

Civic Action Resources

Contacting State and Local Officials

- **ACLU** [Tips](#) for writing to elected officials.
- **Library of Congress:** beginner's guide to "[How to Contact Your Representative or Senator](#)"
- **List of current elected officials** in Washington:
 - [Descriptions of elected offices](#) from the Washington Secretary of State's Office.
 - Pierce County [elected officials](#) list.
- **Municipal Research and Services Center (MRSC):** research tools, including a [local ballot measure database](#), Washington [city codes](#), and Washington [county codes](#).
- **Pierce County Boards & Commissions:** Links to appointed and volunteer boards and includes upcoming meeting dates and times, as well as Zoom links.
 - Interested in serving? See this [list of current vacancies](#).
- **USA.gov** guide: "[How to Contact Your Elected Officials](#)."
- **Washington State Legislature's** [District Finder](#):
 - Washington State Legislature's [guide](#) to contacting your legislators; legislative hotline also available 800-562-6000.

Know Your Rights

- **ACLU** [Know Your Rights](#): understand your rights, how to exercise them, and what to do if you feel your rights are violated.
 - [Know Your Rights: Stopped by Police](#)
 - [Know Your Rights: Protestors' Rights](#)
- **ACLU Washington's** [What to Do if You're Stopped by the Police](#) guide.
- **City of Tacoma** [Human Rights Commission](#)
- **National Lawyer's Guild** [Know Your Risks](#) publications.
- **Seattle Office for Civil Rights**
- **Legal Counsel for Youth and Children** resources:
 - [Immigrant Safety Plan for Youth and Children \(2025\)](#)
 - [Plan de Inmigrantes para la Seguridad de los Jóvenes y los Niños \(2025 coming soon\)](#)

- **Tacoma Community House** [Know Your Rights: Immigration](#)
- **Washington LawHelp's** [Civil & Individual Rights](#)
 - [Civil Rights in Seattle](#): specific to how to file a complaint in Seattle city limits, but includes general info on illegal discrimination, harassment, etc.
 - [File a Discrimination Complaint](#): info from the Washington State Human Rights Commission.