

SWING VOTE SAM EXPLAINS

# Who Works for Whom

**SAM SAYS**

**"535 people in that building. All of them work for you."**

The org chart nobody frames: 435 members of the House and 100 senators. Voters hire every one of them. Voters can let any one of them go.

None of them work for a party. Parties help people get elected; the job belongs to the people back home. Their approval rating: 10 percent in April 2026, 16 percent by September, according to Gallup.

When a brand stops serving its customers, they don't argue with it. They leave. In politics, the exit is the ballot.

## The facts

1. Congress has 535 voting members: 435 in the House of Representatives and 100 in the Senate, two from each state.[1,2]
2. House members serve two-year terms, so every House seat is on the ballot every two years. Senators serve six-year terms.[3]
3. In Gallup's April 2026 reading, 10 percent of Americans approved of the job Congress was doing and 86 percent disapproved, tying the record for disapproval. In September 2026, 16 percent approved.[4,5]

## What you can do

1. Check that you're registered. **vote.gov**
2. Look up your representative and your two senators. They work for you, technically. **house.gov/representatives/find-your-representative**
3. Vote in every election, primaries included.
4. Bring a friend. Bring two.

**Scan to watch Sam explain it**

swingvotesam.com/issues/who-works-for-whom

**Sources**

1. U.S. House of Representatives, "The House Explained". https://www.house.gov/the-house-explained
2. USAGov, "Congressional elections and midterm elections". https://www.usa.gov/midterm-elections
3. National Archives, "The Constitution of the United States: A Transcription (Article I)". https://www.archives.gov/founding-docs/constitution-transcript
4. Gallup, "Disapproval of Congress Ties Record High at 86%", April 22, 2026. https://news.gallup.com/poll/708722/disapproval-congress-ties-record-high.aspx
5. Gallup, "Congress and the Public (trend, September 1-17, 2026 reading)". https://news.gallup.com/poll/1600/congress-public.aspx

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