**Guidelines for hosting an MP visit**

Hello! Thank you so much for agreeing to host your local MP at your unit. Here’s a few things to help you have a great visit:

**What to expect**

The visit will usually involve an informal conversation between the MP and girls, where girls have the chance to ask them questions and tell them about being in guiding. And many MPs would love the chance to experience a real Girlguiding activity!

**Timings**

Where we can, we’ll let you know exactly how long your MP plans to stay, but a good rule is to plan for a conversation of around half an hour between the MP and girls and to have an activity afterwards that they can stay on and watch (or even join in with!).

**What to talk about**

It would be great if girls could talk about what guiding means to them and, if it’s relevant, where it’s helped them cope with other pressures in their lives - e.g. school pressures, online pressures, everyday sexism etc. These are issues covered in our Girls’ Attitudes Survey (which I’ll send you) but don’t worry – they won’t be expected to have long conversations about our research or know loads of stats!

**Questions girls could ask**

* What’s it like being an MP? What do you do in your job?
* What do you think MPs can do to make girls’ lives better?
* How can girls get involved in politics?
* Questions about any local issues they’re interested in (feel free to run topics by me during the catch up call if you’re unsure)

**Photos**

It would be so helpful if you could take photos during the MP visit to your unit. We can then use these on our website. Please check girls’ photo permissions before the visit – this will be on their starting forms.

**After the visit**

After the visit, we’ll contact you to get quotes from you and the girls about the visit. We’ll then do our best to get this into local media.