

How to contact your Federal MP

This is a guide to help you contact your Federal MP to share information about the Digital Sisters program and the importance of the program in your community.

We need to advocate for the re-funding of this program, highlighting to everyone the positive impact that it has had and why its continuation is essential for women in your area.

MPs can then help spread the message and push for more funds to extend Digital Sisters and reach more women who need support.

1. Find your local authorities and their contact information

Look on the internet for the name of your electorate's Federal MP and find their contact details. Look for other people on their team who might help. You can ring your MP's office to ask for the most suitable contact.

TIP: Use Google to find your Federal MP. Search "MP {Insert council}" and open the Parliament of Australia website. You can also search for them using LinkedIn.

2. Use our Draft letter

Use the draft letter we have available, edit it and send it to your Federal MP. It can be sent via email or post.

Add your organisation's name, logo, contact information and any additional details you want to highlight. This is the best place to add a quote from one of the women in your program, a story on how this program positively impacted the life of a local woman or some data regarding the number of people you have supported.

[Download the document and adapt it to your needs.](#)

TIP: If you are still delivering the program, consider inviting the Federal MP to a session. That is a great way to connect with them and share the impact of this program. They don't have to be there for the full session, just for a few minutes at the beginning or the end, or they could take part in the session or support you as a digital mentor.

3. Follow up and stay engaged

MPs are busy people, so they are doing many things at the same time and do not always have time to reply.

After you've sent your initial communication, don't forget to follow up. Send a polite reminder two to three weeks after your first contact, and be available to answer any questions they may have.

If your MP takes action—whether that's through support in parliament, funding, or raising awareness—be sure to thank them publicly and privately. Building a positive relationship with your Federal MP can help ensure continued support for the Digital Sisters program and your organisation.