

Know your legislators

Legislator lookup:

<https://www.senate.mo.gov/BillTracking/LegislatorLookup/>

Sign up for their Capitol Reports or newsletters if available.

[senate.mo.gov](https://www.senate.mo.gov)

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

[house.mo.gov](https://www.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](https://www.senate.mo.gov/hearingsschedule/hrings.htm)

House Hearings: [house.mo.gov/AllHearings.aspx](https://www.house.mo.gov/AllHearings.aspx)

House and Senate Joint Bill Tracking: [house.mo.gov/LegislationSP.aspx](https://www.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:

<https://www.senate.mo.gov/Committees/WitnessRegistration/Account/Login>

Submit Testimony: [house.mo.gov/AllHearings.aspx](https://www.house.mo.gov/AllHearings.aspx)

Call and Email or Post on social media.

Tag your legislator using @name

Prepare

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