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# Prepare for Your Hill Day Meetings

Information for [Hill Day](#) | March 12, 2026

## Connect With Your State Team

If you are registered for Summit and indicated that you are attending Hill Day, you should have received an email connecting you with your state team. If you haven't, email [trinady.maddock@nn4youth.org](mailto:trinady.maddock@nn4youth.org). If you are no longer attending Hill Day, also email Trinady.

Larger state teams have a designated State Captain who will help you schedule and prepare for meetings with your Senators and your House Representative. Other state teams will work with NN4Y's policy team to schedule and prepare.

You will go to both of your Senate meetings with your state team. You will go to your House meeting with team members from your district. If you are the only person attending a meeting and you don't want to go alone, let Trinady know and we can see if someone can go with you.

All state teams should meet at least once before Hill Day to put together meeting agendas and talking points. **It's so important to be prepared!**

## Decide on Your Meeting Asks

Hill Day is a chance for all of us to bring a unified message to lawmakers on Capitol Hill. Your meetings should focus on one or a few of these "asks" we will make of lawmakers.

- ★ **Cosponsor the Runaway and Homeless Youth and Trafficking Prevention Act (RHYTPA).** [RHYTPA](#) reauthorizes and updates the current Runaway and Homeless Youth Act program.
- ★ **Cosponsor the Homeless Children and Youth Act (HCYA).** [HCYA](#) aligns the federal definitions of homelessness.
- ★ **Cosponsor the Housing for Homeless Students Act (HHSA).** [HHSA](#) allows college students and student veterans who have experienced homelessness to live in affordable housing funded by the Low Income Housing Tax Credit while remaining in school full time.

- ★ **Support increased funding for youth homelessness programs.** [Fiscal Year 2027 appropriations](#) should award more funding to the life-saving programs that help youth, young adults, and young parent families experiencing homelessness.

NN4Y will have printed fact sheets for each of our asks available for you to take to your meetings. PDF versions can be found in the resources section at the end of this document and on our [Hill Day webpage](#).

### **What should I meet with my lawmaker about?**

Ultimately, this is your meeting and you and your state team can decide which of our collective asks is most important to your work and the youth in your communities. However, there are some things to consider in order to make your advocacy as effective as possible:

- **What committee is your lawmaker on?** Your lawmaker is going to have the most power to influence things that are overseen by the committee they are assigned to. Search for your [House Representative here](#) to find their committee assignments. Search for your [Senator here](#) to find their committee assignments.
  - **But what if my member isn't on any of these committees, or not on the one that oversees the issue I want to talk about?** No problem—you can still make the same ask. Anyone can cosponsor legislation or support increased funding.
  - **RHYTPA:** House [Education and Workforce](#) Committee; Senate [Judiciary](#) Committee.
  - **HCYA:** House [Financial Services](#) Committee; Senate [Banking](#) Committee.
  - **HHS:** House [Ways and Means](#) Committee; Senate [Finance](#) Committee.
  - **Fiscal Year 2027 Appropriations:**
    - **Funding for HUD programs:** House Appropriations Committee - [Transportation, Housing and Urban Development, and Related Agencies Subcommittee](#); Senate Appropriations Committee - [Transportation, Housing and Urban Development, and Related Agencies Subcommittee](#).
    - **Funding for HHS or ED programs:** House Appropriations Committee - [Labor, Health and Human Services, and Related Agencies Subcommittee](#); Senate Appropriations Committee - [Labor, Health and Human Services, and Related Agencies Subcommittee](#).
- **What is happening right now in your community?** Your lawmaker is going to be very interested in what is happening in the area they represent. Is there a unique, timely issue? Has youth homelessness risen drastically? Did a program close? Did you lose funding? It's important for your lawmaker and their staff to see you as a trusted messenger and a great source of information for what's happening on the ground.
- **What unique perspective or expertise can your team highlight?** Consider who is represented on your state team. Are there particular stories that are really poignant that you would like to highlight? Sharing real examples and lessons from your experience can help lawmakers better understand the impact of their decisions.

- **What does your lawmaker care about?** Look up your lawmaker’s priorities, recent statements, and bills they have introduced or cosponsored to understand what matters to them. Do their priorities align with youth homelessness, or is there an opportunity to educate them on why this issue matters? Connecting your message to their interests can help make your advocacy more relevant and impactful.

## Am I lobbying?

Some people have restrictions on lobbying, so it is important to be clear on what is advocacy versus what is lobbying.



→ **Advocacy:** Speaking up, raising awareness, or taking action to support a policy or issue *generally*.

◆ **Who, When, Where:** Anyone can advocate at any time.

◆ **Example:** Congress needs to increase funding for youth homelessness programs.

→ **Lobbying:** A type of advocacy that is trying to influence a specific piece of legislation.

◆ **Who, When, Where:** It depends—not everyone is allowed to lobby.

◆ **Example:** Please cosponsor the Runaway and Homeless Youth and Trafficking Prevention Act.

If you have restrictions on lobbying (for example, if you are a McKinney-Vento liaison), then you can *advocate*, but you can’t *lobby*. This means that you can attend meetings and speak generally—share data, talk about your work, talk about the impact of the issue, share stories, etc. You **cannot** say something specific about a bill, such as, “Please cosponsor the Homeless Children and Youth Act.” Someone from your state team can make that ask for you instead.

## Create Meeting Agendas and Talking Points

**Being prepared is key.** Work with your state team using the template below to plan out your meetings. This will make sure everyone has time to speak, you hit all of your talking points, and, most importantly, you **make your asks!** Share this agenda with the members of your state team—do not share it with the lawmaker or their staff.

## Meeting Agenda Template

**Meeting Date and Time:** Date | Time

**Meeting Location:** Address, room number, or meeting link if virtual

**Meeting Length:** 30 minutes

**Meeting with:** Name of who you are meeting with

**Goal of the Meeting:** What are your asks?

### *Roles*

- Lead Speaker: [NAME] (This is the person who will start and finish the meeting, and who will most likely do the follow up.)
  - Additional Speaker(s): [NAME(S)] (These are the people who are speaking in the meeting. There should be 3-5 speakers. Not everyone who attends the meeting has to speak.)
  - Additional Attendee(s): [NAME(S)] (Not everyone who attends the meeting needs to speak)
  - Notetaker: [NAME] (This is the person who will take notes during the meeting.)
  - Photographer: [NAME] (Someone who will take photos during and after the meeting. This is optional.)
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## Meeting Agenda and Talking Points

**Thank lawmaker/staffer(s) + State the reason for the meeting**

**1 minute**

- Lead Speaker: Thank you for taking the time to meet with us. We are here today to talk about... {{your ask/goal of the meeting}}. Do you mind if we take some pictures throughout the meeting?

### **Introductions**

**2-4 minutes**

*All members of the group introduce themselves very briefly. You should say your name, your organization and role, and where you live and/or work. Give a quick background about you or your organization and how you are connected to the issue of youth homelessness (unless your group is very large, in which case just stick to name/org/location).*

- Lead Speaker: Let's start with introductions. I'll go first...
- Next Person
- Next Person
- Next Person

## **Talking points in support of your policy goal**

### **15-20 minutes (should be the bulk of your meeting)**

*Stay on topic and present your messages concisely and persuasively. Keep your talking points straightforward and focused on the policy goal. Avoid using abbreviations or jargon.*

- Speaker 1 (x minutes)
  - An outline of this person's talking points.
- Speaker 2 (x minutes)
  - An outline of this person's talking points.
- etc.

## **Make a Clear Ask**

### **> 1 minute**

- Lead Speaker: We hope these stories help to highlight...(your policy goal/the issue you're talking about). That's why we are asking you to...
  - *Be sure the person who makes the ask clear is allowed to lobby.*

## **Questions and Discussion**

### **5 minutes**

*The lawmaker and their staff will likely have questions. Anyone can answer. If you don't know an answer, tell them you will follow up with them.*

- Lead Speaker: What questions do you have for us?

## **Wrap Up**

### **1 minute**

- Lead Speaker: Thank you so much for taking the time to meet with us today. I'll be following up with... {{whatever additional things they may have asked for, or just a general follow up.}}

**(Optional) Ask for a photo**

## **Resources You Need to Prepare and Schedule**

Visit our [Hill Day Wepage](#) to find everything you need to set up your meetings and prepare for a strong, effective conversation with Congress:

- **Prepare for Your Hill Day Meetings**
  - Committee and staff member information.
  - Template meeting agenda and talking points.
- **Capitol Hill FAQ**
  - Information about navigating Capitol Hill and the Congressional office buildings.
- **Policy Fact Sheets** (prints will be available on Hill Day)
  - Runaway and Homeless Youth and Trafficking Prevention Act
  - Homeless Children and Youth Act
  - Housing for Homeless Students Act
  - Fiscal Year 2027 Appropriations

For questions regarding Hill Day, please don't hesitate to reach out to Trinady at [trinady.maddock@nn4youth.org](mailto:trinady.maddock@nn4youth.org).