members of your constituency that will face serious harm if these restrictions are implemented.

Thank you,
(Your name)

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