

# Sierra Club Canada

## MEET YOUR **MP CHEAT SHEET**

You don't need to be a climate scientist or a policy expert to know that we need stronger action on climate change. Your experiences are valuable—and a meeting with your Member of Parliament (MP) can help drive home how important a cap on oil and gas industry emissions really is.

Not sure where to start? We've got your back.

### MEETING CHECKLIST:

1. Request a meeting
2. Prepare for the meeting
3. Meet with your MP
4. Follow up after your meeting
5. Let us know what you learned

## Step 1: Request a meeting

Once you know [who your MP is](#), send them a brief email to request a meeting. Be sure to mention that you are a constituent in their riding and include your postal code (both below your signature and in the email subject line).

Try to make a personal connection in your email to your MP. Share something about your own experience of climate change and why you care about reducing greenhouse gas emissions. Take a few minutes to learn about your MP through an online search or by speaking with someone who knows them. Is there something you can add to your email to show that you're aware of your MP's interests, concerns, or efforts?

If you prefer, you can use this [email template](#) to request a meeting.

After a few days, if you haven't received a reply, give your MP's office a call to make sure they got your email and tell them you'd like to schedule a meeting.

- **TIP:** There's power in numbers so think about inviting other people in your MP's riding to join you. Ask yourself, who could you invite who might increase the chances of getting a meeting? If you've recruited people to join you, include their names and their roles in the community in your email to your MP.
- If you're unable to get a meeting, please let us know that you tried and forward your MP's response to us at [atlantic@sierraclub.ca](mailto:atlantic@sierraclub.ca).

## Step 2: Prepare for the meeting

If you get a meeting with your MP, chances are it'll only be for 30 minutes, so it's important to head into it prepared. You'll want to look over information explaining the need for an emissions cap and be clear on what a strong cap is (and isn't). Below are some resources that can quickly bring you up to speed on the issue. Don't worry if you can't read them all.

- [Explainer—Why an Emissions Cap?](#) (Sierra Club Atlantic Canada)
- Cap Canada's Oil & Gas Pollution ([cappollution.ca](http://cappollution.ca))
- [We need to limit ever-growing oil and gas emissions - Environmental Defence](#)
- [A Strong Emissions Cap for the Oil & Gas Sector \(Policy Brief\) - Climate Action Alliance](#)
- [New poll shows strong support for emissions cap, high skepticism in voluntary measures from oil and gas companies](#)
- [New poll shows 7 in 10 Canadians want oil and gas emissions cap](#)

Find the points that make the most sense to you, and that matter most to you, and focus on those. You won't have time to school your MP on every aspect of the issue, so focus on two or three points that you want to make sure to get across. Plan to leave an information sheet with your MP that provides more details about what's needed for a strong emissions cap. There are lots of resources to choose from, including the ones above.

It's helpful to reflect on why this issue is important to you personally and how best to share that with your MP. Remember, you're the expert on your experience.

## Step 3: Meet with your MP

Take charge of the conversation from the get-go.

Begin by introducing yourself and sharing something about your role in the community. Tell your MP why you're personally concerned about climate change or reducing greenhouse gas emissions.

If your MP has already taken action on climate change or protecting the environment, this is a good time to thank them for that support. Then, explain why a strong emissions cap is so important.

Once you've made your points, ask your MP where *they* stand on the issue. It's important to hear what they have to say, even if you disagree with it.

Let your MP know that you won't settle for more delays, loopholes, or exemptions—i.e., the very things that the oil and gas lobby is pushing for.

Ask your MP to commit to an action. If they generally support a strong emissions cap, ask them to discuss the issue with other MPs or government officials. If they're skeptical about an emissions cap, ask them if they'd be open to learning more about it and offer to get back to them with additional information. Our campaign team can help you with that, too.

If your MP is firmly opposed to an emissions cap, don't worry about trying to get them to commit to an action

## Step 4: Follow up after your meeting

Assuming your meeting was cordial, it's a good idea to send a follow-up email to your MP, thanking them for their time, reiterating your concerns, and providing any resources that you think would be helpful. Summarizing any commitments your MP made and let them know you'll check back for updates.

There's room for honesty in a follow-up message. If you're comfortable doing so, share something genuine that came up for you during the meeting—whether it's something you appreciated, or perhaps disappointed you.

## Step 5: Let us know what you learned

Whether or not you're happy with how your meeting went, please tell us what you learned. Was your MP supportive of a strong emissions cap? Hostile to the idea? Indifferent? We've prepared a quick and easy [MP Meeting feedback form](#). If you prefer, you can email us at [atlantic@sierraclub.ca](mailto:atlantic@sierraclub.ca).

Your feedback will help us strengthen our knowledge about different MPs, which is important not only for this campaign, but also for others to come.

# Sample email template

To: [yourmp@gmail.com](mailto:yourmp@gmail.com) (find your mp [here](#))

From: [you@gmail.com](mailto:you@gmail.com)

Dear **MP**,

I'm emailing you as a concerned climate voter in **X RIDING**. As you know, the federal government is currently drafting new emission cap regulations for the oil and gas sector, a crucial step towards our national goal of net zero by 2050. A cap on oil and gas emissions is the only way to ensure oil and gas carbon pollution actually goes down, and the impact of these regulations will be felt for years to come.

[Poll](#) after [poll](#) shows that the majority of Canadians want a strong emissions cap, and that they don't trust the oil and gas industry to voluntarily bring down emissions.

The work you have done on **X** shows your passion for **X**, and like you, I care deeply about our community and its future. That's why I'm writing to you today about this emissions cap.

I would like to set up a meeting with you to discuss the emission cap regulations, hear your perspective on them, and talk about what we can do locally on climate action.

I notice that the House will be out of session from **May 22nd - 26th**; this would be an excellent time for us to meet.

I have also attached a [policy overview](#) highlighting key points on this issue.

I look forward to hearing from you soon.

Warm regards,

**Your name**

**Your postal code**