



Quick guide to participating in the Chamber and Westminster Hall

Issued by the Speaker and the Deputy Speakers

Always in the Chamber

- Face the Chair when speaking
- Sit down when the Chair is on their feet
- Warn other Members if you are going to refer to them
- Turn your phone on silent
- Don't walk between the Chair and whoever is speaking
- Don't refer to other Members (except the Chair) as "you"
- Don't insult another Member or accuse them of lying

In debates

- Be present for the opening speeches and return for the wind-ups
- Stand up to make it clear that you are hoping to speak
- Stay for at least the next two speeches after yours
- Keep to the time limit indicated by the Chair
- Don't come in, make an intervention and then leave

At Question Time

- Keep your question short and make sure it is a question
- Make sure your supplementary question is relevant to the original question
- Don't read out your question as it undermines your impact
- Don't leave until the supplementary questions to your question have finished
- Don't refer to cases which are live in the Courts ("sub judice")