



We the Resistance Guide to:

Calling In to a Local Radio Show

How long is it going to take? About an hour.

How difficult is it? Easy, but you'll be on the radio so don't let your nerves get the best of you!

What's the impact I'll have? Radio can help amplify your message to people you otherwise wouldn't be able to reach!

Your member of Congress likely has his or her staff paying attention to various news outlets, including local radio – plus, you can raise awareness in the community about your issue!

Here's a step-by-step guide to your first brush with radio fame:

1. **Get the lay of the land.** Check out the radio station's website or give them a call to find out about shows that accept call-ins. We strongly suggest listening to the program a few times to make sure that you'll get a fair shot at stating your case -- you don't want to be caught on live radio with a shock jock who's not going to let you make your point!
2. **Do your prep work.** Know the issue you want to talk about, have some [facts on hand](#) in case you need to back yourself up, and take some notes. In the heat of the moment, you might get nervous (which is totally okay!) and having some simple bullet points to refer back to can help bolster your confidence. Make sure to have some water on hand, too!
3. **You're on the air!** . Once you make it onto a radio show, introduce yourself clearly and tell the host why you care about this issue. As always, make it personal if you can. Be yourself and make your case quickly, but with clear and strong language. And try to match the show's tone. If they're a newsy, serious show, don't crack a ton of jokes. If it's drive-time chat, relax a bit. If you're a good "fit" with their format, they may give you extra time and give your issue extra attention
4. **Have a closing statement ready.** You may be asked if there's anything you want to add before going off the air, so think about what you might say to make your case in one or two quick sentences!

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 [calling your member of Congress](#).

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.