

# Access & Inclusion

Making actions accessible is the simple act of asking, "what do you need?"

Quote from a disabled rebel

## Before You Start Planning

- Is there a wide array of disabled voices in the discussion space, reflecting the diversity of the movement?
- Is there sufficient time in the planning agenda for specifically hearing those voices?
- Have you remembered that some disabilities are hidden and should still be heard?
- If you're planning a 'spicy' action, you need to be aware that disabled and neurodiverse people face larger barriers to taking part. Can an inaccessible action be adapted?
- If not, are there other options available that are similar and as non-exclusive as possible? Do the other options still value a rebel's commitment to civil disobedience?

Now read the pages linked below, especially [Ensuring your actions are accessible as they can be](#).

For further advice you can reach out to the Disabled Rebels Network either on [Facebook](#) or by Email at [wellbeing+drn@extinctionrebellion.uk](mailto:wellbeing+drn@extinctionrebellion.uk)

## Required Reading

- [XR's Principles Of Inclusivity](#)
  - [Ensuring your actions are accessible as they can be](#)
  - [Organising inclusive meetings](#)
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