Connect with a member of Congress on Twitter

Twitter is an online social networking service that enables users to send and read short 140-character messages called “Tweets.” Members of Congress and their constituents are using Twitter as a means to communicate with each other. Follow the steps below to contact your Representative or Senator to advocate for issues affecting biomedical researchers.

Directions:

1. View this video to learn about how Twitter works.
2. Join Twitter.
3. Find your Member of Congress and Senator’s Twitter handle (ex. @SenatorBarb) by visiting their homepage and clicking on the Twitter icon ( ) on the webpage. You may also find their Twitter handle by checking C-Span’s list of Representatives and Senators.
4. Familiarize yourself with the issues your Representative and Senator tweets about by scrolling down her/his timeline.
5. Compose a new tweet using one of FASEB’s sample tweets below.
6. Consider including FASEB resources (listed below) in your tweet.

Sample Tweets:

- [Insert Twitter handle] Federal funding for biomedical research saves lives. Support $32 billion for @NIH.
- [Insert Twitter handle] Research funded by @NIH has improved treatment & prevention of heart attacks, strokes, and Type 2 diabetes.
- [Insert Twitter handle] A broad-based program of basic research supports a robust economy and improves quality of life. Support @NIH and NSF.
- [Insert Twitter handle] @NSF funded research advances science and engineering which stimulates innovation. Support $7.6 billion for NSF.

Resources:

- FASEB’s Federal Funding Report
- FASEB’s Value of Federally Funded Research Factsheet
- FASEB’s Federal Science Funding Information Factsheets