



## National Organization for Women

### Sample Call Scripts – Reproductive Rights

2021

Calling our congressional representatives is one of the hallmarks of grassroots activism and a proven strategy. When you call, be brief, respectful, and stick to a single topic. Make sure you only call your state and local representatives.

**CALL YOUR CONGRESSIONAL REPRESENTATIVES:** Call the Capitol Switchboard at 202-224-3121 and be connected to your local Representative's or Senator's office. Here is a [directory of current members of Congress](#) and a [directory of current Senators](#).

**CALL YOUR STATE LEGISLATORS:** Here is a [state legislator directory](#) to help find an appropriate contact in your state.

**Here are some sample scripts to get you started:**

#### For Congressional Representatives

*I am a constituent of [REP. OR SEN.] \_\_\_\_\_ and I am calling to urge HIM OR HER to vote IN FAVOR OF/AGAINST LEGISLATION. This is a critical step needed to codify the right to abortion care and reproductive freedom. We must stop abortion restrictions that disproportionately harm those who already face barriers to accessing health care, including women of color, low-wage earners, LGBTQIA+ people, people with disabilities. Many of your constituents join the majority of Americans who support reproductive rights. Stand up for the women of STATE and vote IN FAVOR OF/AGAINST LEGISLATION.*

#### For State Legislators

*I am contacting LEGISLATOR'S NAME because we must take action in STATE to defend critical access to abortion care. We must put new protections in place that will hold the line on future attacks and repeal dangerous restrictions that already threaten our reproductive freedom. That is why I am URGING AGAINST/SUPPORTING NAME OF LEGISLATION and I urge LEGISLATOR'S NAME to do the same.*