

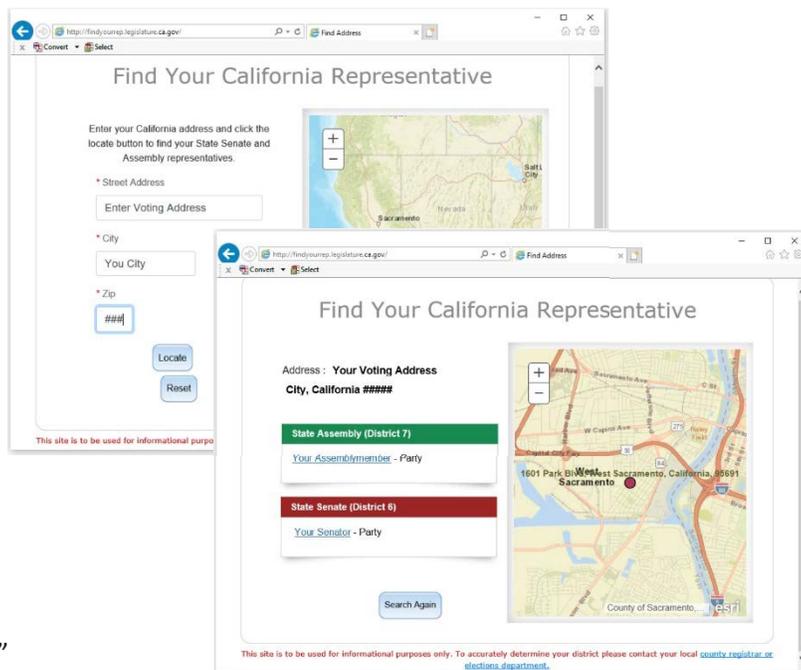
How to Find & Contact Your Legislator

I'm ready to contact my legislator! What do I do?

Finding and contacting your legislator can be difficult and if you are expecting to find a direct email address – you probably won't. Here is how to find your legislator and their contact information quickly - as well sample text to edit for a personal impactful message.

Find your Legislator

1. Go to:
<http://findyourrep.legislature.ca.gov/>
2. Enter your Voting Address and click "Locate"
3. Click on the Legislator's name (hyperlink) & you will be redirected to their homepage or directly to a "Contact" form.



Find your Legislator's Contact Info and Send Your Message

Most legislators require you submit a "Contact" form instead of providing a direct email address. Frustrating, we know. But they will still get your message.

1. On the legislator's homepage, find "Contact"
2. Complete any required information
3. Write or use our sample message below and press send!

Write an Impactful Message

Don't know what to write? Here is an example message for teen vaping to edit and send.

Dear Assemblymember (Name)/Senator (Name),

Please help lead California to a healthier place by addressing the tragic harm done by tobacco and the tobacco industry in this state.

While it is true that California has come a long way in the fight against tobacco, it remains the leading cause of premature death killing an estimated 40,000 adults each year. All the while the tobacco industry continues to thwart local and state efforts to reduce smoking and teen vaping.

[Include a personal story or message about why tobacco concerns you].

While we're fighting a deadly pandemic, there is a teen vaping epidemic in this state. Vaping devices are the most commonly used tobacco product by teens in California and more than 80 percent of high-school students who consume tobacco use a vaping device.

Thank you for taking a stand against tobacco.

Sincerely,

Your Name



**CALIFORNIA TOBACCO
ENDGAME CENTER FOR
ORGANIZING AND ENGAGEMENT**
A project of the American Heart Association.

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OrganizingToEndTobacco.org

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