



# GUIDE TO THE 2026 LEGISLATIVE SESSION

JANUARY 20<sup>TH</sup> - MARCH 6<sup>TH</sup>

## WHAT IS THE LEGISLATIVE SESSION?

It's the 45 day period where the Utah House & the Senate meet at the state capitol to propose, debate, & vote on nearly all state legislation for the year. It's also when the state budget is balanced.

## HOW TO GET INVOLVED:

- Track bills
- Stay informed through our legislative email updates
- Attend session and give public comment
- Connect with various advocacy organizations to answer their action alerts, sign up for their updates, and follow them on social media
- Contact your legislators

## LOOK UP YOUR LEGISLATORS:



- Go to: <https://le.utah.gov/GIS/findDistrict.jsp>
- Input your information
- Find out who your representatives are!

## LEGISLATIVE UPDATE SIGN UP:



Use this form to sign up to receive daily updates during the legislative annual, interim, and special sessions throughout the year. We provide observations from committee hearings and floor debates, timely action alerts, and legislative schedules.

## VIEW OUR BILL TRACKER:



Better Utah Institute's 2026 Bill Tracker is your go-to hub for keeping up with the bills that could shape life in Utah this legislative session. We're tracking what's moving, what it means, and where you can plug in to speak up.

## MORE ORGANIZATIONS WITH BILL TRACKERS:

- ACLU of Utah
- Elevate Utah
- Heal Utah
- Equality Utah
- Utah Education Association
- Stewardship Utah
- Bike Utah
- League of Women Voters Utah

## ADDITIONAL ORGANIZATIONS TO CONNECT WITH:

- Grow the Flow
- Planned Parenthood Utah
- Utah Rivers Council
- Save Our Great Salt Lake
- Mormon Women for Ethical Government
- Utah Immigrant Advocacy Coalition
- Ignite Utah
- Better Boundaries
- Comunidades Unidas
- Disability Law Center
- Utah Physicians for a Healthy Environment
- Let Utah Read

## WEEKLY EVENTS:

**Mondays:** Great Salt Lake Lobby Days

- 9am-12pm, Seagull Room at the Utah Capitol

**Wednesdays:** Hill Talk

- 6pm, Church & State

**Fridays:** Utah Educator Days

- Utah Capitol

## IMPORTANT DATES:

- **February 3rd:** Active & Public Transit Day, 9am-12:30, Copper Room (*Heal Utah*)
- **February 5th:** Eyes on ICE training, 6-7pm, virtual (*ACLU Utah*)
- **February 4<sup>th</sup>:** Virtual Lobbying Training w/ Utah Rivers Council, 6pm
- **February 6<sup>th</sup>:** Lobbying Training w/ Utah Rivers Council, 12pm
- **February 10<sup>th</sup>:** Just Energy Transition Day, 9am-12:30, Copper Room (*Heal Utah*)
- **February 11<sup>th</sup>:** Gen Z Day on the Hill, 2:30pm-5pm, Utah State Capitol- Room 105 (*Ignite Utah*)
- **February 13<sup>th</sup>** - Let Utah Read Coalition Read-In, 3:30-5:30 pm, State Capitol
- **February 24<sup>th</sup>:** Clean Air Day, 9am-12:30, Copper Room (*Heal Utah*)
- **March 28<sup>th</sup>:** No Kings Rally, *time/location available upon RSVP*

## **GIVING PUBLIC COMMENT:**

### **Why Give Public Comment?**

- Your experiences are valuable, and can help shape laws.
- It's your right. Committee meetings are open to the public and provide a forum for citizens to express their views.

### **Questions to Consider When Preparing Your Statement:**

- *What motivated you to give public comment at the legislature? Can you share a personal story that could help others understand your view? To what values, experiences, or aspirations shared by your community will you appeal when you call on committee members to take action? What is your vision of successful action?*

### **Statement Length:**

- Be prepared to summarize your testimony in one minute- that may be all the time you are allowed.

### **Giving Comment In-Person:**

- The meeting location will be posted on the meeting's agenda, which can be found on the Utah State Legislature's website. You can find where the meeting will take place by **viewing the calendar** on the front page of the Utah Legislature website.

### **Giving Comment Online:**

- You can submit a request via the legislature's website to attend a committee meeting from home and give your statement virtually.

## **MAKING SURE YOUR COMMENT IS HEARD:**

### **Arrive Early**

- For the average committee hearing, 10 minutes before the hearing is sufficient. For more controversial bills, 30 minutes ahead of the meeting is recommended to have the best chance of giving testimony. The more controversial the bill, the earlier we recommend showing up.

### **Know Your Audience**

- Be courteous and resist the temptation to put down the decision-makers.

### **Know the Issue**

- Support your personal opinions with clear, understandable facts when you can.

### **Be Concise**

- You're likely not the only one who wants to give public comment on an issue.

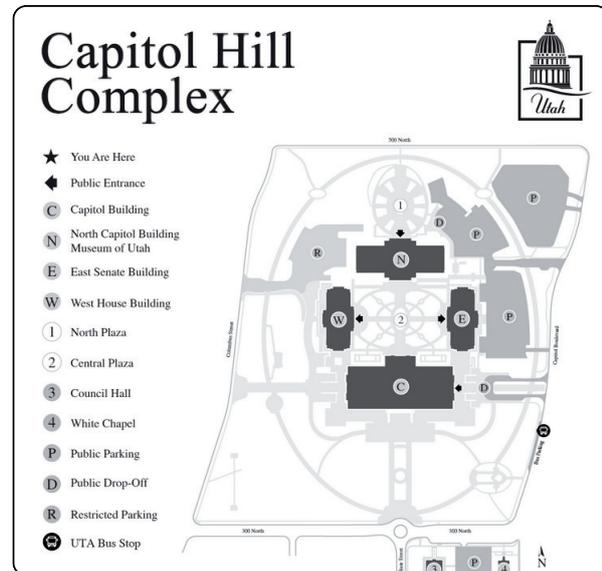
## GETTING TO THE CAPITOL:

### Address

- 350 State St, Salt Lake City, UT 84114

### Parking

- Parking is available in the public lots located on the east and northeast sides of the complex. Underground parking is available northeast of the North Capitol Building. Parking is also allowed along the streets around the perimeter of the Capitol unless otherwise stated by signs.



### Entrances

- Main entrance to the Capitol is located on the east side. The East Senate Building entrance is located on the west side of the building. The West House Building entrance is located on the east side of the building. The North Capitol Building entrance is on the north side.

### Accessibility

- Two wheelchairs are available for use through Suite 120. Please email [capitol tours@utah.gov](mailto:capitol tours@utah.gov) or call 801-538-1800 to make a reservation.

## MORE NAVIGATION INFO:



This link takes you to a page on the legislature's website that has more navigation details and maps of the Capitol Complex.

## LEGISLATIVE CALENDAR:



This link takes you to the legislature's main page, which has the session calendar. From here you can browse bills, look at committee meetings, and more.

## TIPS FOR CONTACTING YOUR ELECTED OFFICIALS

### Keep it short

- 1-2 concise paragraphs is plenty.

### Be Specific

- What do you want your elected official to do?

### Make it personal

- Share how it made you feel, and how it relates to your family, or your community.

### Be Firm, Not Rude

- Frustration is fair. Personal insults just get ignored.

### Follow Up

- Post about it, tag them, or send it again another way. Repetition works.

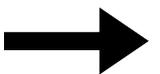
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## NOTES SECTION

MORE SPACE FOR NOTES ON  
THE BACK!



## NOTES SECTION