

# CHARITIES AGAINST HATE



## MP Toolkit

Tips on how to find your local MP, how to contact them and how to tell them what you think about online hate speech.



# Why should I contact my MP?



MP is short for Member of Parliament. Your MP speaks up for people in your area.

They may do this at parliament. Parliament is a group of people who make laws and check what the Government is doing.



We want MPs to talk about social media rules and help Charities Against Hate to make changes.

We want MPs to understand that this is important to lots of people.



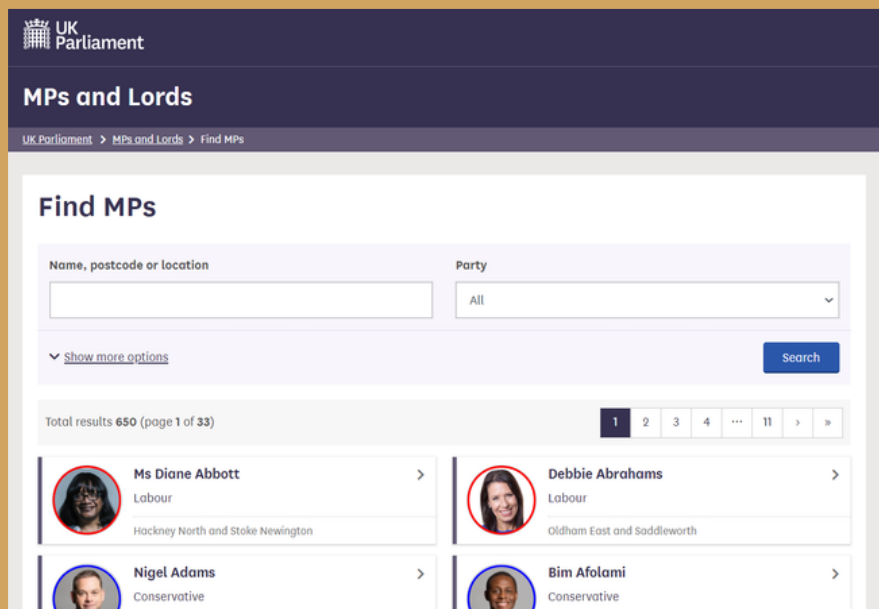
# How to find your MP

You can find out who your MP is by visiting this website <http://findyourmp.parliament.uk>.

Type your postcode into the search box and click on Find MP.

Click on your MP and you will see their contact details. You could also find your MP on Twitter.

About 60% of MPs use Twitter. You can find their Twitter address here: [www.tweetminster.co.uk/mps](http://www.tweetminster.co.uk/mps).



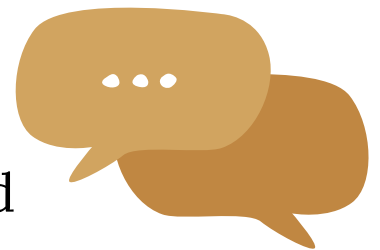
# Top tips on contacting your MP

You can email or write them a letter. Include your postcode so that they know you are in their area.



Tell your MP that you are supporting the Charities Against Hate campaign and want them to support it as well.

Tell your MP your own experience of online hate if you have any. Your personal story will help them understand how online hate affected you.



We have provided an example [here](#) that you can use for a letter or email. You can add your story to this template.

You can use social media to contact your MP too. Make sure you get your MP's Twitter handle correct and use the @ sign.



Tag Charities Against Hate with @CharityAgstHate and #CharitiesAgainstHate.

You could also share links to information on the Charities Against Hate website:

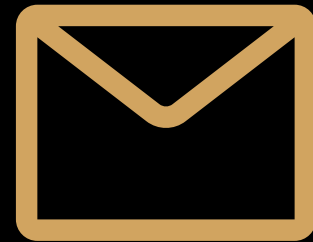
- Product recommendations for social companies.
- Results of our 2020 survey.



If you hear back from your MP, forward the email/letter to [hello@charitiesagainsthate.com](mailto:hello@charitiesagainsthate.com).

# Meeting your MP

If your MP agrees to meet with you then you can contact the Charities Against Hate team at [hello@charitiesagainsthate.com](mailto:hello@charitiesagainsthate.com).



We can provide support and may even be able to come to the meeting with you.

Usually meetings will be over video chat such as Zoom and last around 30 minutes.



# Top tips for meeting your MP



Arrive on time or early.  
Be polite and professional.

If you are meeting them in person, you could take some notes or information that you could leave with them.



Know what you want them to do.  
Think about what you asked from them in your email/letter and keep this as a focus.

At the end of the meeting, make sure you know what they are going to do and when they will do it.



Ask them to update you after they have done what they said.



Ask them if you can take a photo (or screenshot) with them and share it on social media. Tag @CharityAgstHate and #CharitiesAgainstHate.

Thank you for your support.

We know that sharing your story can be difficult.

We hope that by sharing your experiences you can help us change things for the better.



# Template letter/email

If you're sending an email, use **Support for Charities Against Hate** in the subject header.

Dear X,

I am supporting the Charities Against Hate Campaign. I am writing to ask that, as my MP, you take action against hate speech online. This is important to me as I have had personal experience of online hate speech, and I want to prevent this happening to anyone else.

*My story – please add your personal experience here if you have any.*

I'm writing to ask that you support the Charities Against Hate campaign and the recommendations they are making to the Online Harms Bill.

I would be happy to meet with you to explain my concerns in more detail. I look forward to hearing from you as to whether you can support my requests.

Yours sincerely,  
X

*Remember to include your address if you haven't done so at the start of the letter.*