

Know your legislators

Legislator lookup: senate.mo.gov/LegisLookup/Default.aspx

Sign up for their Capitol Reports or newsletters if available.

senate.mo.gov

1. Click Senators
2. Select Yours
3. Look on right hand side

house.mo.gov

1. Click members
2. Select yours
3. Look on right hand side

Be Informed

Senate Hearings: senate.mo.gov/hearingsschedule/hrings.htm

House Hearings: house.mo.gov/AllHearings.aspx

House and Senate Joint Bill Tracking: house.mo.gov/LegislationSP.aspx

Set up meetings

Meeting Request: call the legislator's office or visit

<https://www.senate.mo.gov/DistrictWebApplication/MeetingRequest?DistrictNumber=31> <---This is the district number. Change it to your district number for the correct form.

Be Heard

Register as a Senate witness: senate.mo.gov/senatewitnesssystem/

Submit Testimony: house.mo.gov/AllHearings.aspx

Call and Email

Post on Twitter. Tag @moleg or @legislatorsname

Post on Facebook. Tag @GovMikeParson or @legislatorsname

Prepare

Research the issue you want to discuss. Share your story and have facts to back up your position.