

The John Birch Society

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Hold Your Congressmen Accountable to the Constitution!

Do you know how your congressmen voted on important legislation?

Learn how they voted by reading the [first "Freedom Index" for the 119th Congress](#), which was published in the July 2025 issue of *The New American* magazine. Also, please print and distribute our [Congressional Scorecards](#), which are an easy way to inform others about how your congressmen are voting.

We live at a time when our federal government [routinely usurps](#) powers not granted to it by the Constitution. This is leading to an increasingly out-of-control Big Government that routinely infringes on our basic rights (property rights, privacy rights, religious liberties, right to bear arms, etc.). These infringements have grown worse with the Covid-19 overreach, climate-change tyranny, and Great Reset implementation that are betraying the very foundation of our Republic.

The solution is for more and more voters to hold their representatives and senators in Congress accountable to the Constitution. *The New American* magazine has been publishing the "Freedom Index: A Congressional Scorecard Based on the U.S. Constitution" and its predecessor, "The Conservative Index," since 1971. The "Freedom Index" provides scorecards for every member of Congress on ten key votes several times every two-year session of Congress.

You can help return our federal government to its constitutional moorings by using the "Freedom Index" to learn how constitutionally your representative and two senators are voting, taking the appropriate actions to influence them to vote constitutionally, and then spreading the word to others in your sphere of influence about how to use the "Freedom Index" to hold their congressmen accountable to the Constitution. **Physical print copies, as well as digital download, copies of the current edition of the Freedom Index can be purchased [here](#) at [ShopJBS.org](#).**

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The Freedom Index

A Congressional Scorecard Based on the U.S. Constitution

Our first look at the 119th Congress shows how every member of the House and Senate voted on key issues such as federal spending, men in women's sports, USAID funding (Senate only), and sanctuary cities (House only).

House Vote Descriptions

1 Protecting Women's Sports.

H.R. 28, the "Protection of Women and Girls in Sports Act of 2025," would ensure that only real (i.e., biological) women and girls compete in women's sports that are operated, sponsored, or facilitated by federal funding. "Transgender" women and girls — i.e., biological males who "identify" or pose, as females — would be prohibited from competing.

The House passed H.R. 28 on January 14, 2025 by a vote of 218 to 206 (Roll Call 12). We have assigned pluses to the years because the federal government should not use taxpayer money to facilitate biological males competing against real women and girls.

2 Medical Care for Abortion Survivors.

H.R. 21, the "Born-Alive Abortion Survivors Protection Act,"



Men in women's sports: Lia Thomas, a transgender swimmer, competes in an Ivy League competition in 2022. Legislation passed by the House would put an end to men competing in women's sports facilitated by federal funding.

would establish criminal penalties for healthcare practitioners who intentionally kill or harm an infant born alive following an abortion or attempted abortion.

The House passed H.R. 21 on January 23, 2025 by a vote of 217 to 204 (Roll Call 27). We have assigned pluses to the years because the U.S. Constitution does

not grant a right to abortion. Abortion is not healthcare, it is the ending of innocent human life, and the Declaration of Independence affirms the right to life as a fundamental, God-given, and inherent right.

3 Conservation Programs.

Representative Bruce Westerman (R-Ark.)

About This Index

The Freedom Index: A Congressional Scorecard Based on the U.S. Constitution "rates members of Congress based on their adherence to constitutional principles of limited government, fiscal responsibility, national sovereignty, and a traditional foreign policy of avoiding foreign entanglements. To learn how any representative or senator voted on the key measures described herein, look him or her up in the vote charts.

The scores are derived by dividing a congressman's constitutional votes (pluses) by the total number he cast (pluses and minuses) and multiplying by 100. The average House score for this index is 36 percent (69 percent for the Republicans and two percent for the Democrats), and the average Senate score is 42

percent (79 percent for the Republicans and one percent for the Democrats). Fourteen representatives and three senators earned 100 percent. We encourage readers to examine how their own legislators voted on each of the 10 key measures. We also encourage readers to commend legislators for their constitutional votes, and to urge improvement where needed.

This is our first index for the 119th Congress, which began on January 3 of this year. An online version of the Freedom Index is also available (click on Freedom Index at [TheNewAmerican.com](#)), as are Congressional Scorecards on individual members of the House and Senate and Legislative Scorecards on state legislators (see ad on page 12). ■

This copyrighted article originally appeared in the August 2025 issue of The New American. Visit [ShopTNA.org](#) to order copies of this reprint.

Click on the image at left to download a **FREE PDF of the Freedom Index** for the 119th Congress covering 20 important votes within the past year. Ten votes are analyzed for the House (pp. 1-7) and ten for the Senate (pp. 9-12). Scores are listed for all 435 representatives and 100 senators. You'll find them listed alphabetically by state, then district. The average score in the House was 36 percent, and in the Senate it was 42 percent.

Contact your U.S. representative and senators to inform them of their latest "Freedom Index" voting score. Thank them if they have a perfect score, and ask for explanations when their votes violate the Constitution. Remember that it is your responsibility as a voter to hold your senators and representative accountable to the Constitution.

As Robert Welch once wrote, "Education is our total strategy, and truth is our only weapon." The Freedom Index is a vital tool to educate the electorate on both the voting habits of their congressmen and on what the Constitution says about a wide range of important issues.