Membership surveys 2024/25 and 2026

Data Analysis and Insights Circle (DAIC)
MatterMost contact: @jennydouch (DAIC Internal Coordinator)
July 2026

Table of contents

Visual summary **2**
Executive summary **3**
Extended Report (By Question) **5**
Who participated in the surveys? 5
How active were the participants in the last year? 5
Were participants active in other groups, and yes, how regularly and in which groups? 6
How willing were participants to take different forms of actions? 9
Which environmental concerns made participants involved in XR UK? 10
How did participants feel about XR's change in strategy? 11
Did participants perceive XR as welcoming? 12
How strongly did participants identify with XR? 13
Which emotions did participants report? 14
What were participants' moral beliefs? 17
Did participants perceive XR as effective? 18
Did participants feel effective themselves? 19
How did participants experience repression? 19
Have participants experienced repression? 20
Do participants think policing of climate protest has changed? 21
What emotions do participants experience in relation to repression? 22
Who participated in the surveys? 22

Visual summary

Extinction Rebellion Membership Survey 2026



We surveyed 705 subscribers of the XRUK mailing list in April/May 2026.
In our report you can find the main findings and trends compared to Dec 2024/ Jan 2025.

Engagement in NVDA 2026 (compared to 2024/25)

Participation decreased ↓↑ Intentions increased

Welcoming Strategy



46% of surveyed rebels

felt that XR protests are "a lot" or "extremely" welcoming to people from all backgrounds, including those who haven't engaged in nonviolent action before.



Most people were positive about the strategy to bring in new types of people into wide-ranging types of nonviolent direct action (NVDA).

But: Many also did not know about the change in strategy or felt mixed.

Perceived Effectiveness



Respondents felt little individual ability to contribute to the climate movement's success.

Highest perceived effectiveness: "strengthening solidarity within the climate activist movement"

Least perceived effectiveness: "increasing government protection for populations vulnerable to the climate crisis"

Engagement in NVDA

Online activism is most frequent engagement.

57% of surveyed rebels were only active in XRUK, not in another movement or group.



The riskier the type of action, the lower the intentions to participate.

Psychological Motivators



Environmental concerns were important to get involved.

The surveyed rebels:

- identified more strongly with the climate movement as a whole than with XR specifically

- agreed more with moral statements that did not relate directly to them (e.g., about government, others suffering) than the question about their personal moral obligation

Repression

The perceived likelihood of repression for climate protestors increased.

The percentage of rebels who have e xperienced repression has slightly increased in the sample compared to 2024/25.



Outrage and anger are the strongest emotions about how UK criminal justice system treats climate protesters.

Reach out to DAIC (Data Analysis and Insights Circle)

We are happy to talk more about the results.
Next year we will run another survey to measure how we are doing as a movement.

Questions to @jennydouch (Data Analysis and Insights Circle, Internal Coordinator).



Executive summary

This report compares two rounds of mailing list surveys. For 2024/2025, there were 1376 valid responses in the month between December 2024 and January 2025. For 2026, there were 705 valid responses in the month between April and May 2026. This report focuses on the 2026 data, with comparisons to the 2024/25 data.

Engagement

Participants were asked what activities they had engaged in with XR over the last 12 months. In general, **people continued to engage in online activism the most**, with 69% participating at least once in 2026, a slight decrease from 2024/2025 (72%). Overall, engagement across most XR activities was slightly lower and less frequent in 2026 than in 2024/2025. And in general, participants are more willing to participate in most of the climate actions compared to 2024/2025. Some new actions were included in this question in 2026 and mainly covered extreme or high-risk activities. Overall, most participants were less willing to engage in these activities, and the riskier the action, the less willing participants were to engage in those activities.

New questions introduced in 2026 asked participants about their involvement and activity in other campaign groups. **Most participants (279 of 486) are active only within XR.** Those who are active in other groups reported more frequent engagement in those groups than in XR itself (50% compared to 27% for online activism).

In a new question for 2026, just under half of participants feel XR is “A lot” or “Extremely” welcoming to people from all backgrounds, including those who haven’t engaged in non-violent direct action before.

Psychological motivations

Participants were asked what environmental concerns made them get involved in XR. People’s motivations appeared to be quite broad, with **almost all environmental concerns having a large effect on XR involvement..**

In general, **people identified more strongly with the climate movement as a whole**, and saw themselves more as part of this, than as part of XR specifically. Participants were asked how strongly they agreed with a number of statements on moral beliefs. More participants **agree with moral statements that do not relate directly to themselves** (i.e. “the government puts the interests of companies over the interests of the environment”), but 63% of participants still “agreed” or “strongly agreed” that they “feel morally obliged to take part in protests to promote pro-environmental policies”.

In general, participants **think that XR is "somewhat" effective** at achieving climate goals. They find it most effective in "strengthening solidarity within the climate activist movement" and least effective in "increasing government protection for populations vulnerable to the climate crisis". They personally feel that they have **little individual ability** to contribute to the climate movement's success.

Repression of protest

DAIC are particularly interested in the impact that increase in repressive policing of climate protest is having on activists. Early this year an article written by the team appeared in Nature and is summarised here for the Rebel Toolkit.

Participants **felt climate protesters are likely to experience all types of repression** (from surveillance to jail time), with a slight increase compared to 2024/25. Likewise a large percentage of participants have experienced repression in some form, from 32% of participants reporting surveillance to 3% having experienced jail time; 14% of participants reported having been arrested. The percentages experiencing all measures have increased slightly since 2024/25 but this can probably be attributed to a smaller, more engaged sample.

Participants believe that the policing of climate protests **continues to become more repressive** but slightly fewer participants thought things had worsened in the last year compared to 2024/25. **Outrage and anger** are the emotions participants most experience when thinking about how the UK criminal justice system is currently treating climate protesters. There is more analysis being undertaken on this topic and the report will be linked here when published.

XR Strategy

Overall, participants were broadly positive about the strategy of bringing in new types of people into wide-ranging types of non-violent direct action, but there were also a lot of participants who didn't know or felt mixed about the decision.

Extended Report (By Question)

Who participated in the surveys?

Similar to last year's findings, most participants were long-term XR members, with 68% having been on XR's mailing list for four years or more. The majority of long-term activists had been on the mailing list for seven years or more (39%). The mean age was 60 years as in 2024/25. 46% of participants were female (compared to 55% in 2024/2025), 35% were male (41% last year), 3% were non-binary (2% last year), and 2% preferred to self-describe (1% last year). Most participants were white (79%), had a bachelor's degree or higher level of education (78%), and were either retired (35%) or in some form of employment (30%).

As for the geographical split, the South West, South East and Greater London remain the main regions represented within XR, and Northern Ireland remains the least represented region in the UK, with a small increase of 1%.

Note: For reference, please see Table 2 at the end of this report.

How active were the participants in the last year?

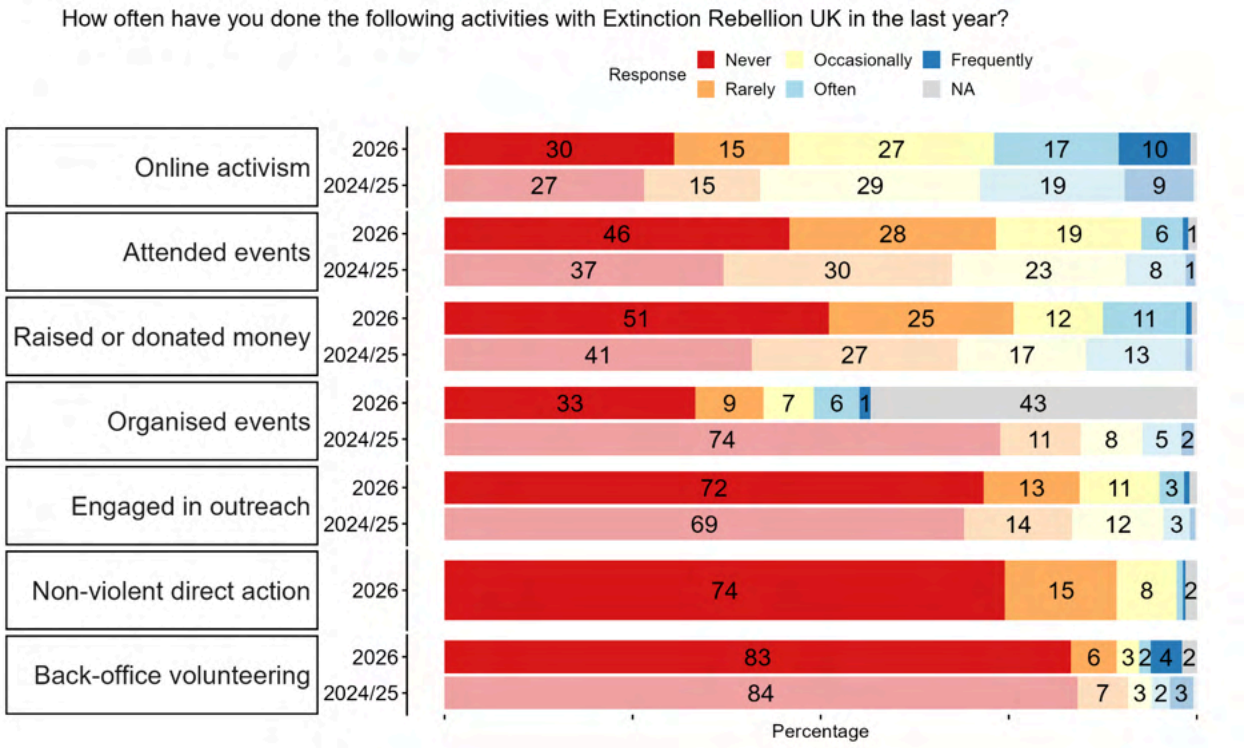

Figure 1: how often participants engaged in activities with XR over the last year, Compares 2026 (bright colours) and 2024/2025 (faded colours) data.

Figure 1 shows how often participants engaged in activities with XR over the last year, compared with last year's respondents. Online activism remained the most common form of participation, with 69% reporting engaging at least once in 2026, compared with 72% in 2024/2025, and 27% saying they did so often or frequently, which was almost unchanged from 29% last year. In contrast, non-violent direct action and back-office volunteering were the least common activities. 83% of respondents never engaged in back-office volunteering, similar as last year, and was the least common activity across both years. 74% reported never engaging in non-violent direct action. However, 23% had taken part in non-violent direct action at least once, virtually no respondents did so frequently.

Regarding all other activities, organising events was similar in any form of participation (23% in 2026 and 26% in 2024/25). However, a lot of people did not answer this question (43%) compared to 2024/2025. Outreach remained very similar, with 3% reporting it often in 2026 and 2024/2025, while 27% reported any participation compared to 29% the previous year. Often or frequent attendance at events (6%) and fundraising (11%) remained low and generally similar to last year (9% and 13%).

Take home: The most common and frequent activity is online activism, with back office volunteering and non-violent direct action being the least common. Overall, XR members are slightly less likely to engage in most XR activities compared to last year, and for those who are engaging in activities, they are doing so slightly less frequently.

Were participants active in other groups, and yes, how regularly and in which groups?

Most participants are only active in XR, rather than participants being involved in several groups (see Table 1 below). "No" was by far the most common response (279 out of 486). Among those who did report being active in other groups, the most frequently mentioned groups were Greenpeace (55), Palestine Solidarity/Palestine Action (29) and Defend Our Juries (19).

Table 1

Participation in other groups beside participation in XR

Rank	Group/Movement	Times Mentioned
1	No	279
2	GreenPeace	55
3	Palestine Solidarity / Palestine Action	29
4	Defend Our Juries	19

Rank	Group/Movement	Times Mentioned
5	Local action	14
6	Just Stop Oil	12
7	Together protest	11
8	Insure our Survival	10
9	Green Party	9
	Stand up to racism	9
10	Extinction Rebellion group	6
	Other unnamed groups	6
11	Friends of the Earth	4
	Global Justice Now	4
	Nature	4
12	Climate Choir	3
	Climate Emergency	3
	Cut the Ties	3
	Take Back Power	3
	Animal Rising	3

Note. Groups that were mentioned less than three times are not listed.

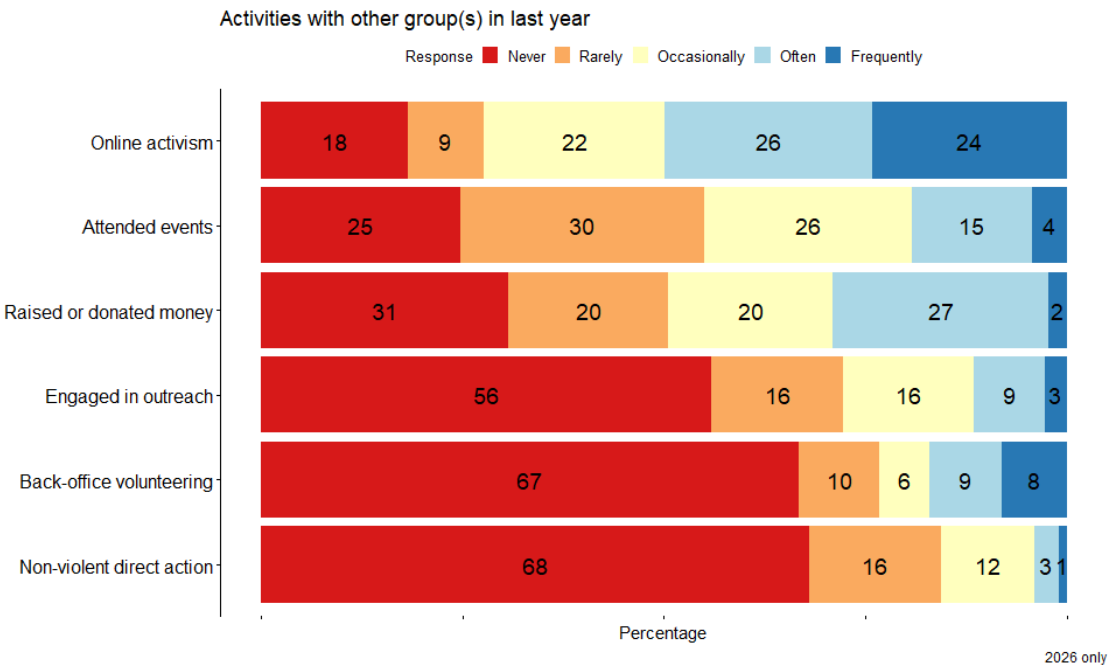

Figure 2: Figure 2 shows what activities participants who were also active in other groups undertook in the last year (2026 data only; not asked in 2024/25).

Figure 2 shows how active participants were within the other groups. Both questions asked were new in 2026 and so there are no comparisons for 2024/2025. Overall, Figure 2 follows a similar pattern to Figure 1 about how active participants were in the last year within XR. For participants who were active in groups outside of XR, online activism was the most common and frequent activity that participants engaged in, with 50% reporting they often or frequently take part and only 18% report never engaging in the activity. In contrast, more respondents reported "never" participating in outreach (56%), non-direct action (68%) and back-office volunteering (67%) in comparison to all other activities, suggesting participants engaged in these activities, with other groups, the least.

When comparing activity within other groups, to activity within XR, participants who were active in other groups, appear to be more frequently involved in these activities compared to activities within XR. For example, 50% of participants engaged in online activism at least often or frequently in the last year, compared to 27% within XR. However, the comparison should be interpreted cautiously, as this figure only reflects the subset of participants who reported being active in other groups, whereas the first figure includes all participants.

Take home: The majority of participants are only active in XR, but those who are active in other groups appear to act slightly more frequently in those groups compared to XR. Online Activism, being the most common activity and non-direct action being the least common.

How willing were participants to take different forms of actions?

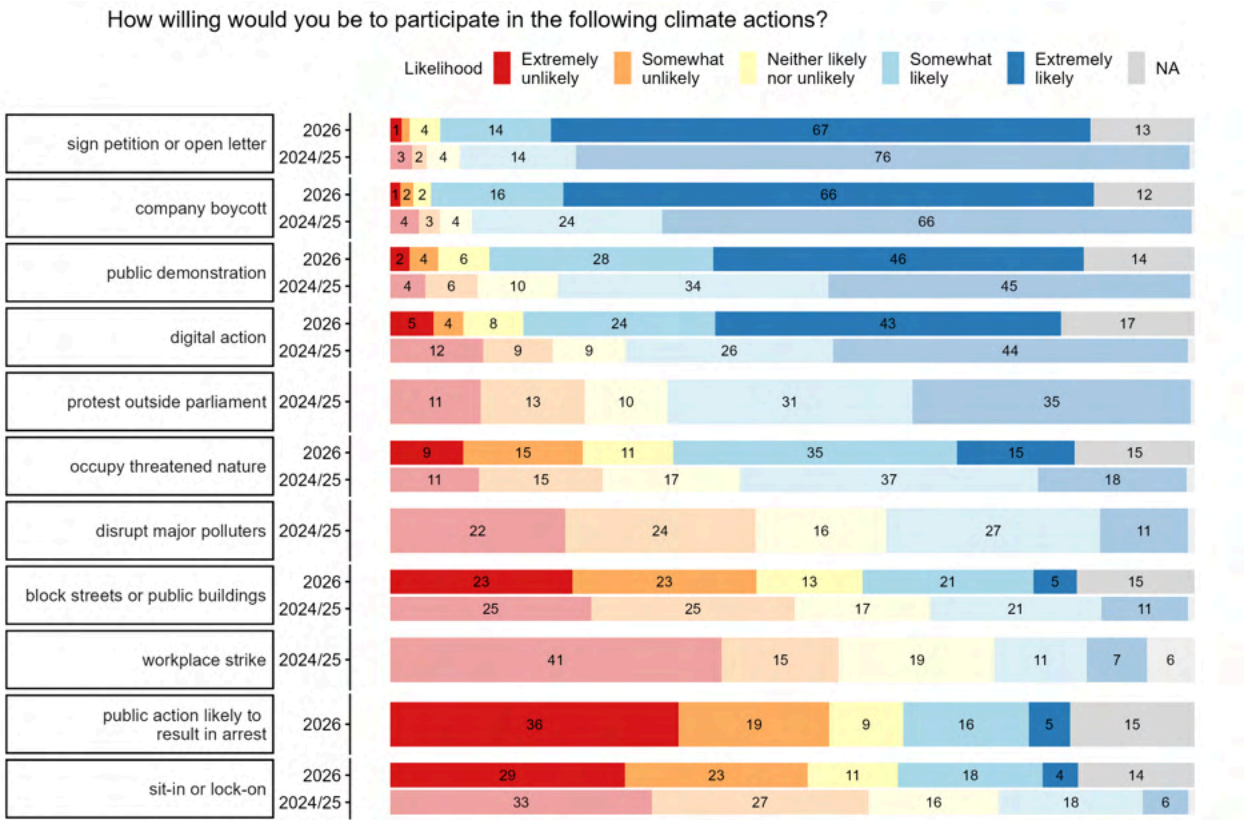

Figure 3: how willing respondents would be to participate in various climate actions. Compares 2026 (bright colours) and 2024/2025 (faded colours) data.
n.b not all questions were phrased the same way in the two surveys

Figure 3 shows how willing respondents would be to participate in various climate actions. Some questions were new in 2026, so there is not a direct comparison for all questions. We can see an increase in willingness to act across multiple activities. For example, willingness to sign a petition or open letter remained high, at 67% extremely likely in both 2026 and 2024/2025. Company boycotts (66%), public demonstration (46%) and digital action (43%) stayed (almost) unchanged for extremely likely between the two surveys.

Questions added in 2026, mainly covered extreme or high-risk activities. This is potentially sensitive information for both the individual and the organisation and therefore is omitted from this report. To summarise, the riskier the action, the less willing the participants were to engage in those activities.

Take home: Respondents are increasingly willing to take part in a wide variety of actions. However, the riskier the action, the less willing participants are to engage in those activities.

Which environmental concerns made participants involved in XR UK?

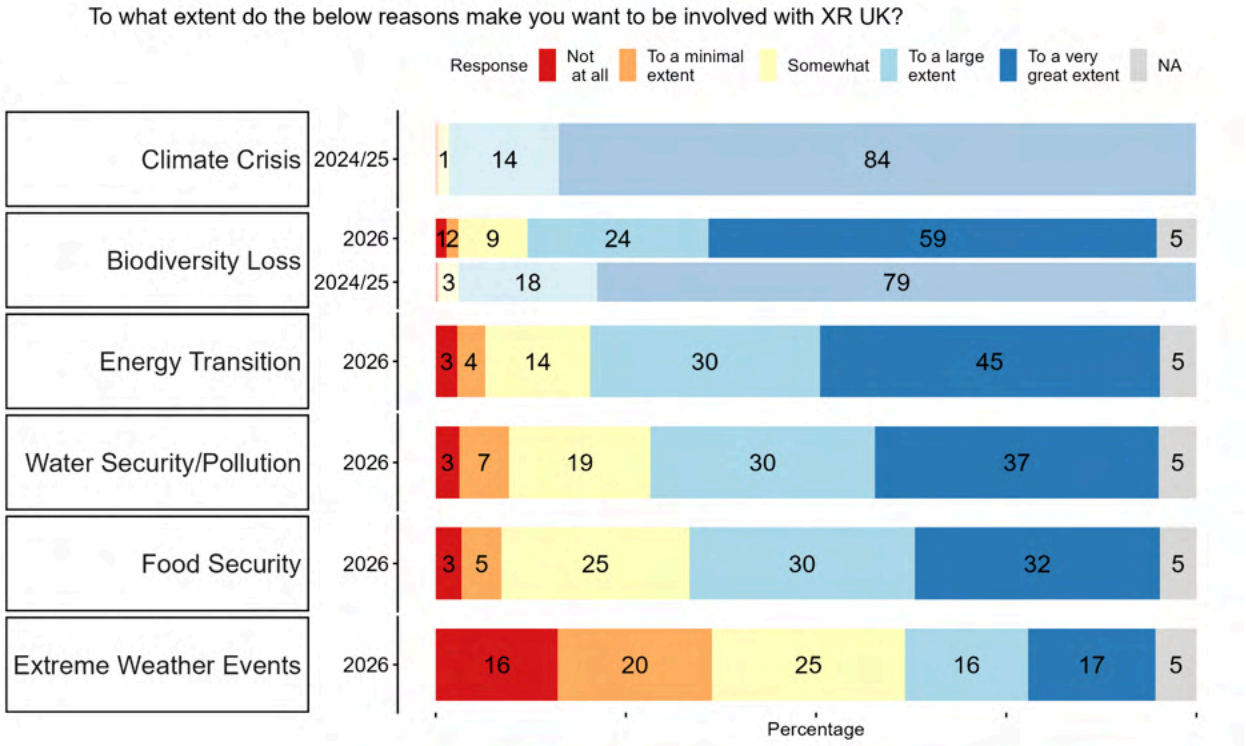

Figure 4: environmental concerns that motivated involvement in XR. Only one question was asked both in 2024/25 and in 2026.

Figure 4 shows the extent to which different environmental concerns motivate participants to be involved with XR. Multiple environmental concerns were introduced in 2026, allowing a wider understanding of motivation this year. Biodiversity loss was the strongest concern that motivated XR involvement, with 83% stating it was a concern to at least a large extent, which was less than 2024/2025 at 97%. Energy transition was also a strong motivator, with 45% reporting it to a very great extent and 75% at least to a large extent. Extreme weather events appeared to be the least likely concern to get people involved in XR, with 16% saying “not at all” and only 33% reporting it as a motivator to a large or very great extent.

Take home: XR members' motivations are quite broad with almost all environmental concerns having a large effect on XR involvement. However extreme weather events do not appear to be a key motivator.

How did participants feel about XR's change in strategy?

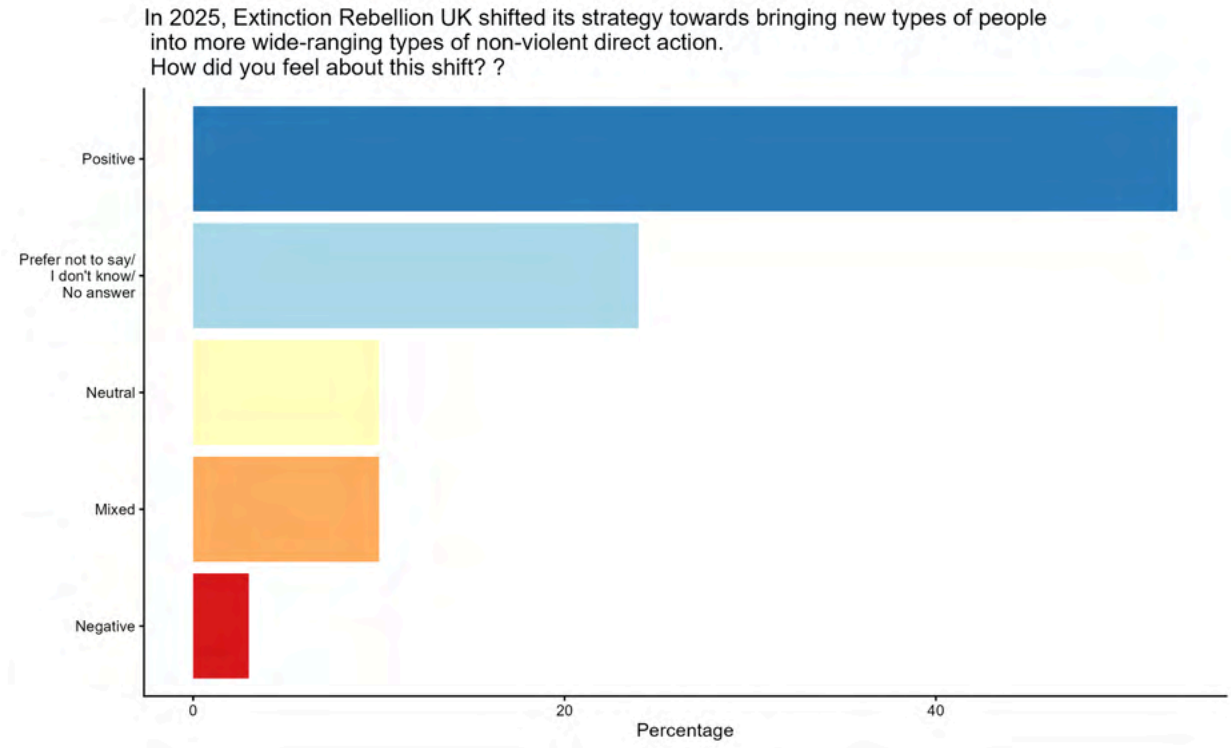

Figure 5: Feelings about change in strategy to bring in new types of people into wide-ranging types of non-violent direct action (2026 data only; not asked in 2024/25)

Figure 5 shows participant's feelings about the change in strategy to bring in new types of people into wide-ranging types of non-violent direct action. Overall, more than 50% of participants felt positively about this. The next most popular answer was Prefer not to say/I don't know/No answer. Only a few participants reported that they felt negatively about the new strategy and about 10% mixed and about 10% neutral. This was a new question for 2026 so comparison with the previous survey is not possible.

Take-home: Overall, participants were broadly positive about the strategy of bringing in new types of people into wide-ranging types of non-violent direct action, but there were also a lot of participants who didn't know or felt mixed or neutral about the decision.

Did participants perceive XR as welcoming?

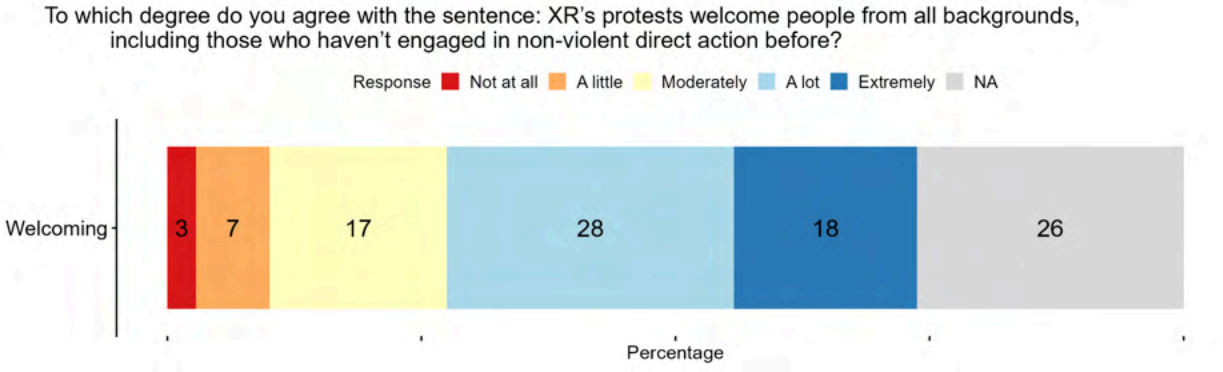

Figure 6: Perceptions how welcoming XR is to people from all backgrounds. (2026 data only; asked differently in 2024/25)

Figure 6 shows participants' perceptions of how welcoming XR is to people from all backgrounds. Almost half of participants (46%) felt that XR protests are "A lot" or "Extremely" welcoming to people from all backgrounds, including those who haven't engaged in non-violent direct action before. Almost a quarter of participants responded Prefer not to say/I don't know/No answer. One in ten participants felt XR was "Not at all" or "A little" welcoming. This was a new question for 2026 so comparison with the previous survey is not possible.

Take-home: Just under half of participants feel XR is "A lot" or "Extremely" welcoming to people from all backgrounds, including those who haven't engaged in non-violent direct action before.

How strongly did participants identify with XR?

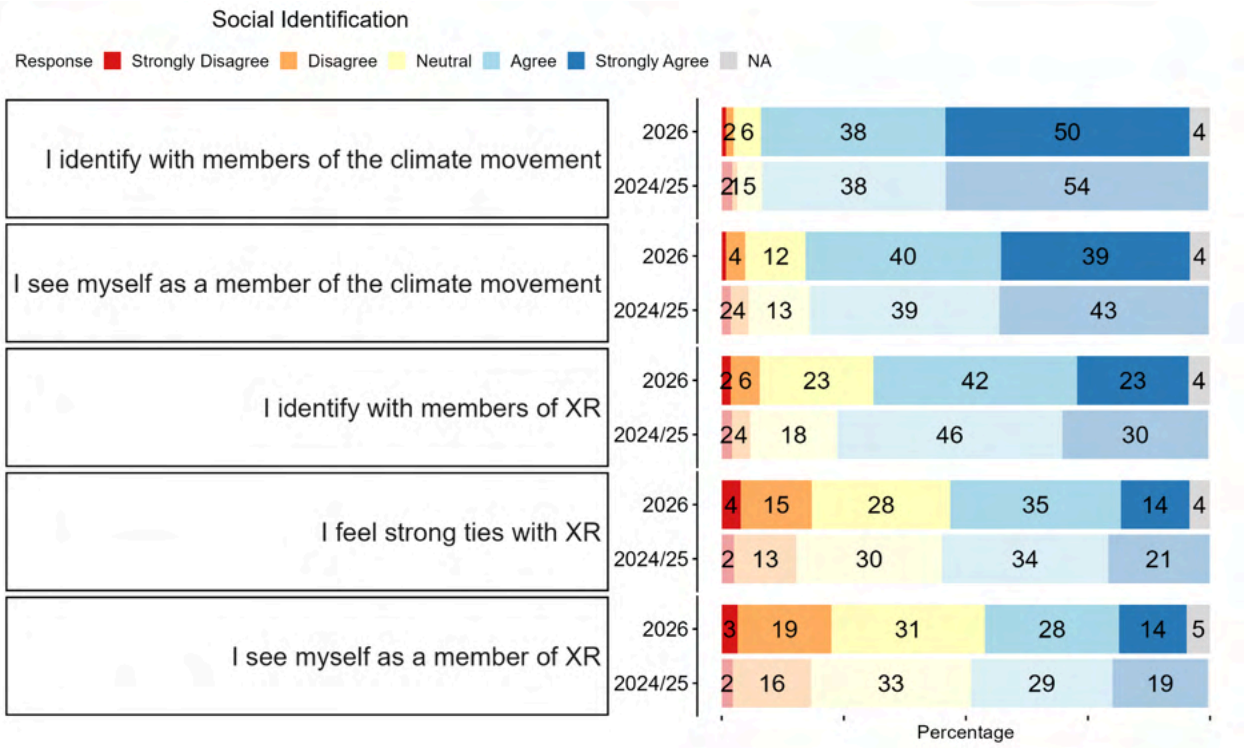

Figure 7: extent to which participants agree with a series of statements on identification. Compares 2026 (bright colours) and 2024/2025 (faded colours) data.

Figure 7 shows the extent to which participants identify with aspects of the climate movement. The responses have varied little compared to 2024/25. Most people agreed (38%) or agreed strongly (50%) that they identified with members of the climate movement, with similar, though slightly lower findings, for "I see myself as a member of the climate movement" (40% agree; 39% strongly agree).

We see a slight decrease in agreement with all metrics related to identification XR ("I identify with members of XR"; "I feel strong ties with XR" and "I see myself as a member of XR"), though 65% of respondents still agree or strongly agree that they "identify with members of XR".

Take-home: Participants identify more strongly with the climate movement as a whole than with XR itself.

Which emotions did participants report?

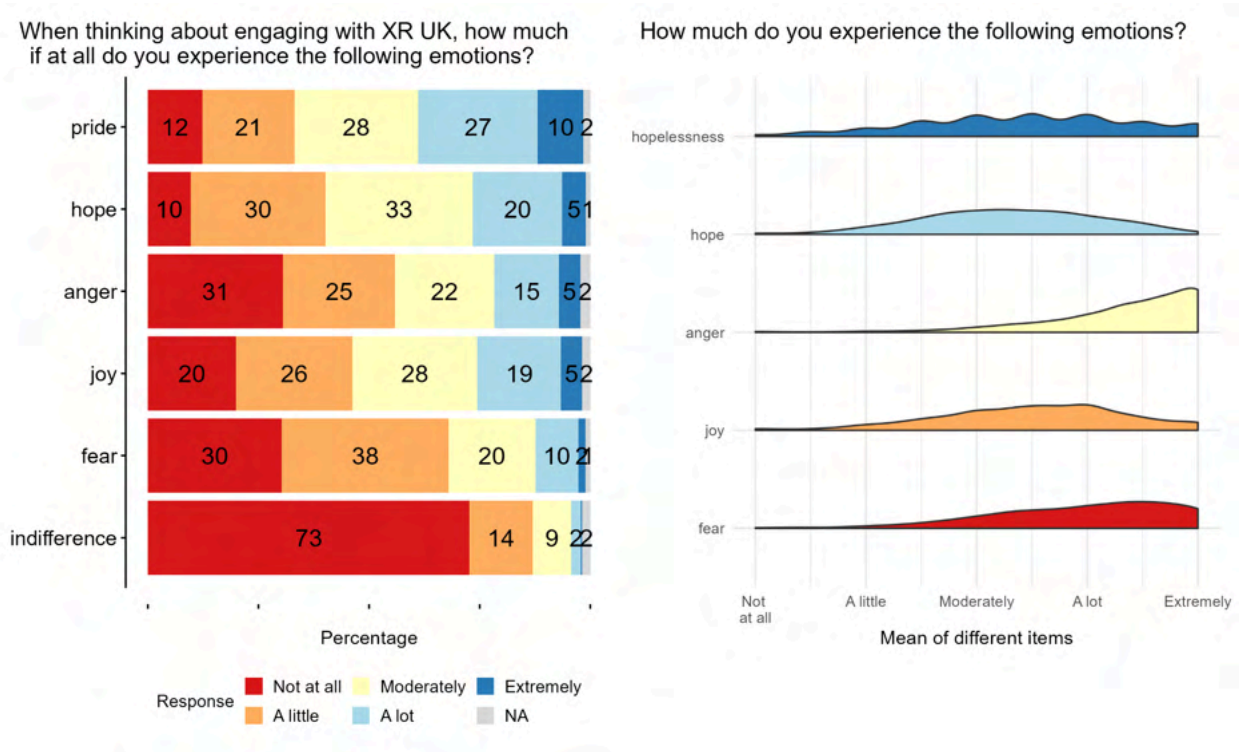

Figure 8: the extent to which participants feel different emotions. Comparing 2024/25 (left) and 2026 (right) data. The 2026 data is a combination of multiple questions for each emotion.

Figure 8 shows the extent to which participants feel different emotions when engaging with XR UK. In 2026, the emotions that were most experienced by participants were anger and fear. Hope, Joy and Hopelessness were felt more moderately. It is quite hard to compare these data sets by eye, because the emotions and the way the emotions were measured were changed following feedback from Pathways last year asking for more interrogation of what people meant by the emotions.

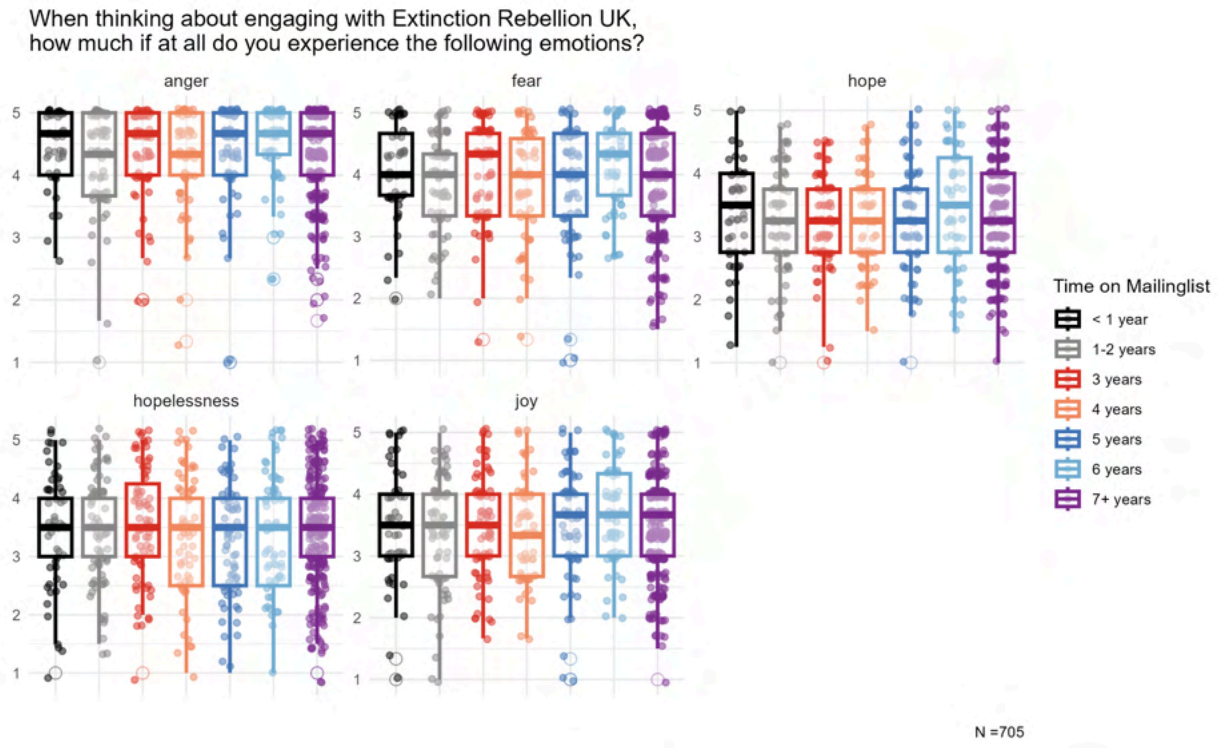

Figure 9: Time on mailing list and reported emotions.

Figure 9 shows that newcomers versus participants who have been on the XR mailing list for longer do not differ a lot in their reported emotions.

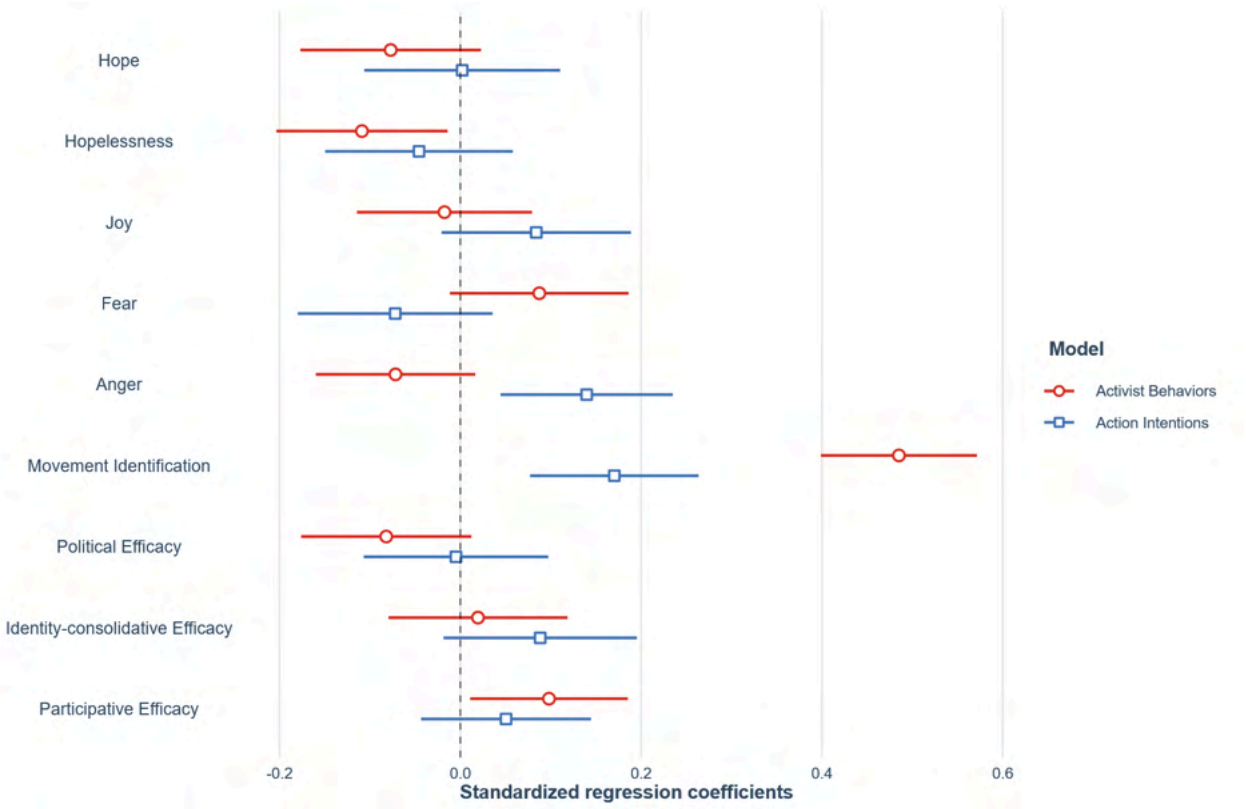

Figure 10: how emotions predict activist engagement and intentions.

Figure 10 shows that those who were more angry reported higher action intentions. Also those who were less hopeless engaged more in the last year, however, being more hopeful did not have a significant relation.

Take-away: The emotions most strongly felt by participants in 2026 were fear and anger, more experienced and newer participants do not differ.

What were participants' moral beliefs?

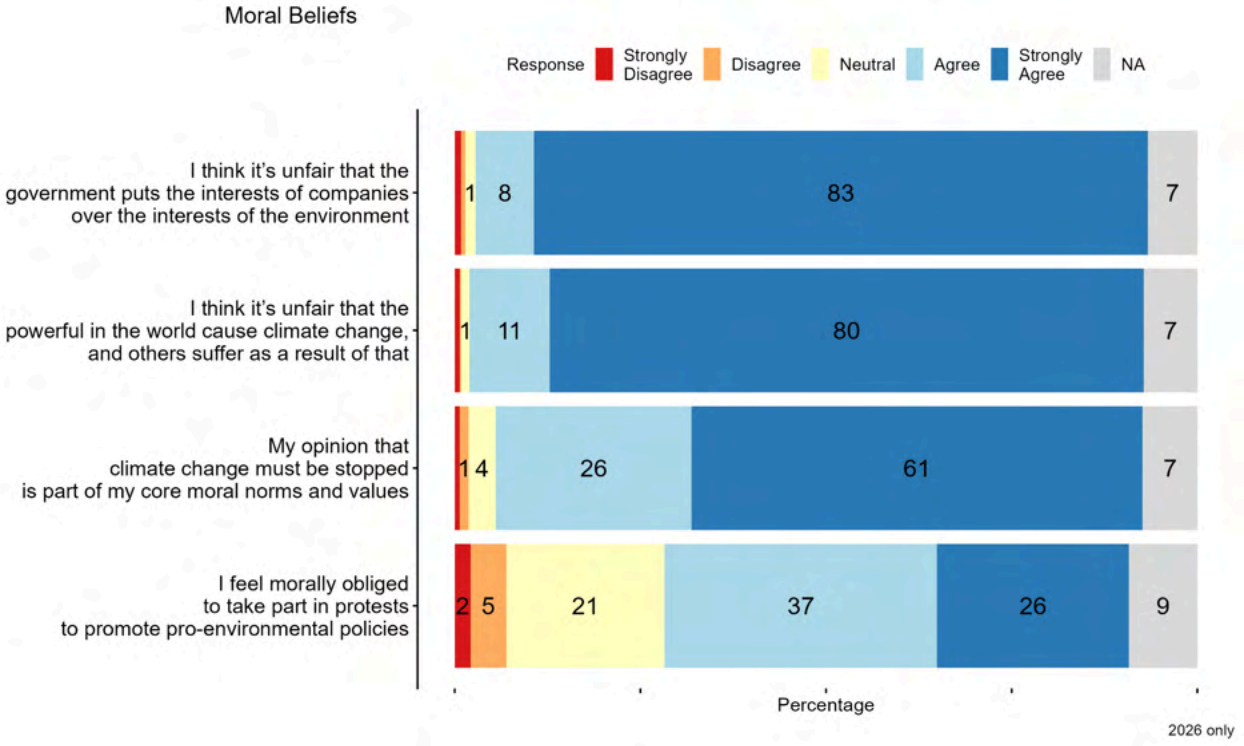

Figure 11: the extent to which participants agree with several statements on moral beliefs (2026 data only; not asked in 2024/25)

Figure 11 shows the extent to which participants agree with several statements on moral beliefs. This was not measured in 2024/25. More than 90% of participants agreed or strongly agreed with the statements, feeling that it's unfair that "the government puts the interests of companies over the interests of the environment" and that "the powerful in the world cause climate change and others suffer as a result of it". Slightly fewer strongly agreed that their "opinion that climate change must be stopped is part of my core moral norms and values". Fewer participants agreed (37%) or strongly agreed (26%) that they "feel morally obliged to take part in protests to promote pro-environmental policies".

Take-home: More participants agree with moral statements about governments and those causing climate change versus those suffering from the crisis but almost two thirds (63%) still feel a moral obligation to protest.

Did participants perceive XR as effective?

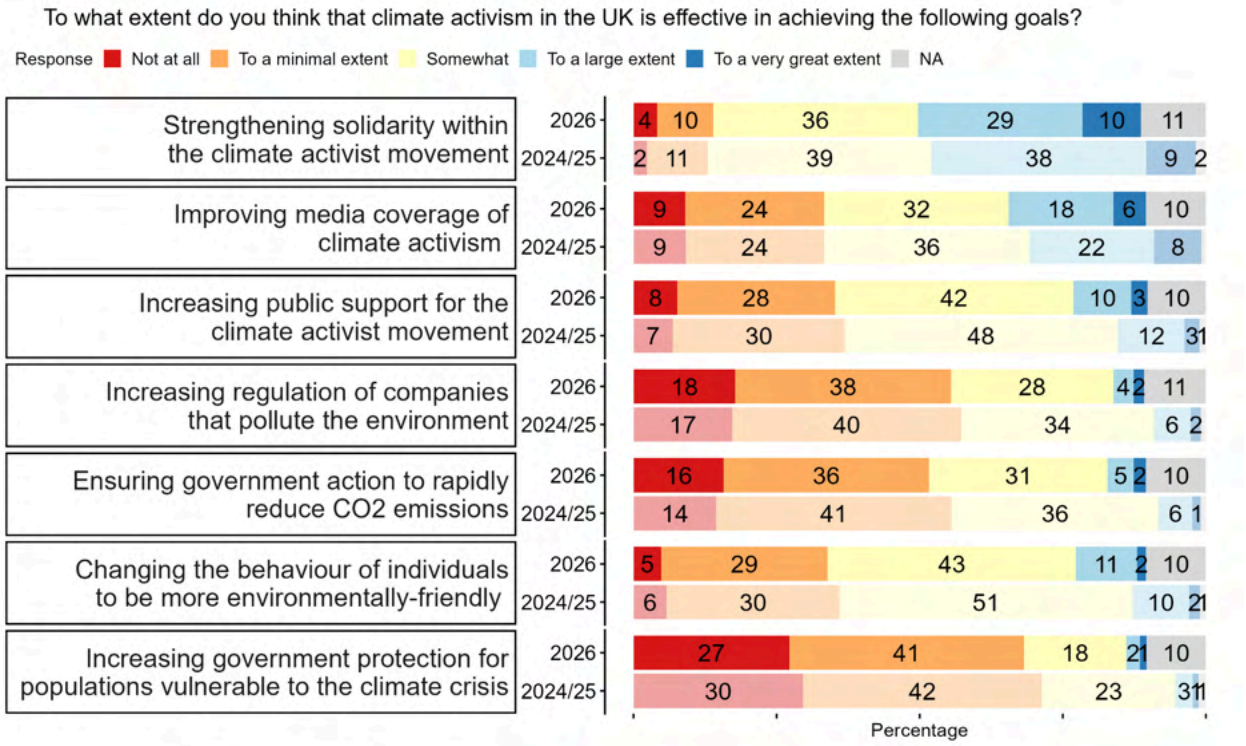

Figure 12: the extent to which participants feel XR is effective in achieving a range of climate goals. Compares 2026 (bright colours) and 2024/2025 (faded colours) data.

Figure 12 shows the extent to which participants feel XR is effective in achieving a range of climate goals. Overall, participants think that XR is “somewhat” effective at achieving climate goals. In four statements, the most common response was that XR was “somewhat” effective in achieving the goals.

They find it most effective in “strengthening solidarity within the climate activist movement” and least effective in “increasing government protection for populations vulnerable to the climate crisis”. Fewer than 15% of participants thought XR is effective “to a large extent” or “to a very great extent” for all statements other than “strengthening solidarity within the climate activist movement” (39%) and “improving media coverage of climate activism” (24%). For almost all statements, participants in 2026 felt XR was slightly less effective than participants in 2024/2025.

Take-home: In general, participants think that XR is somewhat effective at achieving climate goals. They find it most effective in “strengthening solidarity within the climate activist movement” and least effective in “increasing government protection for populations vulnerable to the climate crisis”.

Did participants feel effective themselves?

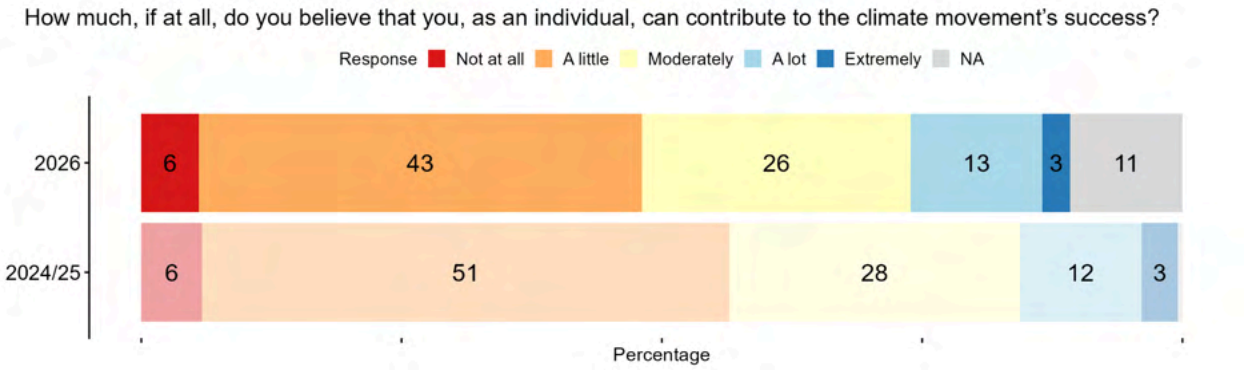

Figure 13: the extent to which participants feel they personally can contribute to the climate movement's success. Compares 2026 (bright colours) and 2024/2025 (faded colours) data.

Figure 13 shows the extent to which participants feel that they personally can contribute to the climate movement's success. In general, participants feel that they have little individual ability to contribute to the climate movement's success, with 49% feeling they have little or no ability to contribute. This is slightly less than in 2024/25.

Take-home: In general, participants feel that they have little individual ability to contribute to the climate movement's success.

How did participants experience repression?

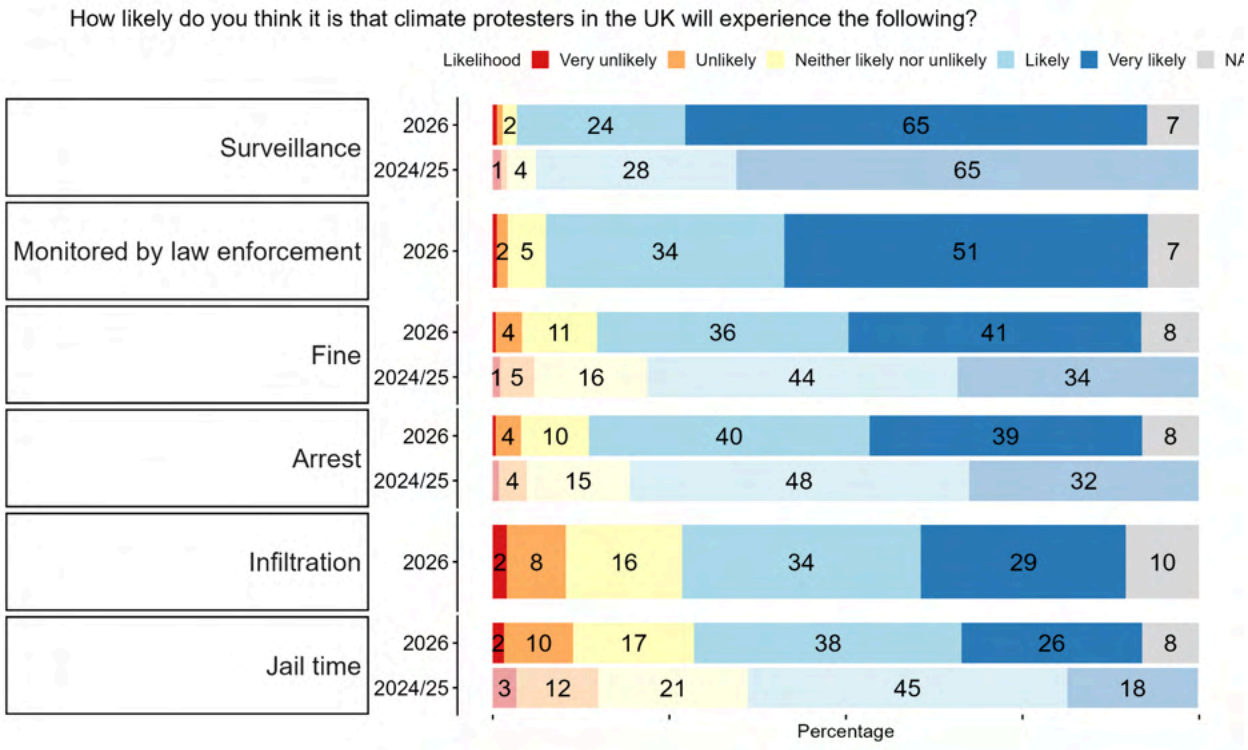

Figure 14: the likelihood with which participants believe climate protests will experience different forms of repression. Compares 2026 (bright colours) and 2024/2025 (faded colours) data.

Figure 14 shows the likelihood with which participants believe climate protests will experience different forms of repression. Over 60% of participants believed it was “likely” or “very likely” that climate protesters would experience all measures of repression, with ‘softer’ measures of repression (surveillance, monitoring) more likely than more extreme measures (jail time, infiltration). More participants believed repression to be very likely in 2026 than in 2024/25 for all repeated measures (except surveillance which stayed the same at 65% very likely).

Take-homes: Participants felt all types of repression were likely, with a slight increase since 2024/25.

Have participants experienced repression?

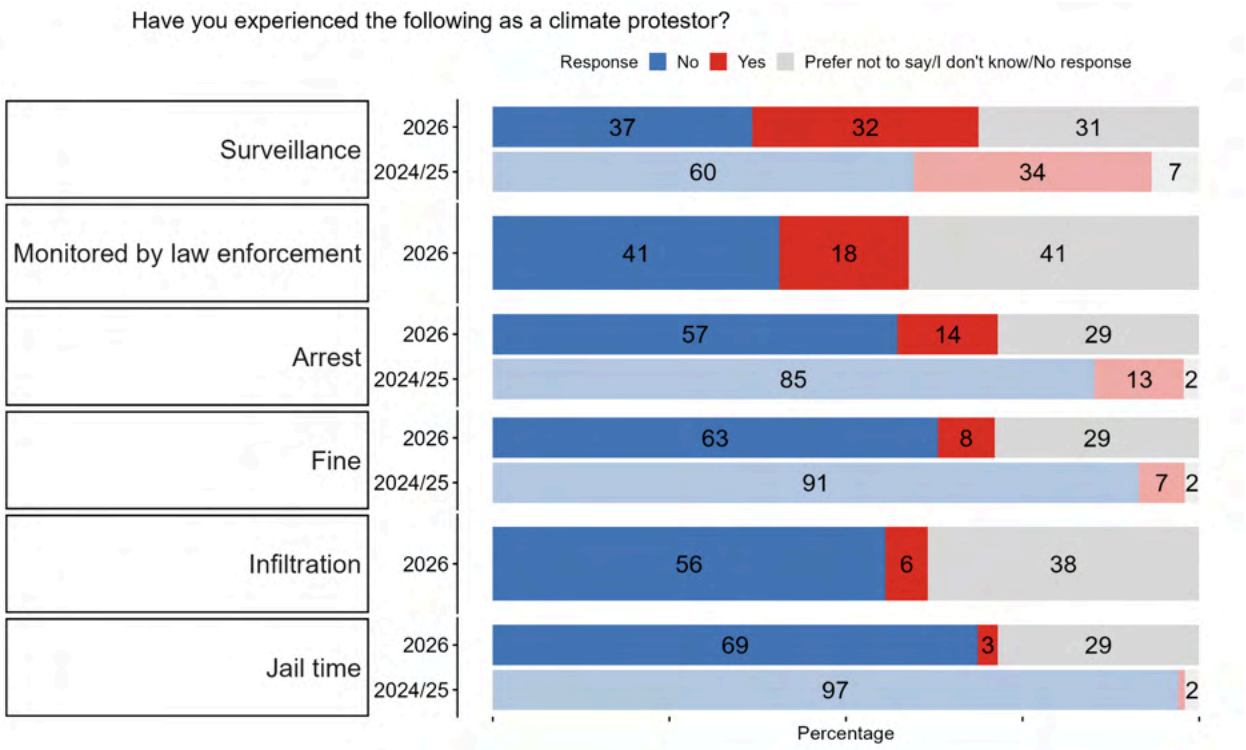

Figure 15: the extent to which participants have experienced different forms of repression. Compares 2026 (bright colours) and 2024/2025 (faded colours) data.

Figure 15 shows the extent to which participants report to have experienced different forms of repression. As would be expected, ‘softer’ forms of repression have been experienced more commonly than more extreme measures. Thirty-two percent of participants have experienced surveillance, versus 3% who have experienced jail time. The percentages experiencing repression have increased

slightly for most measures since 2024/25 but this can probably be attributed to a smaller, more engaged sample. We also see a significantly bigger proportion of respondents who prefer not to answer the questions or do not know.

Take-homes: A large percentage of participants have experienced repression in some form. Around a third of participants prefer not to answer the question.

Do participants think policing of climate protest has changed?

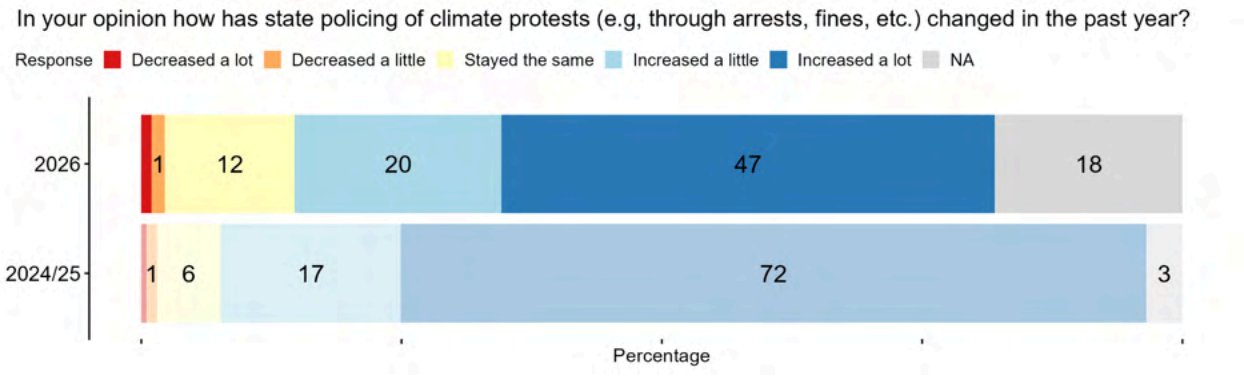

Figure 16: the extent to which participants feel that the state policing of climate protests has changed in the last year. Compares 2026 (bright colours) and 2024/2025 (faded colours) data.

Figure 16 shows the extent to which participants feel that the state policing of climate protests has changed in the last year. In the year prior to the 2024/25 survey, there were several changes to law around policing climate protests and this is reflected in the 89% of participants who judged the policing to have increased "a little" or "a lot". While in 2026, this had reduced to 67%, there is still a perception that the policing of climate protests continues to become more repressive.

Take-home: Participants believe that the policing of climate protests continues to become more repressive.

What emotions do participants experience in relation to repression?

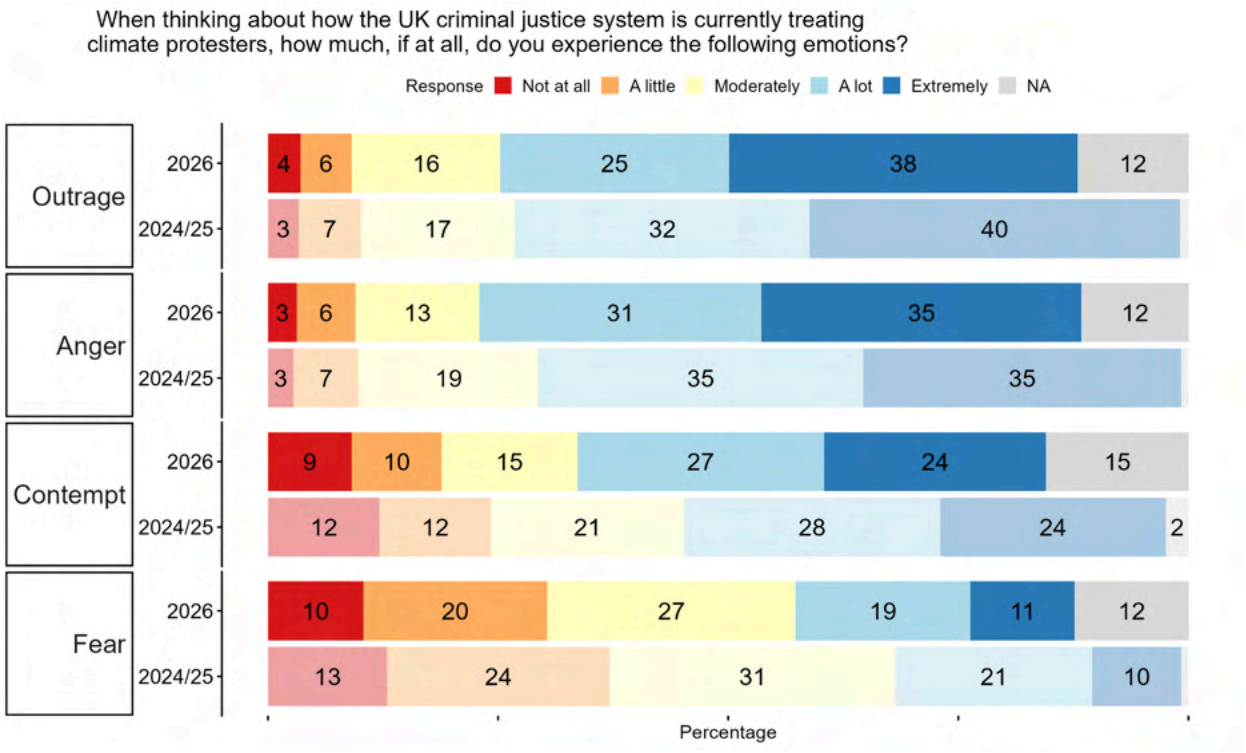

Figure 17: the extent to which participants feel a range of emotions when thinking about how the UK criminal justice system is currently treating climate protesters. Compares 2026 (bright colours) and 2024/2025 (faded colours) data.

Figure 17 shows the extent to which participants feel a range of emotions when thinking about how the UK criminal justice system is currently treating climate protesters. Anger is the emotion most commonly felt (66% experience “a lot” or “extremely”). Outrage and Contempt are experienced “a lot” or “extremely” by 63% and 51% respectively. Fear is the least experienced.

Take-home: Outrage and anger are the emotions participants most experience when thinking about how the UK criminal justice system is currently treating climate protesters.

Who participated in the surveys?

Table 2

Detailed Sociodemographics of the two samples

Sociodemographics	Answer Option	2024/25 (*N* = 1376)	2026 (*N* = 705)
Age	Mean (*SD*)	60.06 (13.96)	59.68 (14.59)
Gender	Female	55%	46%
	Male	41%	35%
	Non-Binary	2%	3%
	Prefer to self-describe	1%	2%
Education	Completed secondary	4%	2%
	Vocational qualification	4%	3%
	Currently in college or university	1%	1%
	College/university, but no degree	13%	10%
	Bachelor's degree	36%	30%
	Master's degree	28%	26%
	Doctorate or other advanced degree	13%	12%
Employment	Retired	44%	35%
	Full-time	19%	17%
	Self-employed	15%	13%
	Unemployed (looking for work)	2%	1%
	Unemployed (not looking for work)	4%	4%
	Student	2%	2%
Income	<£20,000	37%	28%
	£20-40,000	32%	30%
	£40-60,000	13%	12%
	£60-80,000	4%	4%
	£80-100,000	2%	2%
	>£100,000	2%	2%
Region	South West	21%	18%
	South East	18%	15%
	Greater London	15%	10%
	East of England	7%	6%

Sociodemographics	Answer Option	2024/25 (*N* = 1376)	2026 (*N* = 705)
	West Midlands	6%	6%
	East Midlands	6%	6%
	Yorkshire and Humber	4%	4%
	North West	7%	7%
	North East	2%	1%
	Scotland	5%	4%
	Wales	5%	5%
	Northern Ireland	0%	1%
	Outside the UK	3%	2%
Ethnicity	White	92%	79%
	Mixed	3%	3%
	Asian (British)	1%	1%
	Black / African / Caribbean (British)	0%	0%
	Other ethnic group or background	1%	2%
Time on Mailing list	< 1 month	0%	1%
	1-6 months	2%	3%
	6-12 months	6%	4%
	1-2 years	28%	11%
	3 years on Mailing List		11%
	3 years or more on Mailing List	62%	
	4 years on Mailing List		9%
	5 years on Mailing List		10%
	6 years on Mailing List		10%
	7 or more years on Mailing List		39%