



Rent Freeze Building Toolkit



Approach

Get to know your neighbors by going door-to-door and sharing information about the upcoming rent freeze! This is a great way to get to know neighbors you haven't met yet and engage them in this exciting moment for your building and can serve as an entry point for your building organizing in a low-stakes environment because you're already starting off with a win! This is an opportunity to learn more about your neighbors' experiences in the building beyond rent hikes, and get them just as excited as you are about the potential for even bigger wins when you come together and organize!

Things to highlight:

- This is a first ever rent freeze on 1 and 2 year leases! This only came about because thousands of tenants came together over the course of a year and organized, voted for a rent freeze mayor, and testified at the Rent Guidelines Board. Tenants just like you and your neighbors secured this win for 2.4 million New Yorkers— imagine what else you can accomplish when organizing!
- Mayor Mamdani just announced new actions he wants to take to empower tenants to organize and put bad landlords to task, but that only works if we all take advantage of these resources by coming together in our communities!
- Make sure to listen more than you speak when talking to your neighbors about this, especially if they are new to you! This is a great way to learn what issues matter most to your neighbors and what will get them fired up to step into their own power and make change happen.



Call To Action

1. Sign your rent-stabilized lease!
2. Get organized in your building! The Tenant Bloc is going to be hosting Building Organizing Trainings that will give you all the tools you need to build power with your neighbors, gain strong protection from the city, and put pressure on bad landlords
3. Join the NYS Tenant Bloc! We're building a community connecting organized tenants across the state so we can fight for the future we deserve, with dignified and affordable homes for all, growing power from the building to the ballot box and beyond!

? FAQ

Does the rent freeze apply to everyone? How do I know if I'm eligible?

The rent freeze applies to all rent-stabilized tenants whose leases start after October 1st of this year! To check if you are rent stabilized, head to <https://amirentstabilized.com/>

If you're not rent-stabilized, you're likely protected by Good Cause Eviction! You can check that out at <https://goodcauseny.org/en/>

If I already signed my lease with a rent increase, can I still get the rent freeze?

Yes! The Rent Freeze takes effect for all leases signed after October 1, 2026. So if you signed a lease earlier in 2026, you will get the rent freeze when you sign your next lease. We recommend signing a two year lease so that you can rest easy knowing you won't get a rent hike for two years.

What can I do if my landlord offers me a lease with a rent increase but I am rent stabilized?

First, check when the new lease goes into effect! If it is **before October 1, 2026**, the lease is subject to Eric Adams' RGB's final rent increase and there is no freeze. We recommend that you consider the one year option so you can take advantage of the rent freeze next year!

If your new lease goes into effect **after October 1, 2026**, we recommend that you either 1) **cross out the increase and put in the proper rent amount** 2) **sign the lease as is but tell the landlord that the increase is a rent overcharge and pay the correct amount**. We also recommend that you fill out and submit this form, check box 4, and write that the offered lease does not include the proper rental adjustment.

I'm rent stabilized; should I sign a one or two year lease?

You should sign a two year lease! Tenants across the city organized and won the first-ever multi-year rent freeze, which means stability for 2.4 million New Yorkers! Rent-stabilized leases signed between October 1, 2026 and September 30, 2027 will be frozen, which means your rent could be potentially frozen until 2029 depending on when you sign!

What if my unit is not rent stabilized, but other units in my building are?

Request your rental history at this link: <https://portal.hcr.ny.gov/app/ask>
From there, check if the previous tenants were marked as RS (rent stabilized), and how much they paid in rent + if it was significantly lower than what you're paying. If those two things are true, reach out to the Tenant Bloc for advice on how to take action and/or file this form:

<https://hcr.ny.gov/system/files/documents/2023/12/ra-89-fillable.pdf>

When you file a rent overcharge form, it will notify your landlord

I'm not rent stabilized, what can I do if I get a big rent hike?

If you are not rent stabilized, you may still be eligible for protection from unfair rent hikes under Good Cause Eviction. First see if your unit is covered at GoodCauseNYC.org. If you are covered and your rent hike was over 9%, you can tell your landlord its too high and that you have Good Cause protections. You can negotiate or withhold the increase and keep paying your usual rent, but be prepared to get taken to court and invoke your Good Cause rights. Read more about how to use Good Cause at: <https://housingjusticeforall.org/kyr-good-cause/>