

As you prepare to comment at a public meeting, please read through this document for a few important tips and guidance pieces.

Tips for your Testimony:

- ❖ Time Limit is 3 Minutes: all testimony will be limited to this timeframe
 - **Remember this formula: 1 minute = 150 words**
 - Your 3 minute comments should not exceed 450 words
 - Write your comments down and practice them in front of the mirror or in front of friends and family, so you are familiar with what you want to say. You can time yourself, too!
- ❖ Make it personal:
 - **Use your comments to add the human face to this national problem.**
 - Express your **personal concerns** about how oil and gas development is threatening **your community** or the **health risks to you and your family/friends** from methane pollution.
 - Have you been personally affected by the impacts of oil and gas development?
 - Do you live near oil or gas facility or fracking site that emits a lot of pollution?
 - Do you or a loved-one suffer from asthma attacks or other related health issues?
 - Are you a public health professional who serves people suffering from pollution?
- ❖ You can bring photos or other visuals to the podium to help you tell your story.
 - Some examples of great visuals from past hearings include:
 - Pictures of a place threatened by methane pollution; Family portraits.
 - Holding your baby with you at the podium, or pushing them in strollers, baby car seats, carriers. Older children also welcome.
 - Asthma inhalers, medicine bottles, healthcare bills, medication for air-pollution related illnesses, or dirty bottled water
- ❖ Include a few key facts:
 - Sierra Club has sample talking points and fact sheets online.
 - **Don't worry about highly technical information.**
- ❖ Bring Two Copies of your Written Testimony:
 - **Please bring TWO hard copies of your testimony to submit to the committee.** Your comments can be typed or handwritten. You may also submit them online; see below.
- ❖ Include your name and contact information:
 - Be sure your testimony includes some form of contact information, but remember, it will become a public document available online.