



Meeting with Your Member of Congress

Meeting with your member of Congress and/or their staff is one of the most effective ways to share your views on matters important to you. These meetings are part of America's democratic process and allow our country to continue to have a vibrant and committed citizenry. Below is guidance on meeting with your Members of Congress about a permanent legislative solution for Dreamers, young immigrants who were brought to the United States as children and have lived here for most of their lives, and Temporary Protected Status (TPS) holders, individuals who were allowed to stay in the U.S. due to ongoing armed conflict, environmental disasters, or other extraordinary circumstances occurring in their countries.

Tips for an Effective Meeting with Congressional Offices

- Prepare for the meeting. Identify your main message. Identify a leader to open and close the meeting. Identify a different person to raise a different issue or to make a different point. Ensure that there is a role for each person in the meeting. If possible, practice what you will say during the meeting.
- Be early and allow for time to get through security. Allow 10-15 minutes to go through security. Like at the airport, you will be going through a metal detector and have your personal items screened so be prepared to empty pockets, remove belts, and other metallic items. You will not need to remove your shoes and will not need to show identification. Meetings can be short, so it is important to arrive on time.
- Introductions. At the start of the meeting, the leader should introduce him or herself, say where he or she lives, if he or she is a constituent, and thank the office for meeting with the group and if possible thank them for something good the member did recently or if you voted for the member. Everyone in the group should introduce themselves in a similar way as well. If you represent an organization, be sure to say where it is located and the size of its membership. Mention any family, social, business, or political ties to the legislator as well.
- Explain your message concisely. Tell the person you are meeting with that you support a permanent legislative solution for Dreamers and TPS holders why it is important for you and your community. Below are suggested general talking points on Dreamers and TPS holders:
 - Dreamers serve in our military, contribute to our economy, and together with their families, make our nation a better place. By passing legislation that protects these young people from deportation, balanced with appropriate and effective border enforcement provisions, Republicans and Democrats have the opportunity to serve the interests of American workers and their families.
 - Up to 2.3 million young undocumented immigrants who were brought to the U.S. as children, known as Dreamers, live in the U.S. These young people grew up and have lived in the U.S. for most of their lives, graduated high school and are currently pursuing a bachelor's degree or higher education, enlisting in the military or working jobs. We must provide these young undocumented immigrants with a permanent solution that allows them to remain in the U.S.,

instead of sending them back to a country they have never known. You can find more information about Dreamers specific to your state [here](#).

- Dreamers help the American economy. Young undocumented immigrants who currently have DACA contribute to their communities and the economy by working legally, paying their fair share of taxes and building business that hire American workers. Over the next 10 years, young undocumented immigrants who currently have DACA will contribute an estimated [\\$433.4 billion to the GDP](#), [\\$60 billion in fiscal impact](#), and [\\$12.3 billion in taxes](#) to Social Security and Medicare. If we allow all 2.3 million Dreamers in the U.S. to work legally and pay their fair share of taxes, we'll ensure that they contribute to our communities and economy.
- Congress must also find a permanent legislative solution to address the situation of current TPS holders who have been integral parts of our communities and economy. It is inhumane to send people who have lived in America for decades back to a dangerous country. TPS holders have put down deep roots in America, many of whom have lived in the U.S. for [over 20 years](#). Sending them back would separate thousands of families as TPS holders have about [275,000 U.S. citizen children](#).
- TPS recipients are vital to local economies across the U.S. TPS holders from El Salvador, Honduras and Haiti [contributed](#) \$4.5 billion in income each year to the U.S. gross domestic product (GDP) and \$6.9 billion to Social Security and Medicare over a decade.
- [Make it local](#). The offices also like to hear about how an issue would positively impact their state/district, or specific stories about Dreamers or TPS holders or about people who know and/or work with Dreamers or TPS holders in their home state/district. If possible, tell your personal story that explains why you care about a permanent legislative solution for Dreamers and TPS holders. It is always helpful to discuss your specific interest in this issue from your particular perspectives.
- [Ask questions](#). Ask specifically about the legislator's position on supporting a legislative solution for Dreamers and TPS holders and, if appropriate, ask them to co-sponsor a bill.
- [Thank them and follow up](#). At the end of the meeting thank the person you met with, get contact information. Follow up with a thank you e-mail and provide any follow up information.