



We the Resistance Guide to:

Attending a Congressperson's Events or Town Halls

How long is it going to take? Depending on the event, 1 to 3 hours.

How difficult is it? Pretty easy, but you should be prepared for some public speaking!
What's the impact I'll have? It could be huge, if you can press a member of Congress on an issue in a public forum and get him or her on the record.

Members of Congress all host town halls and other events that are free and open to the public. Posing a question to a Congressperson in this kind of forum can be a great way to apply pressure to do the right thing and bring attention to a cause you care about.

Here's a step-by-step guide to getting to ask your member of Congress a question in front of everyone:

1. **Find out where they'll be and when.** Most members of Congress will post public events on their website or social media accounts, but if you're having trouble finding out about their events, you can always call their office to ask directly.
2. **Get your people together.** Showing up to an event to get all eyes on you and your issue can feel intimidating -- and there's power in numbers! Show your member of Congress that this is an issue that's deeply felt by showing up with as many people who can join you. But if you can't round up supporters, your voice will still count!
3. **Do your research.** Know the issue you want to ask about, have some [facts on hand](#) in case you need to back yourself up, and have a specific question in mind that you want your member of Congress to answer on the record. Write that question down! Even if you don't read it word for word, it's good to remind yourself before you speak, so you feel more confident that you're saying the right thing.
4. **Don't hide in the back of the room!** Remember, this is all about getting attention -- so get ready for your close-up. You're more likely to be acknowledged if you're sitting right up front.
5. **Ask the question -- and be ready to press them if they duck and dodge.** Keep your language short and simple, but make clear your ask. If you can cite their own words on the issue, even better -- make sure they know you've done your research! And if they try to dodge the question (which they very well might!) be ready to respectfully follow up and ask them to respond more directly to your question. If there's no Q&A portion of the event, don't be afraid to ask one-on-one in a meet-and-greet at the end of the event. Remember, your member of Congress works for you! You can also consider recording the conversation or town hall and sharing it on social media!

We the Resistance are committed to working together to halt the dangerous agenda advanced by the Trump administration and the leaders in Congress – to protect our rights and freedoms and to defend the most vulnerable among us.



Now what?

That's it, for now! But if you're ready to roll up your sleeves and do a little more, check out our guides on [writing a letter-to-the-editor](#) or [meeting with your member of Congress in person](#).

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