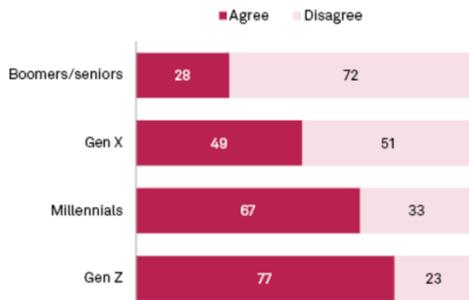


# Democratic Candidates’ Social Media Accounts to Amplify Like – Comment – Share to help amplify their messages.

In the online realm, many likes signal social proof, indicating content value and trustworthiness.

US: I get most of my information about news and breaking events through social media, 2023  
Percentage of age generation



70% of American adults have an active social media account and they spend an average of 2hrs. 14min. per day on social media.

An increasing number of people of all generations are getting their news, including political news, through social media.  
(See graph from S&P Global Market Intelligence).

## DNC

Facebook Democratic Party <https://www.facebook.com/democrats>  
Instagram thedemocrats <https://www.instagram.com/thedemocrats/>  
Twitter/X @TheDemocrats <https://twitter.com/TheDemocrats>

## DSCC – Senate Democrats

Facebook <https://www.facebook.com/DSCC>  
Instagram @dsc <https://www.instagram.com/dsc/>  
Twitter/X @dsc <https://twitter.com/dsc>

## DCCC – Congressional Democrats

Facebook <https://www.facebook.com/electdemocrats>  
Instagram@dccc <https://www.instagram.com/dccc/>  
Twitter/X @dccc <https://twitter.com/dccc>

## CA Democratic Party

Facebook @cadems <https://www.facebook.com/cadems>  
Instagram @cademocrats <https://www.instagram.com/cademocrats>  
Twitter/X @CA\_DEM [https://twitter.com/CA\\_Dem](https://twitter.com/CA_Dem)  
Bluesky <https://bsky.app/profile/cademocrats.bsky.social>

## Democrats of Napa Valley

Facebook <https://www.facebook.com/groups/NapaCountyDemocrats/>  
Instagram <https://www.instagram.com/napavalleydems/>  
Twitter/X <https://twitter.com/demsnapa?s=21>  
Bluesky <https://bsky.app/profile/napavalleydems.bsky.social>

## US Senate - California

### Adam Schiff

Facebook <https://www.facebook.com/AdamSchiffCA>  
Instagram #adamschifforsenate <https://www.instagram.com/stories/senadamschiff/>  
Twitter/X @AdamSchiff <https://twitter.com/AdamSchiff>  
Bluesky <https://bsky.app/profile/schiff.senate.gov>

### Alex Padilla

Facebook <https://www.facebook.com/alexpaddilla4ca>  
Instagram <https://www.instagram.com/alexpaddilla4ca/>  
Twitter/X <https://x.com/AlexPadilla4CA>  
Bluesky <https://bsky.app/profile/alexpaddilla4ca.bsky.social>

## US Congress

### Mike Thompson

Facebook <https://www.facebook.com/RepMikeThompson>  
Instagram @mikethompson4congress <https://www.instagram.com/mikethompson4congress/>  
Twitter/X @RepThompson <https://twitter.com/RepThompson>

## CA Assembly - District 4

### Cecilia Aguiar-Curry – District 4

Facebook <https://www.facebook.com/asmaguiarcurry>  
Instagram @asmaguiarcurry <https://www.instagram.com/asmaguiarcurry/>  
Twitter/X @AsmAguiarCurry <https://twitter.com/AsmAguiarCurry>

## CA Senate – District 3

### Christopher Cabaldon

Facebook <https://www.facebook.com/mayorcabaldon>  
Instagram @mayorcabaldon <https://www.instagram.com/mayorcabaldon/>  
Twitter/X @mayorcabaldon <https://twitter.com/mayorcabaldon>

## Key CA Congressional Districts

### Protect These CA Blue House Districts

#### CD9 Josh Harder

Facebook <https://www.facebook.com/harderforcongress>  
Instagram @harderforcongress <https://www.instagram.com/harderforcongress/>  
Twitter/X @RepJoshHarder <https://twitter.com/RepJoshHarder>

#### CD47 Dave Min

Facebook <https://www.facebook.com/daveminca>  
Instagram @davemin\_ca [https://www.instagram.com/davemin\\_ca/](https://www.instagram.com/davemin_ca/)  
Twitter/X @DaveMinCA <https://twitter.com/DaveMinCA>

### **CD49 Mike Levin**

Facebook <https://www.facebook.com/mikelevin>

Instagram @repmikelevin <https://www.instagram.com/repmikelevin/>

Twitter/X @MikeLevin <https://twitter.com/MikeLevin>

### **CD13 Adam Gray**

Facebook <https://www.facebook.com/AdamGrayForCongress>

Instagram @adamgrayforcongress <https://www.instagram.com/adamgrayforcongress/>

Twitter/X @AdamGrayCA <https://twitter.com/AdamGrayCA>

### **CD27 George Whitesides**

Facebook <https://www.facebook.com/whitesidesforcongress>

Instagram @whitesidesforcongress <https://www.instagram.com/whitesidesforcongress/>

Twitter/X @gtwhitesides <https://twitter.com/gtwhitesides>

## **Prop 50 – Election Rigging Response Act**

### **Gavin Newsom**

Facebook <https://www.facebook.com/GavinNewsom/>

Instagram @gavinnewsom <https://www.instagram.com/gavinnewsom/n>

Twitter/X @gavinnewsom <https://x.com/gavinnewsom>

Linktr.ee <https://linktr.ee/govgavinnewsom>

### **Social Media**

1. Go to <https://stopelectionrigging.com/> and scroll to the bottom to find ready-made social media graphics, and then
2. Join Discord, Gavin Newsom’s virtual office, so you can communicate with them and stay up on what is going on.

Join Discord <https://discord.com/invite/YgE6FevHH9>

## **Social Media Prepared Democratic Graphics**

Field Team 6 <https://social.fieldteam6.org/toolkit/815435f9-454f-446d-a1ce-5fd7a4188713>

Freedom Writer’s Collaborative <https://freedomwriterscollaborative.org/#toolkits-section>