Dear Honourable [Member of Parliament's Name],

My name is [Your Name], and I am a concerned citizen writing to you today regarding an issue that deeply affects the well-being of Canadian youth: the harmful effects of social media.

As a Member of Parliament representing our community, I urge you to consider supporting a campaign led by a group of Canadian youth dedicated to improving the social media landscape.

Recent statistics reveal alarming trends among Canadian adolescents: 70% report that their self-esteem is influenced by social media interactions, 35% feel unhappy with their bodies after using social media, and 25% exhibit symptoms of depression and anxiety when spending excessive time on these platforms.

The campaign, named "Take Back the Algorithm," calls on the federal government to pass laws that mitigate these harmful effects by implementing stricter regulations on social media companies. The proposed measures include:

1. Increased algorithm transparency and user controls.
2. Restrictions on the use of personal data in algorithmic recommendations for individuals under 18.
3. Prevention of social media access for children under the age of 13.
4. Limitation of social media features designed to exploit human psychology.
5. Implementation of a bi-annual governmental report addressing social media-related harms.

For further details on these proposals, I encourage you to visit: [takebackthealgorithm.ca/our-proposals](http://www.takebackthealgorithm.ca/our-proposals)

I firmly believe that supporting this campaign aligns with our collective responsibility to safeguard the mental health of Canadian youth in the digital age. Therefore, I kindly request your support in championing these crucial measures in Parliament.

Thank you for your attention to this matter.

Sincerely,

[Your Name]