Pressuring your Member of Congress at a grassroots level is one of the most effective ways to make sure they know they can’t let Trump get away with his absurd budget. The August Recess is the longest amount of time that Congress will be home all year, and this is the first long Recess since Trump was elected. So we know that this can be a pivotal moment in how the issues are viewed by our representatives.

Because this Recess is the longest of the year, we want to take full advantage of this opportunity to not just keep the pressure on Congress but really turn the heat up. And the way we’ll do that is to get their attention as much as possible. They’ll be busy, though, so we’ve got to be persistent to make them hear us. That means don’t just ask a question during a Town Hall - try to capture the moment on camera and share it on social media so that everyone in your network can see what Congress is saying. Don’t just write a letter - show up to their fundraising events in droves to demand that they defend the Environmental Protection Agency. Don’t just speak up just once - we should have you, your friends, your family, and your neighbors at every public event, every Town Hall, and every open office hours you can get to.

There are three key ways to participate in Rapid Response:

- Showing up wherever Congress is as often as possible (bird dogging)
  - Click here for how to bird dog your members of Congress
- Calling Congress out daily on social media
  - Click here for how to use social media to the fullest this recess, including how to post on Facebook Live and what hashtags to use.
- Responding to whatever issues come up during the Recess

Important Resources
In addition to the how-to’s (linked above) we’ve got a few other resources for you.

- Rapid Response Survey: Fill this out if you’re interested in participating in rapid response. An organizer will get in contact with you to help you plan your month out, and we will add you to the rapid response email update list.
- Rapid Response Team Facebook Page: This is where rapid responders from across the country will share posts and highlights throughout the month!
- Friends of the Earth Volunteers Facebook Page: This is an excellent way to stay in touch with other Friends of the Earth volunteers throughout the year.
- Sample Asks, Slogans, and Talking Points: These are some useful guidelines for how to talk about the EPA and the budget with friends, family members, neighbors, and members of Congress!

Calendar: Daily Social Media Posts
Sharing a personalized message daily, and then tagging your Senators and members of Congress with our hashtags is an excellent way to send a regular reminder to Congress that the environment is important to you.

<table>
<thead>
<tr>
<th>Week</th>
<th>Theme</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>7/31-8/6</td>
<td>Why you love the environment</td>
<td>I love the environment because it brings me inner peace @SenateMajLdr you should #StandUp2Trump this #AugustRecess</td>
</tr>
<tr>
<td>8/7-8/13</td>
<td>Local places you want the EPA to be able to protect</td>
<td>@CoryBooker Without the EPA, who will keep the Jersey Shore clean? #StandUp2Trump #ResistanceRecess</td>
</tr>
<tr>
<td>8/14-8/20</td>
<td>What’s at risk with a gutted EPA</td>
<td>My kids need clean air to breathe. Without the EPA, who will protect it? @RepMarkMeadows #StandUp2Trump #ResistanceRecess</td>
</tr>
<tr>
<td>8/21-8/29</td>
<td>How taxpayer money is spent</td>
<td>It's shameful for Congress to squander tax $$ on a border wall rather than fund the EPA! @SenateMajLdr #StandUp2Trump #AugustRecess</td>
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</tbody>
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