

Facebook/Twitter:

Facebook:

Do you have a Facebook account? If you don't, Facebook is a free, online social network where you can upload pictures, post status updates, comment/message other Facebook users, and interact with your congressmen and congresswomen. Most members of congress have a Facebook page, and it's one of the easiest ways to contact them. All you need to do is "like" their page and you can interact with your representatives through their Facebook page.

Find your U.S. Representative's Facebook page here: <http://www.govsm.com/w/house>

Find your U.S. Senator's Facebook page here: <http://www.govsm.com/w/senate>

Once you locate your legislator's Facebook page, press the "Like" button to interact with them through Facebook. Then you can comment on their page, "like" their statuses, and keep up with the work your legislator is doing through their wall posts.

[Make a Facebook Account](#)

Twitter:

Tweet your legislator! If you don't have a twitter already, it's free and easy to create. Simply create an account, and you can "follow" your legislator on twitter.

Find the twitter page of your U.S. Representatives here: <http://www.govsm.com/w/house>

Find the twitter page of your U.S. Senator here: <http://www.govsm.com/w/senate>

Once you find your legislator's Twitter account, you can "follow" them on twitter. To tweet your representative, just use the "@" and their twitter account name. Example: @username

You can also use hashtags to contribute your message to an overall conversation about a particular issue. Example: #Medicaid, #Ohio, #Cleveland

[Make a Twitter Account](#)