[Your Full Name]
[Your Address]
[Today's Date]
[Your Email]
[Your Phone Number]

[Your MP's Full Name]
[Your MP's Constituency Address]

Dear [Name of your MP],

I am writing to you today as a constituent to request that you please take action on the following three things.

1. Please demand that the UK government immediately halts the sale of tear gas, rubber bullets and riot shields to the US.

As I'm sure you're aware, UK government records show that it grants export licences worth millions of pounds for the sale of anti-crowd gas, riot equipment, so-called "rubber bullets" and other small arms to the US. There are fears that the British exports are currently being used on American citizens who are protesting.

The government's own rules say such exports should not go ahead where they are likely to be used for "internal repression". In light of the horrifying, disproportionate police violence which is widely evidenced across the US, and the use of these 'rubber bullets' at close-range on American citizens, I request for you to please demand that our government cease these exports immediately.

2. Please put pressure on our Foreign Secretary, Dominic Raab, to condemn President Trump's use of force against his own citizens.

His comment that it would be a 'distraction' to cast judgment on Donald Trump's actions is cowardly and reprehensible. The UK must use its voice on the international stage to condemn Trump's incitement and mobilisation of violence against his own citizens.

3. As you are no doubt aware, the government has just published its own report into BAME Covid-related deaths. This is not enough

I would ask that you keep up the pressure on the government to make clear the actions it will put in place to support and safeguard our BAME communities, who have already suffered disproportionately at the hands of this crisis.

I hope that you will agree with me that there is a moral importance and urgency in taking these actions, and I hope that you will see them through.

Yours sincerely,

[Your name]