

WAYS TO IMPACT LAWS IN NEBRASKA

There are many ways you can share your story to impact laws in Nebraska. Below are some ideas for how to get involved.



Communicate with Senators

- Senators want to hear from the people that elected them, but they are often very busy.
- You can show up at their offices, but generally it is a good idea to call or email the senators' office staff in advance to set up a meeting if you want to talk with a senator in person.
- You can also simply call or email the senator's office to tell them about your opinion on a bill or to ask questions. This may not seem like it would make a difference, but it really does have a huge impact on legislation.
- If you are available to go to the Capitol while state senators are debating bills on the floor of the Legislature, ask the state senator's legislative staff if you could meet with the senator outside of the legislative chamber (or "pull them off the floor"). You can ask the state senator's staff to help you with this process.
- If you would like help deciding what to say, try connecting with Survivors Rising.



Meet with Organizations and Agencies

- Some organizations and agencies will work with senators to build support for bills, help to write or change bills, and speak for or against bills at hearings.
- Many of these organizations and agencies would be interested in hearing your story and gaining your input on legislation because it could help them better understand how a law might impact people with lived experience.
- If you would like to meet with an organization to talk about a bill they are working on, but aren't sure where to start, contact Survivors Rising.



Provide Testimony at a Hearing

- Your testimony is a statement that expresses specific reasons why you are asking senators to support or not support a bill. Testimony often includes supporting information such as statistics and your own personal experiences related to the bill.
- You can provide spoken testimony in-person during the hearing for a bill or you can provide written testimony by sending in your testimony via email or by having someone else read it on your behalf during the hearing.
- See "Tips for Testifying in Person" in *Survivors Speak* for more information on these ways to share your testimony.



Share with Friends and Neighbors

- Sometimes people don't think about how a bill might impact people they care about, so talking to people you already know about the legislation is a good place to start.
- Hosting a dinner or coffee and telling those you invited about how a bill might impact you could be a helpful way to practice expressing your thoughts and experience more naturally.
- You can encourage others you know to call, email, or write state senators too.
- Connect with Survivors Rising for help or suggestions.



Share on Social Media or Talk with the Press

- If you have social media accounts, you may want to write a short post about your opinion on a bill if it is safe for you to do so. If you do write a post, it may be helpful to check out “Tips for Writing Testimony” in *Survivors Speak* for help with what to say.
- Talking to the press, or other media, about your opinion on a bill is always an option. If you choose to talk to the press, remember that they can and often will ask you anything. Often you will spend thirty or more minutes talking to them and they will only share thirty seconds or less of what you said. It may be helpful for you to connect with Survivor Rising to get more information or support for talking to the media about your story and/or your opinion on a bill.

Resources

- Senators' contact information:
https://nebraskalegislature.gov/senators/senator_list.php
- If you're thinking about ways to get involved and need support with your decision, contact Survivors Rising: <https://survivorsrisingomaha.org/>

“Ways to Impact Laws in Nebraska” is part of *Survivors Speak: How to share your story to advocate for legislative change in Nebraska*. For more information about how you can share your story to advocate for change, check out the full guide at <https://survivorsrisingomaha.org/survivors-speak/>. Please do not reproduce or alter without express written permission from Survivors Rising.