



How to meet with your MP

It is your right to ask your MP for a meeting to raise issues you are concerned about. Organising a one-on-one meeting with your MP is one of the most effective ways to build a long lasting and impactful relationship. Don't underestimate your power as a constituent. Here are some outlined key concerns.

Arranging a meeting

Arrange a meeting by emailing your MP or phoning their constituency office. You can find who your MP is and their contact details on the [Parliament website](#) and through the [They Work for You website](#).

You can say you are a local resident in their constituency and that you are deeply concerned about the government's plans to exclude trans and non-binary people from the conversion "therapy" ban.

The [Government's own research](#) acknowledges that conversion practices are abhorrent and shows that trans people are much more likely to have undergone, or been offered, conversion "therapy". Therefore, it is vital that the ban on conversion "therapy" includes trans people.

The entire LGBTQIA+ community urgently needs strong legislation that protects them without exception - legislation that allows them to thrive and express themselves without risk of harm.

Before the meeting

Remember there is no need to be nervous - MPs are there to listen and they don't expect you to be an expert. But there are two things you can do in preparation.

- ❖ **Plan an agenda.** Think in advance how you want to structure the meeting. Outline any key points that you would like to say.
- ❖ **Find out about your MP.** Do they have any particular interests in LGBTQIA+ rights or have they taken any action? You can view your MP's voting record [here](#).

During the meeting

Enter the conversation in good faith! Remember, this issue is not party political. Focus on your key points and take notes.

Key points

- ❖ The Government's legislative ban must ban conversion practices:
 - in **all forms**;
 - for **all LGBTQIA+ people** - including **trans and non-binary people**;
 - of **all ages**; and
 - in **all settings**.
- ❖ A ban *must* also:
 - protect trans healthcare and the ability for young people to explore who they are without a predetermined outcome
 - not allow for a consent loophole
 - ban both non-physical and physical conversion practices
 - provide for statutory support for those at risk of undergoing or survivors of conversion practices for both current and former victims
 - provide for specialist awareness and safeguarding training for relevant institutions.
- ❖ Ask your MP to commit to writing to Boris Johnson and ask him to implement a full legislative ban on conversion therapy that includes trans people.

After the meeting

- ❖ Send a 'thank you' email as a follow up and remind them of any action they said they would take.
- ❖ Let us know how you got on by emailing policy@mermaidsuk.org.uk.
- ❖ Be proud of yourself! Meeting with your MP is an achievement.