**Template for a letter or email to send to your local MP**

If you are sending an email, use “Support for Charities Against Hate” in the subject header.

Dear *MP’s name*,

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,

*Your name*

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