



ROD

RescueOurDemocracy.com

Presents

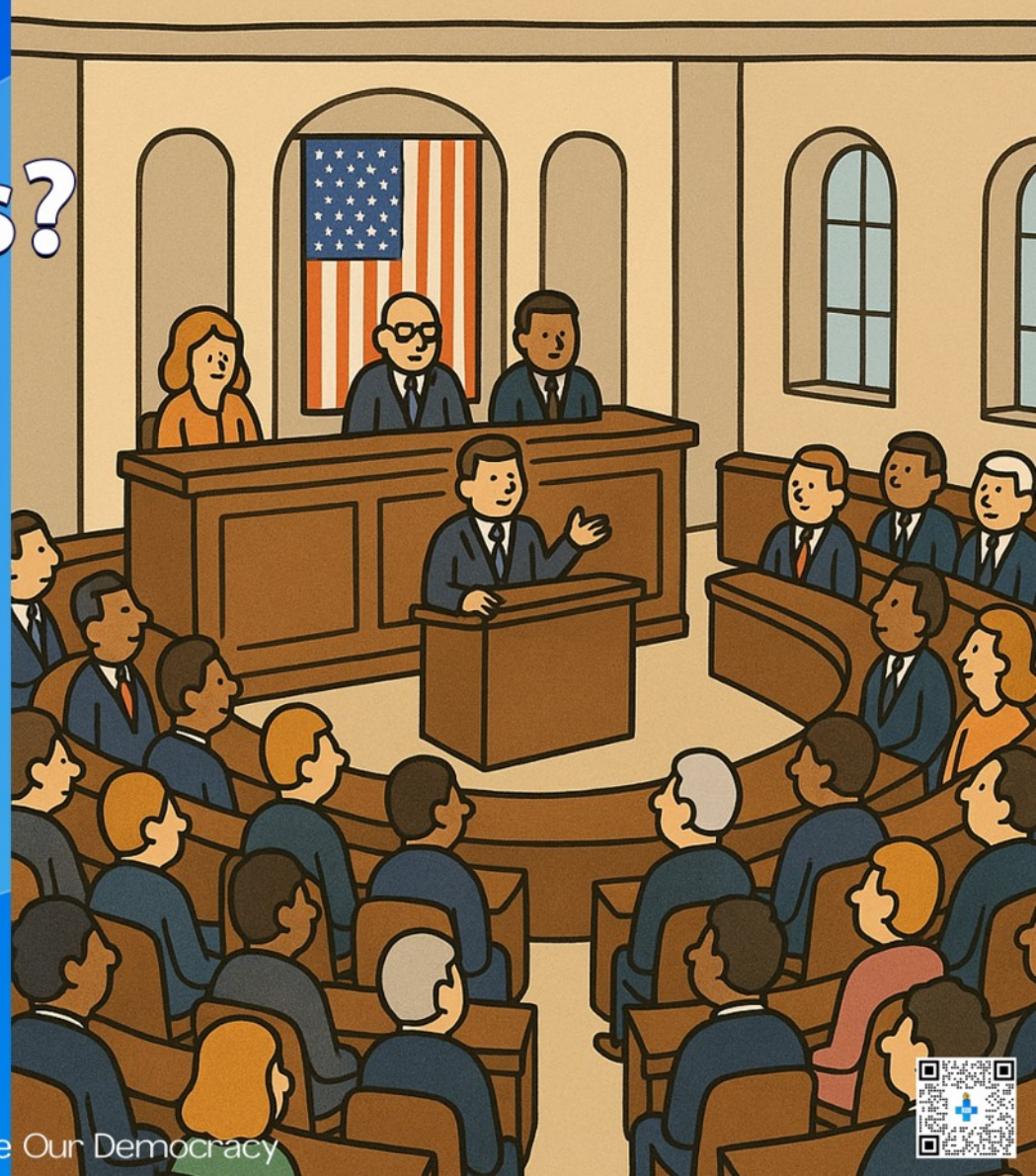
WHAT IS CONGRESS ANYWWAYS?



What Is Congress?

Congress is the **lawmaking branch** of the U.S. government.

It has two parts: the *House of Representatives* and the *Senate*.

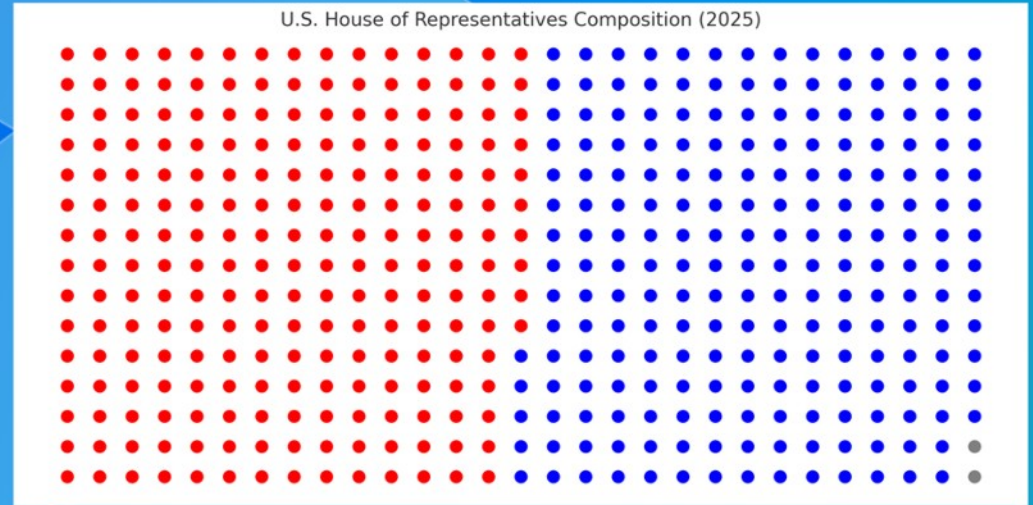


The House of Representatives

Has **435** members.

Each member **represents** a district in their state.

Number of districts **depends** on the state's population.



House Elections

Elections happen every **2 years**
(even-numbered years).

All 435 seats are up for election **at the same time.**

Next elections: 2026, 2028, 2030, etc.

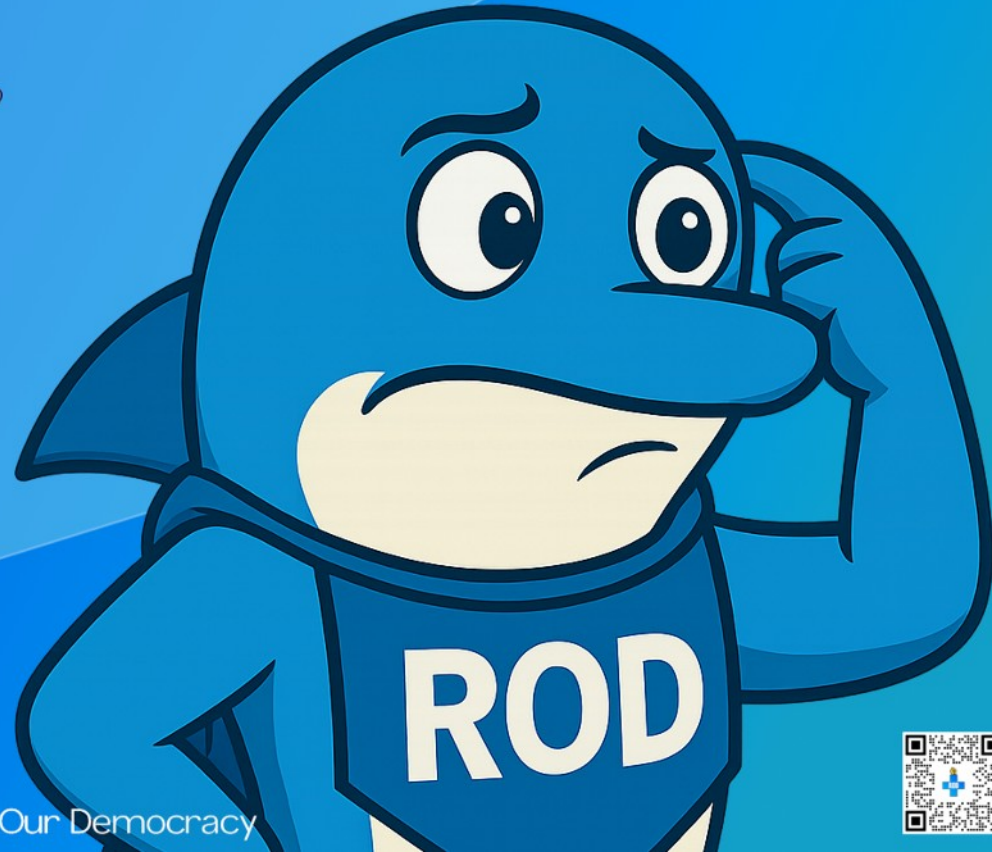


Who Can Run for the House?

Must be at least **25 years old**.

Must be a **U.S. citizen** for at least **7 years**.

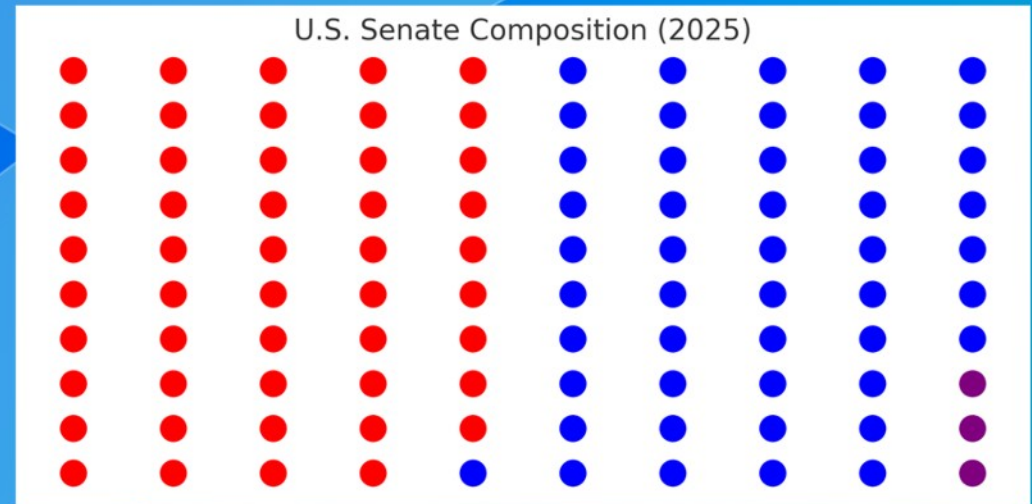
Must live **in the state** they want to represent.



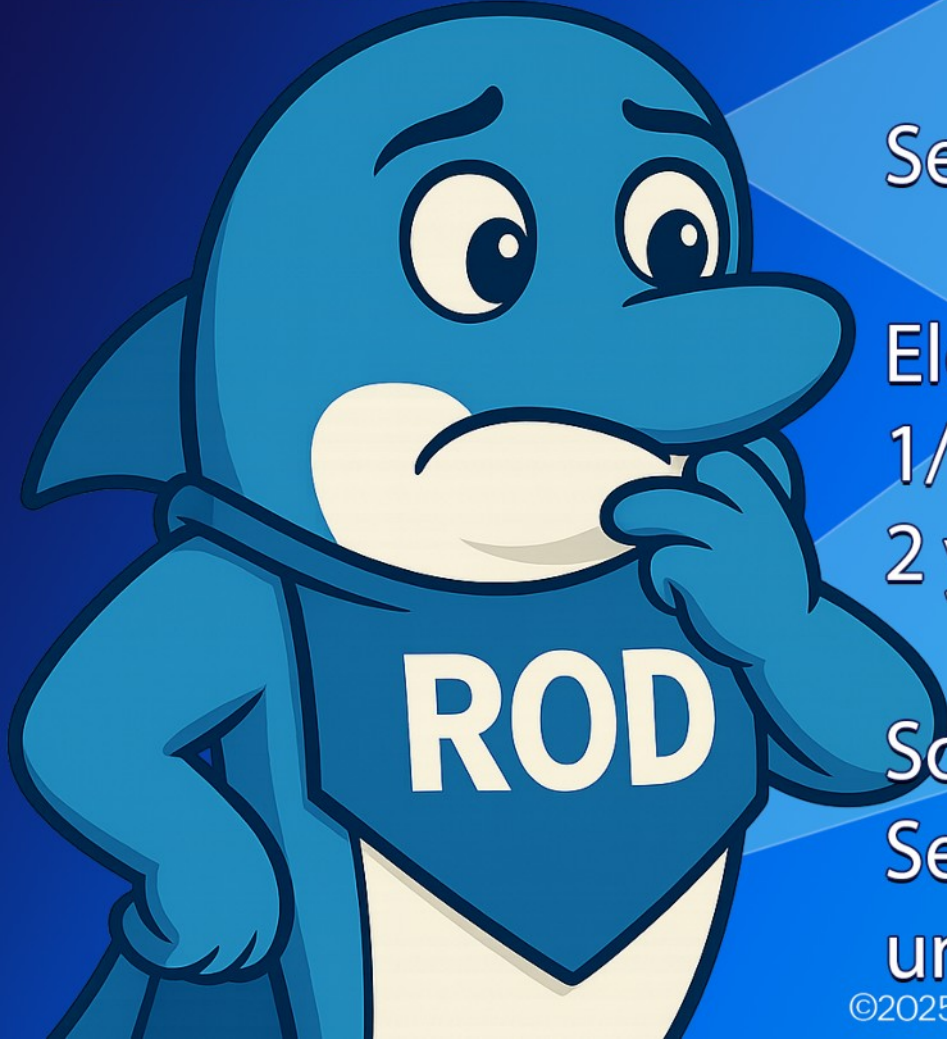
The Senate

Has **100** members — 2 per state, no matter the population.

Senators **represent the whole state**, not just a district.



Senate Elections



Senators serve 6-year terms.

Elections are staggered — about 1/3 of the Senate is elected every 2 years.

So your state might vote for a Senator in 2024, but not again until 2030. *(like Grassley)*



Who Can Run for the Senate?

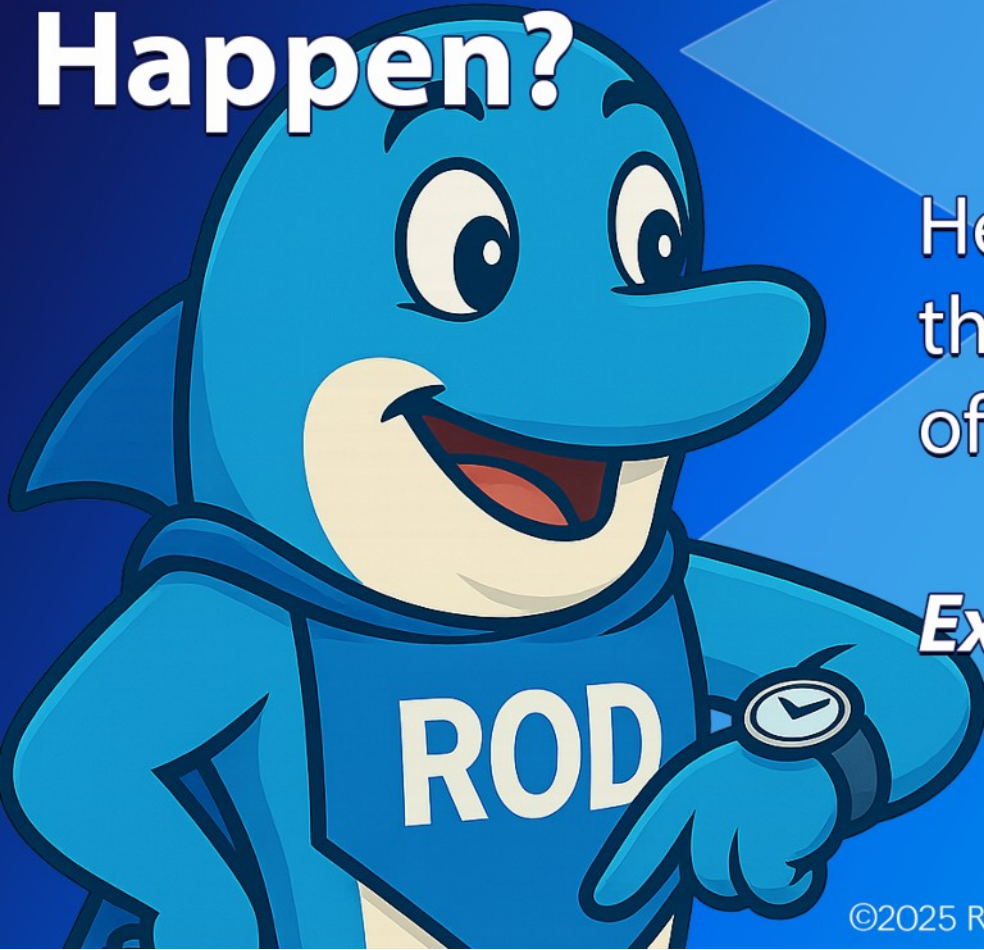
Must be at least 30 years old.

Must be a U.S. citizen for at least 9 years.

Must live in the state they want to represent.



When Do Congressional Elections Happen?



Held on the **first Tuesday *after*** the **first Monday** in November of even-numbered years.

Example: November 9, 2026.

