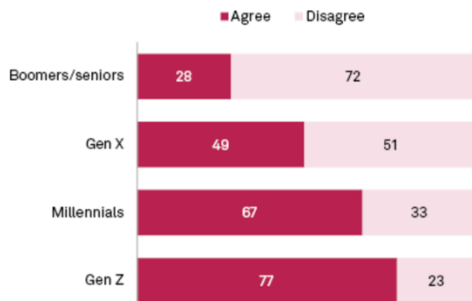


Democratic Candidates’ Social Media Accounts to Amplify Like – Comment – Share to help amplify their messages.

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
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/
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>

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>