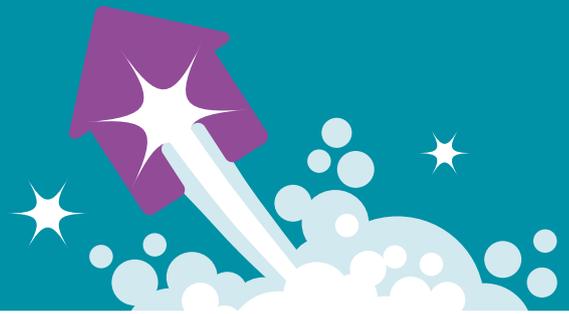


What you think is really important. There are people who want to listen to what you have to say. Follow the steps below to write an awesome and inspiring letter and get your voice heard!



What is an MP?

People choose Members of Parliament (MPs) to tell the government what people think in the place they live, or their **constituency**.

People living in a constituency are called **constituents** (that's you!).

The UK is split up into 650 constituencies. MPs need to listen to what their constituents say so they can take the ideas to the Houses of Parliament.

You can send your own MP letters to tell them what's important to you. MPs only reply to letters from their own constituents, so it's important to add in your address on any letters you send.

Who is my MP?

Find out who your local elected representative is by looking at **theyworkforyou.com** – you might be represented by someone other than an MP depending on where you live.

If you're in Wales, Scotland or Northern Ireland you could write to your Assembly Member (AM), Member of the Scottish Parliament (MSP) or Member of the Legislative Assembly (MLA). If you live outside of the UK, speak to your leader about who to contact.

Top tips

- **Keep it short** – keep your letter to one side of A4.
- **Be creative** – MPs get lots of letters. How could you make your letter stand out?
- **Make it personal** – say why this is important to you and how it affects you or people you care about.
- **Get to know your MP** – you can look up your MP online to see what they vote for and care about most. Do your research and see if you can tailor your letter to suit their interests.

What to say

1 Introduce yourself and what it is you care about

- Say how old you are and which Girlguiding unit you're in.
- Say why you're writing in a quick summary sentence or two.
- Why not mention something that Girlguiding's doing, either on your topic or in general? This is a great way to raise awareness amongst MPs.

2 State the problem

- Tell your MP what's motivating you to write to them. You could include:
 - What's the problem and how big is it?
 - Who does it affect?
 - What's the impact on them?
 - Why do you care – are you or people you know personally affected?

- Present information in a clear way, for example you could use bullet points if you have facts and figures to share.

3 Suggest solutions if you can

- Suggest what you think will help tackle the problem and why.
- Do you have any examples of what works? This could be from different sources like the news, or from your own experience. Don't worry if not, your letter's still very important!

4 Ask your MP to do something

- Keep this part realistic – what do you think your MP could do to help the problem?
- You could ask them to do something that you think would help, for example, to make time to listen to young people's voices.

You're amazing! You've written your letter, you've made your voice heard, feel proud!

It's really important that girls' and young women's voices are heard on the issues that affect you now and in future. You've helped make that happen. You might not hear back from your MP, but you know that your voice has been heard. You could always follow up with another letter or email, or if you use social media, contact them on there.

Practise writing your MP letter here.

We've created some space for you to jot down all your amazing ideas.

Shape the future

A large, empty white rectangular area intended for writing an MP letter. It occupies the majority of the page below the introductory text and the title.