



Government Regulation

Discussion Guide

Let's review

At the start of each discussion, review the conversation ground rules for returning and new members alike to set the stage for active participation by all. You may want to use a timer as you go around the room. And don't forget to decide who will take notes and post a discussion recap.

- **Be open and curious:** Everyone has a unique perspective, so be prepared to hear a different point of view. Listen first, and focus on the facts.
- **Be respectful and engaged:** Be sure that everyone has a chance to speak before adding a second comment or perspective. Encourage each other's participation.
- **Be focused and concise:** Keep the conversation centered on the issue and the brief.

The "Table-it" Rule: If the group has gone off-topic but the area is of interest, the group can table the conversation and save it for another time to be addressed in a different manner.

Let's begin

- **Take five minutes** to walk through the brief. Highlight the main point of each section and key statistics.
- Each member is invited to answer the following questions in a **two-three minute reaction** to the brief:
 - Introduce yourself, and share what "lens of care" did you wear when reviewing this brief (e.g. personal, professional, community, state, nation, global)?
 - What did you find most interesting or surprising from reading the brief? What matters?

Spread the word: facts to share during your discussion

- [The Code of Federal Regulations \(CFR\)](#) (the rules enacted by the executive departments and agencies of the Federal Government) has grown from [22,877 pages in 1960](#) to [185,984 pages in 2019](#).
- Estimates of the cumulative total annual cost of federal regulations fall somewhere between [\\$1.25 trillion](#) and [\\$2 trillion](#) per year. Some estimates put the [total losses in economic growth](#) equal to income losses of cumulative \$13,000 per American.
- Small businesses (with 50 employees or fewer) pay about \$11,700 per year per employee in [regulatory costs](#), which amounts to regulatory costs that are 20% higher for small businesses than for medium or large businesses.

Let's discuss

Below are 3 questions for the group to consider and discuss, or choose your own.

- **Community:** How do regulations negatively or positively impact your life, community, or business?
- **Government:** What is the case to be made for more or less regulation? Is there an appropriate level of regulation?
- **Business:** What kinds of rules and regulations prevent businesses from getting started and adding economic value to communities?

Let's act

1. **Take it local. Talk to your neighbors** to identify how regulations are affecting your community. Identify opportunities to work with other community members in your area.
2. **Explore the impact of regulations in your community.** Look at the [National Council of State Legislature's Occupational Licensing Database](#) or the [Small Business Association's licenses and permits applications](#) to learn about rules and regulations in your state.
3. **Investigate community programs** in your state or municipality. Search on your state's website for an "employment" or "business" tab or dropdown menu, and then for a "licenses and permits" tab. Alternatively, search for "licenses and permits" in the search bar.
4. **Research your elected representatives' positions** on regulatory reform, and their vision for how to tackle regulation-related challenges facing Americans and your community. You can find contact information for federal, state, and local government officials [here](#). Your state or municipality's websites will also have information to contact leaders. Try looking at the drop-down menu for a *Government* tab.
5. **Establish a relationship with your legislators.** It's easy to establish a relationship with your legislators. Start by introducing yourself. You can also learn to write to your representatives or set up a meeting with a legislator on [The Policy Circle website](#).
6. **Consider writing a letter to the editor or an op-ed on your stance on regulatory reform in your local paper.** Learn how on [The Policy Circle website](#).

Next Steps for Your Circle

- **Post a Recap:** Summarize your discussion to share thoughts with members not present, and share planned actions from group members. Designate who will post a meeting recap on your circle page.
- **Decide your next meeting topic.** Want to discuss a related brief at your next meeting? Suggestions include:
 - [Free Enterprise](#)
 - [Creating Career Pathways](#)
 - [Economic Growth](#)
- **Dive Deeper into the issues.** If this is an area you would like to pursue further, consider taking possible steps to influence policy. The Policy Circle offers resources for [developing a message about your issue](#) and [organizing a petition](#) to amplify your voice and raise awareness. Don't miss our [latest events](#) that help you dive deeper on this issue and more.