

#LeaveNoOneBehind

The pandemic is inflicting deep wounds across our world. For people who fled wars and persecution, the impact on their mostly hand-to-mouth existence and on their hosts has been devastating... The needs are vast, but not insurmountable, and only collective action to curb the threat of the coronavirus can save lives.

- Filippo Grandi, UN High Commissioner for Refugees

#LeaveNoOneBehind is an important ambition of the [Sustainable Development Goals](#) (SDGs) and is the theme for our campaign that focuses this month on humanitarian **emergencies** - their impact on health services, food security, education and water, hygiene and sanitation. In the fight against COVID-19, we need Canada to support a global and equitable response by investing in the strengthening of vulnerable communities that are facing a double humanitarian crisis.



humanitarian emergency

an event or series of events that represents a critical threat to the health, safety, security or wellbeing of a community or other large group of people, usually over a wide area.

COVID-19 has placed a burden on already overwhelmed systems, especially in the developing world. For those facing humanitarian emergencies such as famine, conflict, epidemics, natural disasters and fleeing as refugees or displaced persons, COVID-19 has created a double emergency.

In early May 2020, the UN responded to the COVID-19 pandemic by increasing its [humanitarian funding appeal](#) to US\$6.7 billion, highlighting the urgency of addressing food security and nutrition impacts, the disruption of education for millions of children, and the particular vulnerabilities of refugees.

COVID-19 poses an unprecedented threat to the already-burdened international humanitarian system as developed countries focus on domestic needs, limiting much-needed funding for international emergencies. That is why we have been asking Canada to invest **at least 1%** of their COVID-19 response in new and additional aid towards an emergency, global response.

On June 27, 2020, Canada **responded** by committing CAD\$300 million to help ensure global access to medicines, diagnostics and vaccines to fight COVID-19 and also to tackle the growing global humanitarian crises. This funding is significant and represents an important step in defeating COVID-19 for everyone, everywhere. However, Canada must continue to play a leadership role globally by addressing the negative effects that COVID-19 is having on those most vulnerable to ensure that we #LeaveNoOneBehind.

Ask #1: Canada to invest at least 1% of its COVID-19 response in new and additional aid towards a global response.

Ask #2: Canada must commit to a permanent increase in Canadian aid (ODA - Official Development Assistance) to ensure progress towards achieving the Sustainable Development Goals (SDGs) so that those most vulnerable in dealing with humanitarian emergencies have access to the services they need.

about humanitarian emergencies

Humanitarian emergencies encompass a major event or a sequence of events that threatens the health, safety, security or well-being of a large group of people. They can be categorized as epidemics, famine, natural disasters, armed conflict or complex events that lead to mass migration, refugees or displaced persons. Emergencies often arise in fragile contexts where the services and infrastructure needed to tackle such threats are limited, corrupt or non-existent. Prior to COVID-19, **168 million people** across 50 countries were recorded experiencing a humanitarian emergency, translating to approximately 1 out of every 45 people in the world.

Humanitarian emergencies threaten normal life by disrupting education, limiting access to essential health services, preventing proper water, sanitation and hygiene needs while simultaneously causing food insecurity leading to mass migration and increased inequality. COVID-19 creates negative secondary impacts that burden the already overwhelmed systems leading to negative health outcomes and psychological distress.

about the humanitarian crisis in Yemen

Yemen is currently experiencing the [worst humanitarian crisis in the world](#), with over [24 million people](#) needing humanitarian assistance after experiencing 5 years of armed conflict and forcing [4 million people](#) to flee their homes and travel vast distances to refugee or displaced person camps. The conflict in Yemen has led to devastating consequences including:

- Over [10 million people](#) facing famine
- [1.8 million children](#) suffering from malnutrition
- In January 2020, [35,512 cases of cholera](#) were detected, primarily in children
- [17.8 million people](#) lack access to safe water, hygiene and sanitation
- Over [2 million children](#) are not in school, disrupting education
- [19.7 million people](#) lack access to adequate healthcare

COVID-19 is only starting to hit Yemen - poised to create an overwhelming double emergency, especially for refugees and displaced persons. Refugee and internally displaced camps are overcrowded, with many people living in close quarters, increasing the risk of transmission and making it difficult to self-isolate and socially distance.

latest campaign wins

- On June 27, Prime Minister Justin Trudeau [announced](#) CAD\$300 million in funding - \$120 million towards the ACT Accelerator to ensure global access to medicines, diagnostics and vaccines to fight COVID, and \$180 million to tackle the growing global humanitarian crises.
- On June 22, International Development Minister Karina Gould [announced](#) CAD\$93.7 million in funding towards sexual and reproductive health for women and girls; this funding is from the CAD\$1.4 billion funding package announced by Prime Minister Justin Trudeau at the 2019 Women Deliver Conference.
- On May 12, the Government of Canada [announced](#) that it will commit CAD\$600 million over 5 years to Gavi, the Vaccine Alliance and CAD\$190 million over 4 years for the Global Polio Eradication Initiative (GPEI). Canada's support will help Gavi vaccinate another 300 million children and save 7-8 million lives, and help GPEI continue to push for the eradication of polio.
- On April 5, International Development Minister Karina Gould [announced](#) the allocation of CAD\$159.5 million in funding to support international efforts to fight COVID-19 including to the Coalition for Epidemic Preparedness Innovations which is working on developing a vaccine.

- See other **actions taken** by volunteers so far this year.



Dr. Tedros Adhanom Ghebreyesus **Director-General of the World Health** **Organization**

Dr. Ghebreyesus recently spoke at the virtually-held RESULTS International Conference on June 20-21 that had over 800 participants from 20 countries. He spoke about creating an equitable response to the global COVID-19 pandemic and the important role of advocates in mobilizing all of civil society and helping shape the global conversation. Dr. Ghebreyesus stressed that the only way to defeat this virus was through global solidarity and national unity - together, we can make a positive impact.

"When health fails, everything fails. The world is a small village – very interconnected. What happens somewhere affects the whole world. We cannot think in silos. [After COVID] we will not be the same; we need to use this opportunity to build a better world. We have to bring our voices together and we have to combine our voices so it's as loud as possible so those who need to hear, can hear us, and listen."

Meet more of our champions.

resources

See all our resources under **your tools to support you in taking action.**

- **"ACT now to end COVID" brief**
- **"health equity" brief**
- article: [The Impact of COVID-19 on Humanitarian Crises](#)
- article: [UN chief underlines need to protect refugees and migrants in COVID-19 pandemic](#)
- article: [Updated COVID-19 Global Humanitarian Response Plan \(UN\)](#)
- article: [Canada responds to humanitarian crises with funding to the worlds most vulnerable](#)

key dates

July 11: [World Population Day](#)

July 7-16: [United Nations High-Level Political Forum](#) Theme: *Accelerated Action and Transformative Pathways: realizing the decade of action and delivery for sustainable development*. Go [here](#) to see all events.

July 18: [Nelson Mandela International Day](#)

hashtags

#Canada4Results

#ClimateChange

#CanadianAid

#Cdnpoli

#COVID19

#LeaveNoOneBehind

#HumanitarianAssistance

#HealthEquity

#HealthForAll

#KeepThePromise

#LeadOnCanada

tags

@ResultsCda

@CanadaDev

@KarinaGould

@JustinTrudeau

keywords

Health Equity

Sustainable Development Goals

Humanitarian emergencies

Humanitarian assistance
Humanitarian crisis
Double emergency

step-by-step instructions for writing an op-ed

Our [#LeaveNoOneBehind](#) campaign this month focuses on humanitarian **emergencies** and their impact on health services, food security, education, and water, hygiene and sanitation. In the fight against [COVID-19](#), we need Canada to support a global and equitable response by investing in the strengthening of vulnerable communities that are facing a double humanitarian crisis.

Ask #1: Canada to invest at least 1% of its COVID-19 response in new and additional aid towards a global response.

op-ed \ 'äp- 'ed \

: a page of special features usually opposite the editorial page of a newspaper

Ask #2: Canada must commit to a permanent increase in Canadian aid (ODA - Official Development Assistance) to ensure progress towards achieving the Sustainable Development Goals (SDGs) so that those most vulnerable in dealing with humanitarian emergencies have access to the services they need.

Write an op-ed and explain how food insecurity, malnutrition, limited access to health services, disruptions in education, and inadequate water, sanitation and hygiene services is impacting vulnerable communities. Link these negative outcomes with the double threat of COVID-19 and how it will further affect those facing humanitarian emergencies. Explain why Canada must invest **at least 1%** of its COVID-19 response in new and additional aid towards a global response, along with a permanent increase to **Canadian aid** (ODA - Official Development Assistance), citing the **positive impacts** it has on those most vulnerable. Use our resources below to learn more.

Use our step-by-step instructions below and get your op-ed published in the media.

read our top tips

1. Buddy up! Get support from a fellow volunteer and co-author.
2. Make it relevant and timely - ideally within 2 days of a current event.
3. Be accurate in your writing. Research is your friend so make sure you can provide sources to back up your points!

secret tip

Try to find a local story to connect to the campaign.

Have you experienced a recent boil-water advisory in your local or neighbouring community? Use this to direct attention to the fact that not everyone has access to safe, potable water and that increasing the Canadian aid budget is crucial in reaching people who live in extreme poverty.

follow these 9 steps

1. Familiarize yourself with our current [campaign](#).
2. Connect our campaign and your opinion with a newsworthy topic or hook that inspires you. Try these ideas:
 - o refer [here](#) to our key dates, hashtags, tags and keywords
 - o do internet research, read the latest news articles, or use external resources
 - o refer to past volunteer op-eds to see [published examples](#).
3. Write your op-ed to give your opinion related to our campaign issue. See an example below.
 - o start by greeting the editor
 - o aim for approximately 750 words
 - o include your name, mailing address and telephone number. Unlike the LTE, you'll need to include a very brief description of yourself which will be published as part of your op-ed.
4. Use our searchable list of [editors' emails](#) to email your op-ed to.
5. Press send!
6. Follow up with the editor via phone within a couple days of sending your email. If it doesn't look like your op-ed will be published, don't give up! Ask for feedback and send your email to another editor and follow-up again.
7. Send your op-ed to your [Member of Parliament \(MP\)](#) to let them know your opinion.

8. If you belong to a Results group, let your Group Leader know that you've submitted an op-ed. If you are not part of a group, consider [joining one!](#) Until then, fill out this "actions taken" [online form](#).
9. If your op-ed gets published, share it on social media by tagging [@ResultsCda](#) and your [MP](#). And make sure to let your Group Leader know!

See all our [resources](#) to help you write your op-ed, along with key dates, hashtags and keywords found on our campaigns page [here](#).

see an example of an op-ed

Opinion: Fighting global disease can also help transform women's lives

The prime minister's recent announcement of a close to 16-per-cent increase in support for the Global Fund is good news for Canada and the world. Canada has pledged \$930.4 million over the next three years. The funds will help to save 16 million lives, cut the mortality rate from HIV, TB and malaria in half, and build stronger health systems by 2023.

In this increasingly divided world, one thing that can still bring nations together is the common threat posed by killer diseases. The Global Fund to Fight AIDS, TB and malaria is an inspiring model of such international co-operation. It was founded in 2002 to combine the resources of governments, civil society groups, and technical agencies, with a mission to fund and implement new ways to tackle the three biggest and longest-running disease epidemics.

Today, the partnership is active in more than 100 countries and operates on many fronts, from detecting and treating tuberculosis and preventing mother-to-child transmission of HIV to distributing mosquito nets.

Since the inception of the Global Fund, 27 million lives have been saved. The fight is far from over, however. AIDS, TB and malaria together continue to kill close to three million people every year. Drug-resistant strains of TB have proliferated, and drug resistance to anti-retroviral drugs and malaria medications has emerged. Malaria has resurged, and HIV rates among adolescents has increased. In fact, a thousand young women and girls are newly infected with HIV every day.

Despite this growing need, funding for key programs has plateaued. The world is not on track to achieving the target that was set as part of sustainable development goals, to end these epidemics by 2030.

For its sixth replenishment cycle, the Global Fund has asked for renewed funding of \$14 billion US in order to step up the fight over the next three years.

Canada has responded generously to the call. In doing so, it has stood by its proclaimed feminist international assistance policy. Women and girls suffer disproportionately in the three great epidemics. As targets of gender-based violence and sexual exploitation, they have higher rates of HIV infection.

As primary caregivers in the household, they also bear the financial and emotional burdens of disease. The Global Fund directly addresses the social and cultural causes of women's suffering, including the lack of sexual and reproductive health rights. If it realizes its requested level of funding, it will not just save lives.

Along with every life saved there will be untold stories of other lives transformed — a girl who finds a peer-support group to empower her as she matures sexually, a woman who receives health care directly in her home from another woman who is a community health nurse, and many more.

The need to save lives is paramount, but there are also compelling economic reasons to support the Global Fund. Losses due to AIDS, TB and malaria are astronomical. They include \$7.2 billion a year in lost earnings due to AIDS, \$12 billion a year in direct and indirect costs of malaria in Africa alone, and projected costs of TB amounting to \$1 trillion over the next 15 years.

As a model of lean efficiency and transparency, the Global Fund is one of the most reliable instruments available for investing in global health. Every \$1 invested in the Global Fund returns \$19 in health gains and economic benefits. The countries that stand to gain the most include our important allies and trading partners. We have a stake in reducing health costs and increasing prosperity worldwide through a fully funded Global Fund.

At Women Deliver, the world's largest conference on gender equality, held at Vancouver in June of this year, Prime Minister Trudeau received a standing ovation from the 7,000 delegates present in appreciation for his feminism and his promise to fund women's health and rights globally. A strong investment in the Global Fund is a bold and important step for Canada to fulfill this promise.

Following Canada's announcement, during the G7 Summit in France, global leaders from Germany, Italy and the EU announced similar increases in funding. We should not underestimate Canada's ability to lead by example as a caring and compassionate democracy.

- Chitra Ramaswami, Randy Rudolph & Stephen St. Denis, September 4, 2019. [Edmonton Journal](#)

secret tip

In order to be published, the editor may ask for exclusivity, so submit your op-ed to one editor and follow-up until you get an answer before sending your op-ed to another.

secret tip

Don't wait too long to follow-up with editors to see if your op-ed will be published as the timeliness of your op-ed may be jeopardized.

"I enjoyed the whole process of writing an op-ed, from reading background material on the Global Fund to collecting my thoughts and finding the right words to express them. It felt good just to get it done, so actually getting it published was an added bonus. I'd encourage anyone who's especially interested in a topic to give it a try."

- Chitra, Results volunteer

step-by-step instructions for writing an LTE

Our [#LeaveNoOneBehind](#) this month focuses on humanitarian **emergencies** and their impact on health services, food security, education, and water, hygiene and sanitation. In the fight against [COVID-19](#), we need Canada to support a global and equitable response by investing in the strengthening of vulnerable communities that are facing a double humanitarian crisis.

Ask #1: Canada to invest at least 1% of its COVID-19 response in new and additional aid towards a global response.

letter to the editor \ (LTE)

: a letter written to a newspaper, magazine or other periodical about issues of concern to readers, usually intended to be published in the paper/periodical

Ask #2: Canada must commit to a permanent increase in Canadian aid (ODA - Official Development Assistance) to ensure progress towards achieving the Sustainable

Development Goals (SDGs) so that those most vulnerable in dealing with humanitarian emergencies have access to the services they need.

Write a letter to an editor thanking the government for [announcing](#) CAD\$300 million to help ensure global access to medicines, diagnostics and vaccines to fight COVID and also to tackle the growing global humanitarian crises. This funding is a step in the right direction, but does not address the secondary effects that COVID-19 is having on [vulnerable populations](#) including disruptions in education, limited access to health services, food insecurity, and inadequate water, sanitation and hygiene services needed. Use these examples to explain why Canada must commit **at least 1%** of its COVID-19 response to support a global response, along with a permanent increase in [Canadian aid](#) (ODA) in the new 2021 federal budget to ensure that we #LeaveNoOneBehind.

Use our step-by-step instructions below to write your LTE and get it published in the media.

read our top tips

1. Make it relevant and timely - ideally within 2 days of a current event.
2. Finish and submit your letter - it doesn't have to be perfect, and you don't have to be an expert to have an opinion. You simply need to care.
3. Come up with a dynamite title that will catch the Editor's attention.
4. Be creative and speak from the heart about the campaign issue.

secret tip

Try to find a local story to connect to the campaign.

In the age of travel, airborne diseases like tuberculosis knows no borders. Do you know someone who has lived with tuberculosis? Raise the importance of investing in global health and ensuring everyone has access to quality drugs, no matter where they were born.

follow these 8 steps

1. Familiarize yourself with our current [campaign](#).
2. Connect our campaign and your opinion with a newsworthy topic or hook that inspires you. Try these ideas:
 - o refer [here](#) to our key dates, hashtags, tags and keywords

- do internet research, read the latest news articles, or use external resources
 - refer to past volunteer LTEs to see [published examples](#).
3. Write your LTE to give your opinion related to our campaign issue. See an example below.
 4. Use our searchable list of [editors' emails](#) to email your LTE to.
 5. Press send.
 6. Send your LTE to your [Member of Parliament \(MP\)](#) to let them know your opinion.
 7. If you belong to a Results group, let your Group Leader know that you've submitted an LTE. If you are not part of a group, consider [joining one](#)! Until then, fill out this "actions taken" [online form](#).
 8. If your LTE gets published, share it on social media by tagging [@ResultsCda](#) and your [MP](#). And make sure to let your Group Leader know!

see an example of an LTE

The COVID-19 pandemic has worsened the humanitarian crisis in Yemen

OPINION Jun 23, 2020 Richmond Hill Liberal

While the world has been preoccupied with the COVID-19 pandemic for the past several months, poverty-stricken Yemen has been silently suffering since 2016 from the world's worst famine in the past 100 years.

According to UNICEF, a mere \$30 donation can vaccinate 27 children against measles, yet every 10 minutes a child in Yemen dies from a preventable disease. With COVID-19, there has been an abatement of foreign aid provided to Yemen due to the fact that the majority of countries are currently focused on providing various grants to solely ensure their own citizens' well-being. Meanwhile, a lower percentage of the diminished donations to Yemen is going towards ensuring food security, as they now also require PPE to protect themselves from COVID-19.

To fulfill our role as global citizens, Majid Jowhari must push for Canada to commit to the Official Development Assistance target of raising 0.7 percent of Canada's GDP. With the closure of schools, hospitals, and businesses leaving the population more impoverished and vulnerable than ever, Yemen is in imminent danger of being erased from the map without immediate and sufficient international aid.

Sonia Narang, Publication date: June 23, 2020, [YorkRegion.com](#)

secret tip

Don't include mention of Results Canada - this keeps your letter looking like it's your opinion, because it is!

secret tip

You can send your letter to as many editors as you like - no need to change it or make it different. The more editors you send it to, the better your chances of getting published.

See all our [resources](#) to help you write your LTE, along with key dates, hashtags, tags and keywords found on our [campaigns](#) page.

I remember the first time that I sat down to write my first ever LTE. It was nerve wracking but also very exciting to be able to share my opinion in such a quick and easy way. Pressing 'send' can be daunting but you just have to go for it! Remember that you don't have to be an expert to have an opinion, you only need to care.

- Melanie, Results volunteer

use social media - in an instant!

Our [#LeaveNoOneBehind](#) campaign this month focuses on humanitarian **emergencies** and their impact on health services, food security, education, and water, hygiene and sanitation. In the fight against [COVID-19](#), we need Canada to support a global and equitable response by investing in the strengthening of vulnerable communities that are facing a double humanitarian crisis. pandemic, we need Canada to invest in developing strong, equitable and resilient health systems at home and abroad.

Ask #1: Canada to invest at least 1% of its COVID-19 response in new and additional aid towards a global response.

Ask #2: Canada must commit to a permanent increase in Canadian aid (ODA - Official Development Assistance) to ensure progress towards achieving the Sustainable Development Goals (SDGs) so that those most vulnerable in dealing with humanitarian emergencies have access to the services they need.

Use social media to thank the Canadian government for their most **recent** investment of CAD\$300 million, while putting an emphasis on the need for **at least 1%** of its COVID-19 response for a global response, and a permanent increase to **Canadian aid** (ODA – Official Development Assistance). Use emergencies and COVID-19 to frame the importance of international funding, not only to increase progress towards the **Sustainable Development Goals** (SDGs), but to ensure that those most vulnerable have the services they need to thrive including access to health services, food security, education, and water, hygiene and sanitation.

You can instantly let Canadian decision makers know that you care by sending the ready-made tweet or post text, or follow our step-by-step instructions below to create your own.

Tweet instantly (click below)

Before #covid, 168 million people around the 🌐 were facing humanitarian crises. Covid has created a double emergency threatening the health, education, nutrition and #wash services of those most vulnerable. Canada must play a leadership role to #LeaveNoOneBehind #Canada4Results

Post on Facebook and Instagram (copy and paste below)

Before #COVID, 168 million people around the world were facing a humanitarian crisis, now as a result of the pandemic, these people are fighting a dual crisis impacting their health, education, nutrition and water and sanitation services. Canada needs to play a leadership role and combat these growing global emergencies by investing in the United Nations humanitarian funding appeal! #Results4Canada #LeaveNoOneBehind

Share this image (right-click, copy and paste on social media)



resultscanada.ca

Share this video (right-click, copy and paste on social media)

If you prefer to write your own tweet or post, use our step-by-step instructions below.

read our top tips

1. Be catchy
2. Be bold and respectful
3. Post frequently
4. Always tag @ResultsCda so that we can help amplify your message. If space allows, include the hashtag #voices4results

secret tip

We think Twitter is the best platform for political and media engagement. Watch our [10 Tips to be a Social Media Advocacy Guru](#) webinar to learn more.

follow these 7 steps

1. Familiarize yourself with our current **campaign**.
2. Connect our campaign, and support your opinion with a newsworthy topic or hook that inspires you. Try these ideas:
 - refer **here** to our key dates, hashtags, tags and keywords
 - do internet research, read the latest news articles, or use external resources
 - refer to [Twitter](#) and [Tumblr](#) to see posts from volunteers and others
3. Login to your profile on social media. If you need help, consult our **tips** for Twitter, Facebook, and Instagram.
4. If your MP, a Minister or the Prime Minister has social media, you can find their details [here](#).
5. Write your post and personalize it so that it's meaningful to you. Consider these ideas:
 - consult our social media best practices
 - use the hashtags and keywords provided
 - include [@ResultsCda](#) in your post so that we can help amplify your voice
6. Hit post and ask your friends to help you spread the word by sharing, commenting and liking.

7. If you belong to a Results group, let your Group Leader know that you took action on social media. If you are not part of a group, consider [joining one!](#) Until then, fill out this "actions taken" [online form](#).

See all our [resources](#) to help you use social media, along with key dates, hashtags, tags and keywords found on our [campaigns](#) page.

I use social media every day, but I never thought I could use it to make a positive impact in the world. In less than two minutes, I composed a tweet to raise awareness about Results' campaign, tagged my Member of Parliament, and used my voice to take action!

- Brier, Results volunteer

step-by-step instructions for meeting your MP

Our [#LeaveNoOneBehind](#) campaign this month focuses on humanitarian **emergencies** and their impact on health services, food security, education, and water, hygiene and sanitation. In the fight against [COVID-19](#), we need Canada to support a global and equitable response by investing in the strengthening of vulnerable communities that are facing a double humanitarian crisis.

MP \ 'em- 'pē \

: an elected member of a parliament

Ask #1: Canada to invest at least 1% of its COVID-19 response in new and additional aid towards a global response.

Ask #2: Canada must commit to a permanent increase in Canadian aid (ODA - Official Development Assistance) to ensure progress towards achieving the Sustainable Development Goals (SDGs) so that those most vulnerable in dealing with humanitarian emergencies have access to the services they need.

Request a virtual meeting with your Member of Parliament (MP) to explain the humanitarian crises where over [168 million people](#) need additional funding and protection. Explain why you are happy to see Canada [announce](#) CAD\$300 million and the positive impact it will have on those most vulnerable, including those experiencing

emergencies. Share your support for a permanent increase to **Canadian aid** (ODA – Official Development Assistance) for 2021 to address the growing crisis of COVID-19 in the developing world. Ask Canada to play a leadership role by promoting global solidarity with an increase of **at least 1%** of its COVID-19 response to support a global response.

Ask your MP to send an email/letter of support to the Honourable Finance Minister Bill Morneau (bill.morneau@parl.gc.ca) and ask them to send you a copy of the letter or cc you in the email they send.

Use our step-by-step instructions below to prepare for your meeting.

read our top tips

1. Plan ahead to know when your MP is in your riding.
2. Confirm with your MP's staffer the length of meeting (usually 30 minutes).
3. Connect our campaign issue to voters.
4. Be succinct and to the point - have one clear ask.
5. Get creative to increase your chances of getting a meeting. Suggest a community BBQ, panel or roundtable event.
6. Thank your MP for something recent that they've **done** or accomplished.
7. Avoid an argument.
8. If you don't know an answer, be honest and tell them you'll follow up.
9. Be personal and share a touching story related to the campaign and/or your story that speaks to why you are there voluntarily. This can include having your own elevator pitch on the current campaign to hook your MP right from the beginning.

secret tip

[Email us](#) for MP insider tips that can make your meeting stand out, including the latest MP leave behind.

follow these 7 steps

1. Use your postal code to find out who your **MP** is and **when** they are in their riding.
2. Familiarize yourself with our current **campaign**.

3. Connect our campaign and your opinion with a newsworthy topic or hook that inspires you. Try these ideas:
 - refer [here](#) to our key dates, hashtags, tags and keywords
 - do internet research, read the latest news articles, or use external resources
 - refer to past volunteer LTEs and op-eds to see [published examples](#).
4. Send an email to your MP to request a meeting. See an email example below.
 - add your MP's email address (usually it is: firstname.lastname@parl.gc.ca)
 - ask for a brief meeting on the campaign issue you want to discuss
 - include your name, mailing address and telephone number
5. Follow up with your MP via phone or by email if you haven't heard back within 1 week. See a follow-up email example below.
6. Once your MP has secured a meeting time with you, it's time to prepare! Consult our [meet your MP](#) tools for details on what to do before, during and after your MP meeting.
7. If you belong to a Results group, let your Group Leader know that you met with your MP. If you are not part of a group, consider [joining one](#)! Until then, fill out this "actions taken" [online form](#).

See all our [resources](#) to help you meet your MP, along with key dates, hashtags and keywords found on our campaigns page [here](#).

see an example of an email

Subject: Constituent meeting request re: Canadian aid

Dear Mr. Doe:

As a constituent in your riding of the Bayward district, I wish to request a brief meeting with you to discuss Canada's role in supporting the health and well-being of people all over the world. Specifically, I

would like to discuss your commitment and that of your party to Canadian aid. Please let me know if it would be possible to arrange a meeting, and I will make myself available.

Sincerely,
Bob Citizen
5 Smith Street
Ottawa, ON, K1A 2B3
T: (555) 456-7890

see an example of a follow-up

Subject: Constituent meeting request re: Canadian aid

Dear Mr. Doe,

I hope this email finds you well. I would like to follow up on a previous email below sent on [date] in regards to your support on Canadian aid. I would kindly appreciate a response as soon as possible. Please let me know if I can provide further information. Thank you very much for your time and consideration.

Sincerely,
Bob Citizen
5 Smith Street
Ottawa, ON, K1A 2B3
T: (555) 456-7890

secret tip

When following up, reply using your original email so you can reference back to it.

The first lesson I learned immediately was that these elected officials work for me and I should feel comfortable making asks. Their job is to listen to me and I have every right to be in their office and demand something from them.

- Hiba, Results volunteer