Actions Packs and Themes

This section of the Toolkit is a showcase of action ideas, to inspire and provide resources to build your own actions around various themes.

- Contributing action resources to the Rebel Toolkit
- National Emergency Briefing
- Flooding
- Media
- Biodiversity / Nature
- Heatwaves
- Air Pollution
- Insurance
- Disobey - No to Big Tech
    - Big Tech Exit Guide
    - Further Resources
- Our Childrens Future / Pram Rebellion
- General and Devolved Elections and Assemblies
    - Influencing Political Elections
    - Escalatory Potential in a Run Up to Elections
    - Banking, Finance and Divestment
    - Elections Action Pack
    - Example Questions for Candidates
    - Resources From Non-XR Organisations
- Climate and Nature Bill

- Cut The Ties
- Social Justice
    - Introduction- Why focus on Social Justice?
    - Potential Targets & Action Ideas
    - Take Action at Home
    - Messaging Social Justice Actions
    - More resources
- Global Justice
    - What Does Global Justice Have to do With the Climate Crisis?
    - Potential Targets & Action Ideas
    - Messaging Global Justice Actions
    - More Resources
- Ecological Justice
    - Introduction
    - Potential Targets & Action Ideas
    - Messaging Ecological Justice Actions
    - More Resources

Contributing action resources to the Rebel Toolkit

If you have resources, templates, photos or guidance about actions that aren't already in this part of the Rebel Toolkit, then please do get in touch. You can send the content by email or via a google doc - any way you wish -and we'll weave it in to the Rebel Toolkit for you in the appropriate place.

There is some guidance to help you consider what is appropriate here.

To submit content you can email LGsupport@extinctionrebellion.uk or post in the mattermost reception for the Rebel Toolkit.

National Emergency Briefing

On 27th November 2025, at the **National Emergency Briefing** (NEB), ten UK leading experts briefed an invited audience of over 1,200 politicians and leaders from business, culture, faith, sport and the media with the latest climate related implications for health, food, national security and the economy.

The live event has been edited into a short film - **The People's Emergency Briefing** - released on 7 April 2026 for national TV and UK-wide local screenings.

https://www.youtube.com/embed/5x2XhvEbz24?si=HmWeoeseK3SrtvyK

Ways to Take Action

1 Go watch the film!

Find a screening near you **on this map**. Take a friend or two!

2 Call for a televised screening

Sign the **petition** - calling for the governent to hold a televised emergency briefing.

This has reached the target of 100K for consideration in a parliamentary debate - but it's very important to keep signing it and make it the most popular petition this year - deadline 20th Nov 2026.

3 Become a 'Connector'

Suited to people who have access to existing organisations, venues or professional networks. Share film screening information with potential screening hosts, encouraging them to register interest in hosting a screening. Read more **information about this role**.

4 Hosting a People's Emergency Briefing screening locally

The short film was released on April 7th and you can host a screening locally. Apply to **host a screening** - you could do this in connection with other groups in your area. There is dedicated support for:

- community screenings
- workplace screenings
- church screenings
- 16-18yrs - school/college screenings

Campaign Update

July 2026 - Latest developments, celebrating what has been achieved so far, and looking ahead to the next phase of the campaign, including new work with schools, businesses, councils and many other sectors.

https://www.youtube.com/embed/BCAwhdZrRt4?si=dhCeoN34V0YWp0NQ

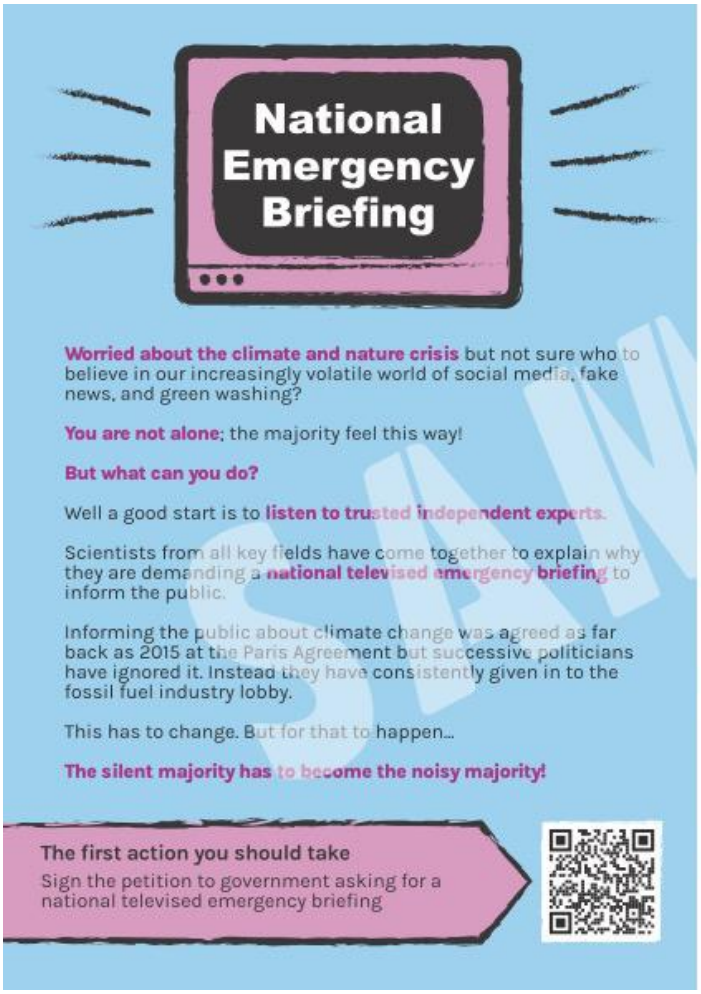
Print Community Building 'Zines'

To distribute at screenings - **take a look at the 'zines' to print here** (both branded 'XR' or unbranded)

Flyers for screenings or outreach

Non-branded flyers produced by the XRUK Outreach team are available to order via their **PRINTED MATTER ORDER FORM** .

This flyer has information about the National Emergency Briefing and QR codes to take people to the YouTube recordings if they want to learn more.





Organise a post-screening assembly

- Here are four resources to support running a post-screening **assembly**:
  - Basic Set-Up Info
  - Simple Script
  - Basic Guide: Facilitation and Notetaking 101 [Take the in-depth 'Community Assemblies Facilitation Training' via video - linked in the guide]
  - Hand Signals

You could then begin to act collectively on your response to the film or the recommendations of any local assemblies your community holds.

The four assembly resources above can also be found in this Google folder: Assembly Resources.

Flooding

Flooding Data

Maps of flooding risk are particularly helpful if you are trying to increase concern at a local level.

- Flood zones explained
- Check flood risk from surface runoff, rivers, seas, reservoirs at specific location
- Explore towns flood risk - all maps including historical flood maps
- IET London seriously unprepared for climate hazards like flooding

Flooding Actions

The Department for Ignoring Climate Chaos



Find resources to recreate this simple but attention grabbing action by XR Malvern, including placards, desk signs, and press release:

Department for Ignoring Climate Chaos resources.

Media

The world’s media system; social media, corporate media and state media, **has been hijacked by a handful of powerful interests** – billionaire-owners, political operators and advertisers.

Abusing this power, they push narrow, toxic agendas at the expense of truth and public interest – eroding democracy and destroying life in their path.

XR's first demand is 'Tell The Truth' and this connects directly to the work of a group called 'Media Revolution' that XRUK have connected to. They have a strategy, a plan, action packs and resources to counter the mainstream media power.

Visit the Media Revolution website to learn more, or dive straight into info about:

- Media Liberation Day - Nov 5th
- New Clubs & workshops
- 'Cover Story' action


MEDIA
REVOLUTION

Biodiversity / Nature

Connect with others focusing on this topic

Join the Restore Nature Now Telegram chat along with others working on this theme, not all of which are in XR, or there's the XR Rewilding Facebook group.

Action Ideas

Birdsong

Birdsong was once everywhere. Now often hard to hear, bring some birdsong to your action by getting lots of people to download the sound files to their phones and all play together at a re-arranged time.

Info and downloads collated for Restore Nature Now action in London, but available to use when and where you want.

Blue Plaques for Nature

Based on the iconic English Heritage blue plaques designed to commemorate a noteble person, these plaques designed by the 'Dirty Water' campaign team are to commemorate **nature and wildlife**.

See full details of how to print, modify and produce these plaques here.



Visiting a garden centre dressed as bees



This Local Group visited their local garden centre dressed as bees to raise awareness of the disastrous consequences to wildlife of gardeners and farmers using glysophate (often sold as Round Up).

This outreach focused action did not disrupt shoppers, but encouraged them to think more sustainably when shopping, and raised awareness of the scale of the problems to biodiversity being caused by widespread pesticide use.

Parliament of Owls



These paper owls look beautiful in a flock and have been made for The Big One (2023) and Restore Nature Now (2024).

They are relatively easy to make as the templates and instructions can be downloaded here. This makes a good group art activity as it is accessible to everyone!

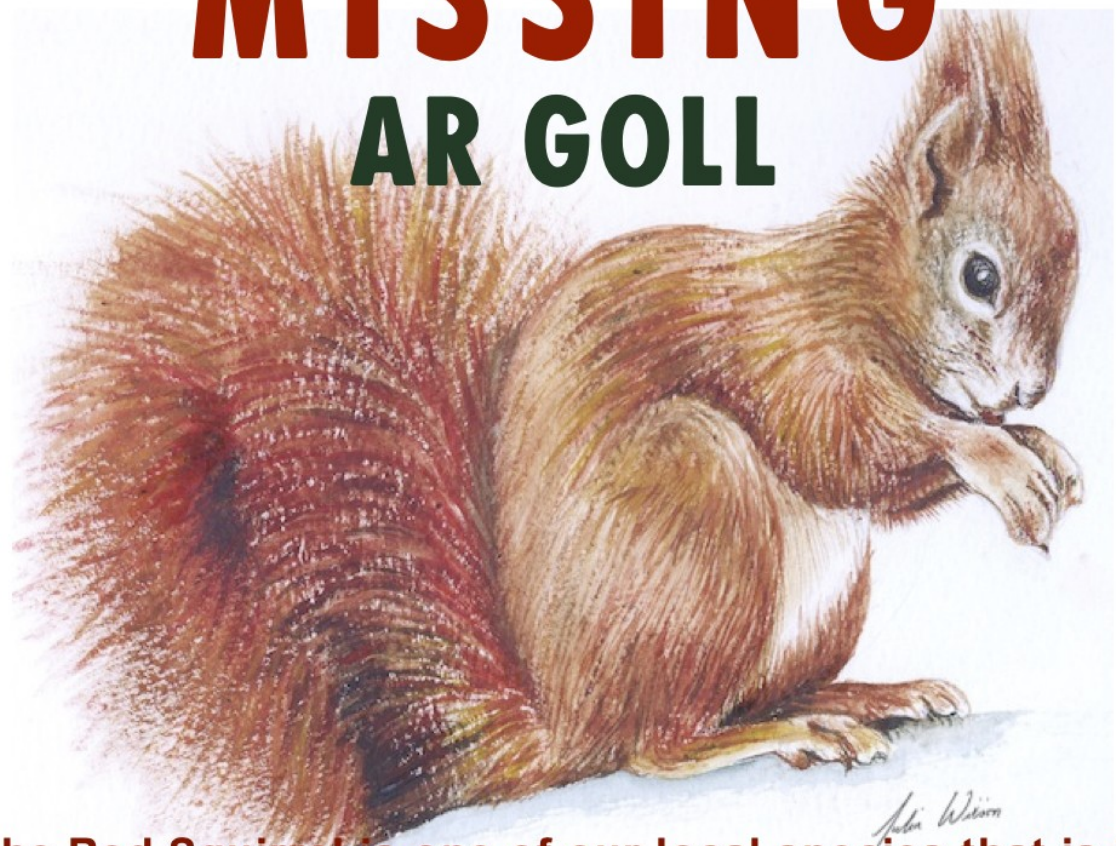
Bird Skeletons

Check out this brief on how to make bird skeletons for actions.

Outreach Materials

Bilingual Posters- Welsh

MISSING
AR GOLL



The Red Squirrel is one of our local species that is in decline. Humans introduced non-native grey squirrels in the 1870s and they now outnumber red squirrels by approximately 66-1. The presence of greys, habitat destruction and fragmentation by Man, often means reds do not have enough to eat.(reds need broad leafed trees). Disease (pox from grey squirrels), is another cause for their decline.

Mae'n wiwer goch yn un o'n rhywogaethau lleol sy'n dirywio. Cyflwynodd pobl wiwerod llwyd anfrodorol yn yr 1870au ac maent bellach yn fwy niferus na gwiwerod coch gan oddeutu 66-1. Mae presenoldeb y llwydion yn aml yn golygu nad oes gan y cochion ddigon i'w fwyta. Mae dinistrio a darnio cynefinoedd (mae angen coed dail llydan ar y cochion), yn ogystal â chlefyd (brech o'r wiwer lwyd), yn achosion eraill dros eu dirywiad

extinction rebellion

These bilingual biodiversity posters are available for

red squirrels, pine martens, hedgehogs and water voles.

Heatwaves



Heat Strike

XRUK are part of the coalition of organisations involved with the **Heat Strike campaign**, where people all over the UK pledge to strike on the hottest day of the year.

- Sign up on the heatstrike.uk website and you'll be given the signal to strike.
- Follow Heatstrike on Instagram
- Presentation slides from the XR and Heat Strike Zoom (2025)
- Recording of the first Zoom session:

https://www.youtube.com/embed/WrWcO8Mef00?si=1Es-tuoeSzje8eAU

Connecting to people locally

A good way of making sure anyone joining the Heat Strike campaign finds your XR local group is first to join the email list for Heat Strike and you'll be sent a link to join your nation/region WhatsApp community chat. Then you can either find or create a chat for your city/town, e.g. create ‘Liverpool’ within the North.

For any questions, drop them a line at info@heatstrike.uk.

Air Pollution

Resources for Air Pollution themed actions

Apologies - the website that the QR codes in the materials below used has stopped working. So for now just take the following as inspiration while we try to recreate the graphics and flyers.

Useful websites

- Postcode search from Friends of the Earth
- World map of air pollution sensors by Airly
- Global Action Plan
- Mums for Lungs

Street Signs

Graphics info and designs for making signs like the one below:



Flyers to edit and print

These flyers are in photoshop format - so you can add your own Local Group info. If you require support in editing these, then please contact LGsupport@extinctionrebellion.uk by email, or via our Mattermost Reception.

A5 flyers and stickers as shown below

- A5 flyer front
- A5 flyer back
- Stickers as .psd file and ready to print as .pdf file

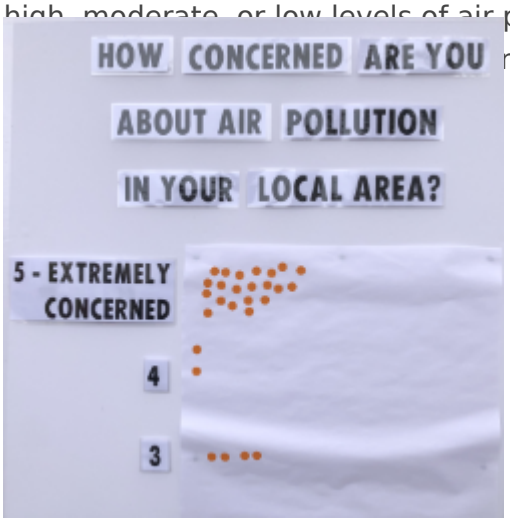






Engaging the public with survey boards

The second board has a map of the local area. Passers-by were encouraged to scan the QR code (taking them to the addresspollution.org website - note this website is currently not working), enter their address, and add a sticker to the map indicating whether where they lived had very high, high, moderate, or low levels of air pollution. As you can see, nearly all of the stickers added are [illegible]tion.









Mini-action

Using the green light (for pedestrians) over a crossing on a main road, close to the survey boards, to bring attention to the outreach and amplify the message



Useful Statistics, quotes & resources

A collection of statistics and quotes around air pollution, particularly related to health: useful statistics document (Google doc).

Insurance

Why Target Insurers?

Insurance is the Achilles heel of the global fossil fuel industry. It’s what gives oil, gas and coal companies the confidence to dig and drill as the planet burns - by covering their operations against financial losses when things go wrong.

Without insurance, major oil and gas companies cannot operate and climate-wrecking oil, gas, and coal exploration, production and distribution will fail to go ahead.

Insure Our Survival launched as a campaign in 2024 rooted in Extinction Rebellion. Since then, actions against the insurers underwriting climate chaos and war have grown and spread.

We know direct action works: sustained pressure saw Zurich pledge not to insure new fossil fuel projects and we have shown that “insurance is winnable”. From targeting Big Insurance offices in London, to disrupting offices across the UK, and now global solidarity actions across Africa and Europe, our campaign has developed into a community with its own voice, identity, and energy.

In spring 2025, IOS decided to become a stand-alone organisation - all the information and resources about this campaign is now on the **Insure Our Survival** website.


MarshMcLennan
FAMINE
CO_2
FLOOD
DISGUSTING
INSURE OUR SURVIVAL NOT FOSSIL FUELS
INSURING CLIMATE

Disobey - No to Big Tech

Big Tech Exit Guide

Big Tech Exit Guide: One Rebel's Journey of Digital Sovereignty as Non-Violent Direct Action

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Why Make The Switch?

Recently, I started a journey to improve my digital privacy. Along the way, I discovered something powerful: **moving away from Big Tech isn't just a personal choice - it's an act of Non-Violent Direct Action (NVDA).**

Big Tech has us in its grip: fueling inequality, threatening democracy, and practicing surveillance capitalism. **We need to rise up collectively to defeat it.** But how? By **ditching Big Tech together, one swap at a time.**

Privacy and avoiding Big Tech are synonymous. Why? Because Big Tech's business model *relies* on capturing your data to sell ads and predict behavior. Decentralized tech, by contrast, is built on the principle that **you own your data**, not a corporation.

Privacy-focused tech is not only better for *me*, it's the **ethical, anti-capitalist choice**. It can be cheaper overall, performs more smoothly, and ensures our money goes to non-profits rather than billionaires. **I have personally saved a significant amount of money** by switching to these alternatives, avoiding subscription traps and hidden fees.

But more importantly, **every time we switch, we shrink Big Tech's power and grow our own.**

The Extra Benefits:

- **Support** independent, decentralized projects.
- **Block** ads and trackers.
- **Boost** device performance (longer battery, faster running, less data-hungry).
- **Save** money while funding ethical alternatives.

A Note on Payment & Privacy: while many decentralized tools are free or low-cost, some require payment. **It is valid to pay for decentralized tech**; your money supports a better future so you may want to pay/donate. However, for activists doing activist work, **digital payments can**

be a privacy loss unless you have secured your financial identity (e.g., using masked credit cards with false names or crypto). Standard digital payments link your identity to your activity. Until we solve this, **paying in cash** is the most secure option for high-risk individuals (which isn't possible for digital services).

A Note on Hardware: I use Mac hardware (MacBook and iPhone), so some tips are Mac-specific, but I've chosen apps and services compatible across all platforms.

How to Start: I recommend swapping **one thing at a time** and having a "crossover period" where you run both the old and new tools while you settle in. For example, I kept Google Chrome for a while when I switched to Brave Browser. This was lucky because the first time I tried to join a video call on Brave, I couldn't figure out how to enable my camera and had to go back to Chrome until I solved the issue.

Don't be deterred by glitches. When I switched to Chrome years ago, that process also included troubleshooting. Remember: a safer, smoother internet experience is yours if you persevere. And by doing so, you're **part of shaping a better world where Big Tech has less of a stranglehold.**

Some things have been a gain, and some a loss, but the "losses" often turned into unexpected gains. For example, I'm finding I get on better with a **paper to-do list** (something I didn't realize I needed), and paying in cash has led to **interesting conversations with people** and helped me get to know my town better.

Even if you only make a few swaps, you are **increasing your digital safety by a huge amount** and contributing to the collective movement to **pull the plug** on surveillance capitalism.

If you want to know more about digital privacy in general, here's a good overview video: □□ Privacy 101, Naomi Brockwell TV.

The Swaps - My Personal Recommendations

□□ Messages, Audio Calls & Video Calls

...which are more secure than carrier calls/SMS/WhatsApp/Zoom etc. **Signal** is a good choice.

Simply download here, register with your phone number, and invite contacts.

For more info: □□ The Most Priavte Messaging Apps, Naomi Brockwell TV. Telegram is an

alternative, but less secure than Signal.

□□ Private Browser (Primary) & Search (Secondary)

Brave (download here) and **DuckDuckGo** (Visit here). I've installed both and use DuckDuckGo when Brave is too aggressively secure and won't allow what I need through. Both have their own search engines and both browsers block YouTube ads for free. An alternative search engine is Ecosia, although arguably less private and lower functionality.

□□ Secure Email

Proton Mail (sign up). Simply import Gmail contacts/messages and set Proton as default. □□ The Most Private Email Service, Naomi Brockwell TV.

□□ File Storage & Office Suite

...as an alternative to Microsoft, Apple, or Google. Unfortunately, there is no perfect option for a Google Drive alternative, but I personally haven't minded compromising on functionality for the sake of privacy in this area.

Option 1: CryptPad Create account at cryptpad.fr, save password securely (as there is no recovery method), use online.

- **Limitations:**
  - 1GB Storage only on free tier.
  - No offline mode/sync.
  - Sharing disabled between Proton accounts for free tier (dealbreaker for collaboration).
  - Full office-suite functionality currently only available for larger devices (e.g., spreadsheet editing not available on phones, but doc editing is fine).
  - Compatibility issues are noticeable with importing `.xlsx` spreadsheets.

Option 2: Proton Drive Download the desktop client from proton.me/drive, log in, use Proton Drive folder.

- **Limitations:**
  - 5GB Storage limit only on free tier.
  - Sharing disabled between Proton accounts for free tier.

- Full office-suite functionality currently only available for larger devices.
- No built-in notes app/function.
- Compatibility issues with importing `.xlsx` spreadsheets.

□□ Encrypted Cloud Vault

If, like me, you're locked into an unsecured cloud for now (e.g., Dropbox), you can work around the problem by creating an encrypted space inside that cloud called a **Vault**, using **Cryptomator**.

Download from cryptomator.org. Whilst it's free at a basic level, a £10 lifetime licence is needed for additional mobile functionality. The vault encrypts everything locally, so the outer cloud only sees random ciphertext. You can access the contents of the vault from any device that has the free Cryptomator app installed.

- **Limitations:**
  - You can't access your files from any device instantly, you'd have to download Cryptomator to that device and set up the vault. This is less convenient, but locking the data to the app is the whole point.
  - Travel Tip: setting up a ProtonDrive or Cryptpad "Passport" Folder with your ID and details inside for emergency use could be a lifesaver if you get stuck away from home and lose your phone/laptop. Memorise the password and make sure you can recall it.
  - Sometimes Cryptomator loses access to the vault- that's scary but it's ok, you just have to reset it. Search online to find out how if this happens to you.

□□ Notes

Notesnook (about £20 per year). Install app, migrate any notes you need from your existing platform, then use Notesnook for all new notes. Notesnook is encrypted and cheaper than most paid suites - it's not possible to find a free truly encrypted notes system.

- Tip: If you're using the Notesnook browser interface on Brave, you need to manually allow cookies for `notesnook.com`.
- Alternatives: Standard Notes (more expensive), Obsidian (less secure, more expensive, or a free version for 1 device only).

  □□ Why I Ditched Other Note Apps for Notesnook, DASgeek.

□□ VPN

To conceal your device's location which is otherwise broadcast when you connect to the internet. **Proton VPN** – install the app, sign up, sign in, toggle the connection on, and pick any server location you prefer. Sometimes VPNs can be too aggressive, so you can

either turn them off part of the time or learn to adjust them.

- Tip: Proton's free VPN service only runs on one device at a time. If you want their VPN on e.g., a phone and laptop simultaneously, you can always set up 2 free accounts and log in to one on each device.
- Limitations: can choke bandwidth a bit, so may need disabling for quick uploads/downloads.

□□ AI Assistant

To use **Proton's AI Assistant Lumo**, either open the Lumo app or sign in on a browser at lumo.proton.me and start asking privacy-focused questions straightaway. There is a conversation limit per week, however.

Alternative: Brave Browser's "Ask" function is also a strong alternative with less personalisation but no conversation limit.

□□ Password Manager

...which is more secure than a browser-based one. **Bitwarden** – Install from bitwarden.com, create a master password, import browser-saved passwords, then disable the browser's own password manager.

- Alternative: Proton Pass is a competitor and may well be just as good, but I didn't find out about it until I already had Bitwarden set up.
- More info □□ Most Private Password Manager, Naomi Brockwell TV.

□□ Online Calendar

Proton Calendar – sign up at proton.me/calendar, create events, and share calendars (shared calendars require a paid Proton plan; offline editing isn't currently available, but the privacy gain outweighs the inconvenience).

- Tip: Get a shared calendar from Proton on the free tier using this hack (up to 3 users). Since the Proton free tier doesn't allow Calendar sharing with other users but does allow up to 3 calendars within 1 account, simply set up a Proton account specifically for your family/household/couple shared calendar (e.g., `JackAndJillCalendar@proton.me`). You can import multiple Google (or other) Calendar histories to that account and use it as a shared account moving forward. If you're only two people sharing, you could use the 3rd calendar option for "joint events/appointments". Because Proton allows users to log in with one account to the ProtonCalendar app whilst simultaneously being logged into other Proton apps (e.g.,

ProtonMail) with another account, there's no compromise to overall Proton use.

□□ YouTube

Avoid logging into Google accounts like YouTube. Even if you're just watching, being signed in feeds data back to Google's ad ecosystem. Here are some YouTube alternative platforms:

□□ **Odysee (formerly LBRY)** Odysee runs on a decentralized network where creators host their own files, so the platform can't delete any videos, making it censorship-free.

Visit odysee.com.

- **Censorship-resistant:** Content isn't taken down by a central authority unless the uploader removes it.
- **No app needed:** You can watch everything right in the browser, no extra downloads. □□ Intro to LBRY.
- **PeerTube:** visit joinpeertube to find instances.
- **Privacy-first:** no tracking cookies or ad-tech collecting your data. □□ Example video: Mothing to Hide documentary.

□□ **Warning: Stay Private While Watching**

- Use a privacy-focused browser – DuckDuckGo or Brave are great choices because they block trackers by default. You may need to "disable shields" on Brave to play Odysee videos, but even with shields disabled, privacy is still high.
- Turn on a VPN. Yes, you may notice a slight speed dip as a result, but streaming is still smooth for most videos.

□□ Device Hardening

This means setting your laptop/tablet/phone to its maximum privacy settings. Search "device hardening tutorial" on Brave or DuckDuckGo (or ask Lumo AI e.g., "how do I harden my MacBook/iPhone?") and follow the guide. □□ How To Make Your Mac Private.

□□ Package Management (Software Install)

...to bypass the App Store and keep your activity private. **Homebrew** – Run the installer script in Terminal. Instructions at brew.sh.

□□ Why I Don't Use the Mac App Store (and What I Use Instead).

Clean-up

Uninstall unnecessary Google, Microsoft, and Apple apps (Chrome, Office, iWork, iCloud Drive, etc.) since you now have alternatives. Apps often cause privacy issues even when not open, so best to get rid of them.

Unresolved / Ongoing Areas (And How I Solved Them)

Maps

Google Maps is not very private but unfortunately offers the freshest traffic & transit data. Apple Maps is a slightly safer alternative but lacks real-time alerts. **Organic Maps** is privacy-focused and works offline (great for rural areas where signal can be spotty) but needs very precise address info and often suggests weird routes. Download from organicmaps.app.

My current practice is to use Organic Maps first, switching to Apple Maps if I get stuck. However, neither app would be able to tell me if there was a serious delay up ahead that I could detour or reschedule to avoid. After 2 months of going without Google Maps, I am pleased to report that I haven't had any journey delayed by not having up-to-date traffic news.

The Unexpected Gain: since I didn't want to download Citymapper for when I was in London or other big cities, I actually took to **asking people about routes more**. This led to **smoother journeys** as people still know the best routes better than mapping apps in cities. It also forced me to interact with my environment in a way I hadn't before.

Reminders

No privacy-first replacement for Apple Reminders that fits my workflow has been found yet. Super Productivity is recommended, but the known issue of reminders not always going off is a dealbreaker. **The Unexpected Gain:** In the end, I found I **preferred switching to pen and paper** from Apple Reminders. It's simpler, more reliable for me,

and I get on better with a physical to-do list, something I didn't realise I needed.

□□ Social Media

Bluesky looks promising because it's decentralized and privacy-focused. Visit bsky.app.

Mastodon is another strong option. Visit joinmastodon.org. I've made accounts for both but haven't made much progress yet.

□□ Finances / Online Payments & Identity

This was the hardest area to crack, but I've made significant progress:
Email Masking (Solved!): I have now successfully set up **DuckDuckGo Email Protection**. Use these anonymous "duck addresses" whenever I have to make an online purchase, sign up for a mailing list, or give a functioning email address to use for cafe Wi-Fi. This keeps my real inbox clean and my identity hidden from data brokers.
Anonymous Apple ID (Solved!): when I (eventually) upgraded to a new (second-hand) MacBook, I needed an Apple ID but didn't want to link my real identity. I bought a SIM card in cash from Tesco for £10, used that phone number to create an Apple ID, and filled in all other details (name, address) with fictional information. **This is as anonymous as it gets with Apple.** As long as you don't link a real bank card or phone number to the account, you can use the services without exposing your identity.
Cash Payments (The Gold Standard): since I haven't been able to solve *all* privacy issues on paying (especially for things that require a digital bank transfer), I decided to **start paying in cash wherever possible**. Three months in, this has had all sorts of secondary benefits:

- **Conversations:** having to have conversations with train staff on how I can pay in cash led to learning all sorts of other fare information from them, which will **save me a couple of hundred pounds per year**.
- **Community:** developing a better relationship with local independent shops when I ask them if it would be better for them if I pay in cash. They sometimes **throw in free produce** because I pay in cash.
- **Connection:** paying in cash means I have lots of interesting conversations with people and get to know my town better.

⚡ Device Performance Benefits

When I made the decision to become more privacy-focused and move away from Big Tech, I expected to have to make compromises; I thought I would be switching to clunky independent tech that didn't perform so well. It was a huge surprise to me to discover that actually I now experience **better performance on all my devices**, battery life improved, the internet seemed faster, and my laptop fan stopped whirring.
So what's going on? Well, it turns out that Big Tech apps work our devices unnecessarily hard, partly because of the extra energy it takes to collect our data constantly and send us ads, leaving us feeling that our devices are slow and that we need new ones! Privacy-focused tech runs better for these reasons:

- **No data collection and no ad rendering** → less GPU work, longer battery life, cooler device.
- **Fewer background processes** → lower CPU & RAM usage.
- **Reduced network chatter** → better performance on slower or metered connections.
- **Smoother overall experience** → lighter browsers and sync clients mean quicker app launches and fewer glitches.
- **Less pressure to upgrade hardware** or buy ultra-fast internet – you get more mileage out of existing devices.

□□ The Financial Dividend: How Much I Saved

Summary of Annual Savings:

Category	Estimated Annual Saving
Streaming & Subs	£431.64
Connectivity & Hardware	£379.00
Travel (Cash & Hacks)	£230.50
Community & Making	£360.00

Category	Estimated Annual Saving
TOTAL ANNUAL SAVINGS	**£1,401.14**

□□ Conservative "Digital-Only" Version

For those who can't switch to cash travel or maker habits yet, just the digital swaps alone yield massive results: **Subs + Phone + Deferred Laptop + iCloud = £810.64 per year.**

When I started this journey, I thought privacy would cost more. Instead, I discovered that **Big Tech charges a "privacy tax"** through subscriptions, data harvesting, and planned obsolescence. By opting out, I've reclaimed hundreds of pounds annually.

I had no idea how much money I was haemorrhaging to Big Tech, essentially funding the very system I oppose. Every subscription I cancelled and every service I swapped meant that money was no longer flowing into the coffers of surveillance capitalists. Instead, that capital could be redirected toward **funding activist movements to build a better world**.

A Note on Costs: This isn't a story of zero spending. I now pay for **Notesnook** (approx. £20/year) and buy items locally (like guitar strings) that cost slightly more than on Amazon. **But that's okay.** Because of my massive savings elsewhere, I can afford these ethical premiums without breaking the bank. In fact, the money I save on Big Tech subscriptions easily covers these new costs with plenty left over for donations or mutual aid.

Everyone's situation is different. I didn't have many subscriptions to begin with. If you have **Spotify, Netflix, or multiple cloud services**, your savings will be even higher. Similarly, if you tend to buy **new phones and laptops every year**, switching to second-hand and extending device life could save you **hundreds more** than my figures show.

The Potential for Collective Power: Imagine if thousands of us redirected our "Big Tech tax" into mutual aid, climate justice campaigns, or the movements we need to win. That is the power of collective refusal.

Here is the breakdown of my annual savings:

1. Streaming & Subscriptions

- **YouTube Premium:** Cancelled (£16.99/mo). Used Brave/Duck ad-blockers instead.
  - **Annual Saving: £203.88**
- **Amazon Prime:** Cancelled (£8.99/mo). Found local and online independent suppliers. Tough at times, but totally worth it!
  - **Annual Saving: £107.88**
- **Audible:** Cancelled (£8.99/mo). Discovered my local library offers a free audiobook app (Libby/Overdrive).
  - **Annual Saving: £107.88**

- **iCloud Storage:** Cancelled the paid plan (£1/mo). Switched to local storage and Proton Drive.
  - **Annual Saving: £12.00**

2. Connectivity & Hardware

- **Mobile Phone Plan:** I wanted to switch to **EcoTalk** (a true independent/anti-capitalist supplier), but I work digitally and needed guaranteed coverage/speed that they couldn't guarantee in my area. I ended up with the **EE Green Plan** instead. However, I haggled and they **price-matched EcoTalk**, saving me £22/month.
  - Note: If you don't work digitally, you might be fine with EcoTalk or other independents!
  - **Annual Saving: £264.00** (£22/mo)
- **Device Longevity:** My laptop ran significantly faster on independent tech. I realized I didn't need to upgrade until later than I expected.
  - **Annual Saving: £115.00** (deferred purchase cost)
  - Note: If you usually upgrade devices frequently, switching to second-hand and extending your device life could save you **£500+ per year**.

3. Travel & Transport (The "Cash" Advantage)

- **Train Booking Fees:** Stopped using Trainline (£1 booked fee/fare). Based on **3-4 local trips per month** and **4 London trips per year** (approx. 46 fares total).
  - **Annual Saving: £46.00**
- **Local Railcard:** Discovered a local railcard I didn't know existed (£3.25/trip saving).
  - **Calculation:** 42 local trips × £3.25 = **£136.50**
- **London Split Tickets:** Bought tickets in person from savvy staff who knew split-ticketing hacks apps miss (£12/trip saving).
  - **Calculation:** 4 London trips × £12 = **£48.00**
  - **Total Travel Saving: ~£230.50**

4. Community & Maker Savings

- **Local Shop Gifts:** cash payments led to free produce, tips, and advice from independent shop staff.
  - **Calculation:** £5/week × 52 weeks = **£260.00**
- **Making & Fixing:** refusal to buy from **Amazon** led me to repair or find alternatives for things myself (bicycle inner tube to fix an old tripod, drum stand used as a laptop stand, cloth bags instead of special tech pouches) rather than buying new products.
  - **Annual Saving: £100.00+**

The Bottom Line: By simply refusing to fund Big Tech, I've freed up nearly **£1,400 a year**. That is money that can now go to **donations, mutual aid, or funding the very movements we need to win**. The "cost" of privacy is a myth; the cost of Big Tech is your wallet, your data, and your freedom.

Good luck with making the swaps!

Further Resources

Money and AI

Practical resources for resisting the growing influence of unethical financial systems and artificial intelligence in everyday life:

- Bank Better (business banking campaign)
- SWITCHED (personal bank switching)
- Triodos Bank
- Nationwide
- Covea insurance
- PensionBee
- Say Yes Do No
- Rebel Tech Alliance

Our Childrens Future / Pram Rebellion

This is a low risk, high impact visual action that can be done at a local group level or by individual rebels.



What?

Paint a pram or buggy white (or another colour), put a printed message in it, lock it and leave it in a town, or where there is high footfall. If it isn’t removed by the authorities, retrieve it at a later time.

Designed to pique the general public’s inquisitive mind.

Please join the telegram chat for the Pram Rebellion - Children's Futures, for any updates,

support, tips and a place you can ask questions. There may also be the opportunity for 'borrowing' ready prepared prams and buggies.

Why?

This is a hard hitting action, designed to touch people’s hearts and engage their emotions. Children are already dying from pollution & the Climate Emergency. More children will die if we continue this current trajectory. We, XR, have a moral duty to TELL THE TRUTH. We criticise the government and the media for not telling the truth. We will not be liked for it and we may hurt some people by telling it. This is a difficult truth to tell. It still needs to be told.

Issues

We have fully considered valuable feedback from Action Circle, XR Families, XR Southampton, M&M, Arts teams & other individuals, including from Rebels who have personally experienced child bereavement. We have changed elements of this action as a result of acknowledging that people who have experienced child bereavement may have their trauma triggered by the sight of a mysterious pram. We are truly sorry to trigger anyone's pain. By carrying out this action, we are trying to avoid other families suffering the same tragic experience.

How to...

Find a pram, buggy or even car seat. Cheapest method, find an abandoned one (XR Woking found 3), or use freecycle. Charity shops or eBay for those with slightly deeper pockets. Prams look best but are more expensive than buggies. You may get the pram back after the action, but assume you won’t. Get rid of any accessories or straps that don’t need to be kept, this also means there's less to paint.
We would suggest not adding any soft toys to the pram\buggy.

Painting

We believe that painting your pram or buggy a white colour looks the most impactful, as it looks quite mysterious. But you are autonomous, so you can paint it any colour you like. Bright, shocking pink is also a good choice.

- Use a can of aerosol white plastic primer on the plastic bits.
- Use a can of (usually light grey) aerosol etch primer on the metal parts.
- When dry, spray them again if not white with any white aerosol paint.
- Paint cloth parts with a brush.
- Worry not about drips and runs and making it perfect- it’s not an art competition.

Messaging

This action can be used for many different messages, ideally where there is a link to children’s health and the climate and ecological emergency, i.e. fossil fuel or incinerator pollution.

You may find this Daily Mail (sorry!) article linking children's health with pollution helpful.

This is an ideal action to put pressure on MPs to 'Back the Climate & Ecological Emergency Bill'. Let's make it really easy for members of the public to email their MP, by using a QR code they can scan which has a pre prepared email all ready for them to send. It's surprisingly straight forward to do - honest! You can choose to use either of the following texts, or you can adapt it/make your own, to be more specific to your location. You can choose whether to put the XR logo on, or not.

Message Option 1

MORE THAN 90% OF THE WORLD'S CHILDREN BREATHE TOXIC AIR EVERY DAY [1]

ASK YOUR MP XXXXXXXXXXX TO SUPPORT THE CLIMATE AND ECOLOGICAL EMERGENCY BILL

SCAN CODE TO SEND THEM AN EMAIL [you can use this QR code generator].

OR use: XXXXXXXXX.MP@PARLIAMENT.UK [Find your local MP's email address for this at www.theyworkforyou.com].

#OurChildrensFuture

#PramRebellion

#CEEBill

#AirPollution

XR LOGO - you can use a sticker.

If you have been affected by this installation, please contact www.childbereavementuk.org

[1] WORLD HEALTH ORGANISATION REPORT 2018

Message Option 2

'THE CLIMATE AND ECOLOGICAL EMERGENCY (CEE)

WHAT'S REALLY AT STAKE HERE?

SCAN THE QR CODE TO EMAIL YOUR MP TO BACK THE CEE BILL.

2050 UK NET ZERO IS TOO LATE!

#PramRebellion

#CEEBill

#OurChildrensFuture

#AirPollution XR LOGO - you can use a sticker

If you have been affected by this installation, please contact www.childbereavementuk.org.

Printing Your Message

- Use a hardy surface, like old hardboard, to make the surface for the messaging. it won’t last forever outdoors, but easy to cut and drill. You could use any scrap plywood, MDF, plastic or even cardboard (although this won't last as long outdoors).
- Paint it, generally black or white.
- Write your message onto the board with a black permanent marker, white paint pen, fine paintbrush or spray stencil.
- Stickers can provide XR logo.
- You can use a QR code and secure it under some clear reinforced tape (recommend a test first to ensure it works fine). You could also laminate it and glue or tape it on.
- Can then spray some matt varnish over the lettering to give it some rain protection.
- Fix the messaging board into the pram or buggy by drilling some holes and attaching with white or clear cable ties.

OR you can always simply print your message on a piece of A4 paper, laminate it and then glue, staple or pin it to the pram.





Action Location

It's recommended to place it somewhere which has high footfall- near shops, supermarkets, town centres, etc.

The buggies seem to be tolerated if left in a place for 2 or maybe 3 days. After this you could always find another location to move your artwork to. Experience has shown they tend to be removed pretty quickly if situated in a shopping centre though as this is private land, so try

somewhere on public land.

Some buggies got media attention when they were locked in places children go such as play areas and schools. These are just suggestions and you can place your artwork wherever you like.

We'd also recommend siting them near a light source, so passers by can read them after dark. They also look really mysterious in the dark, partially lit by street lights or lit buildings.

You need a bike lock to secure the pram in the target location. You could also use a chain and padlock, or a D-lock.



Social Media

Post pictures of your prams in their locations on social media channels. Include your messaging in the text, along with any relevant hash tags to your messaging (eg #CEEBill). Share other groups and rebels posts and help amplify their messages.

Legal

It can be worth attaching a laminated 'public artwork' laminated and adding the collection date. This makes it clear it is not a case of dumping rubbish, in the unlikely event of being identified and a potential fly-tipping prosecution.



If the pram is removed by authorities, this could be classed as Criminal Damage as someone would have to be paid to cut the lock and remove the pram. Or possibly some sort of Obstruction Of Highway, depending on location. The authorities would obviously need to identify the perpetrator (CCTV footage of it being removed from vehicle, for example).

Here is the full legal briefing on Criminal Damage and the full legal briefing on Obstruction Of The Highway.

There is a risk. The risk is low, it is up to you to be fully informed and decide whether or not you want to take that risk by doing this action.

After the action

If your pram is still there the following week, great! Simply re-site at a different location. Or walk around with it on an action. Add some solar fairy lights. Take it for a walk to Parliament. The only limit is your imagination.

General and Devolved Elections and Assemblies

Influencing Political Elections

We know that politics is broken and that many rebels refuse to engage in elections, but during high pressured times such as when there are **national, devolved and local elections**, we can use the opportunity to pick up public interest in the climate and nature emergency and show them a new way of doing politics through community and citizens' assemblies.

Engaging in traditional approaches such as letter writing, signing petitions, door knocking etc are not always effective and so not necessarily a good use of rebels' time and energy. Targeting marginal seats is a good way to really get candidates to listen, however. For example, during the 2024 General Election, XR designed a **Map of XR Local Groups within marginal Westminster seats**



Elections Landscape of Opportunity

- Candidates will focus on what they believe to be important to their voters, so it is up to us to turn up in numbers on common issues of concern, visiting candidates, calling their offices and writing via platforms, such as Write To Them, or by setting up petitions.
- We can use community assemblies, hustings and surveys to tell candidates what truly matters to people locally if we understand the political process.
- **National Elections** take place for:
  - local and district councils,
  - mayors in England,

    - police and crime commissioners in England and Wales and
    - the London Assembly.
- There were no elections in Scotland or Northern Ireland for 2024. **2026 sees elections in the Welsh Senedd**. It is worth building into your activist calendar those significant times for building campaings for influencing your politicians.
- The 'sweet spot' for action and local community assemblies is 4-6 weeks before the election, for **peak public, media and political attention**.
- However, there may not always be a good lead in time, if assembly organiser capacity is low in your region during that time. We don't want to risk burn-out and loss of momentum/enthusiasm by pushing too fast and not leaving enough time to offer a positive experience of an assembly. However what we can do is begin to **set the agenda in interim periods between elections**, by really building connections with our allies and allowing for stronger collaboration during organising, so that your assembly recommendations are stronger and volunteer energies more effectively channeled.
- A **'General Election Pivot'** can be planned for, during which time:
    - Local and general elections may provide an effective context to encourage you to redouble efforts around assemblies to highlight local issues of concern.
    - A series of targeted, impactful actions can be undertaken, designed to maximise media coverage and to demonstrate that the current system isn't working.
    - This will also link with a **Political Influencing** campaign encouraging political parties to include support for a UK-wide Citizens' Assembly on Climate and Ecological Justice in their manifestos.
    - XRUK, alongside other organisations in the democracy space is actively encouraging and supporting Local Groups to run assemblies because it's the right way to do politics.

Why Local Issues Matter

Local elections provide opportunities to:

- Mobilise local communities by focusing on local issues through assemblies.
- Cement the alliances that have already been built with like-minded organisations and groups.
- Build coalitions by meeting people where they’re at and find common causes with a broad range of groups.
- Keep up the pressure on local candidates by inviting them to respond!

'Persuade Elections' Candidates Commit to:

- **Declaring a climate and nature emergency**.
- **Involving communities via deliberative assemblies in local and national decision-making** about issues that matter most to them.
- **Being led by the recommendations of assemblies**.

Three Questions to Get Started With

1. Is there an election in your area? Use the VoteClimate Local Elections Finder or view them on a map.
2. What is your council's performance on the climate emergency scorecard? Use My Society and the Climate Action score rating websites to find out.
3. Have your constituency boundaries changed? They will be of particular interest to the media as they could indicate the outcome of the next General Election. Look for the key battleground seats analysis on the VoteClimate website.

What Can We Do?

- Use the demands / requests listed above.
- Run Community Assemblies on local concerns in-person or online, or ask for support to run hybrid assemblies.
- Run combined Hustings and Community Assemblies. Invite expert speakers, then break-out groups to discuss and decide on questions to ask candidates.
- Record candidates' responses and post them on your social media accounts - hold them to account if they later break commitments.

Guides to Running Hustings In-Person or Online:

- Electoral Commission Guidance
- In-person - Friends of the Earth Climate Hustings and Quakers Hustings
- Online - Joint Public Issues Team [faith-based groups] Online Version of Traditional Hustings
- If you need a paid-for Zoom account, contact your Region or Nation
- Zoom Guides:
  - hosting large online meetings (any sized meeting)
  - Zoom meetings advice
  - Outreach polling board example questions / survey questions:
    - How broken is our political system? **[Totally | A little | It's OK]**
    - Are politicians working for your interests? **[Yes | Somewhat | No]**
    - Have you heard of deliberative decision making/assemblies? **[Yes | No]**
    - What's of local concern to you? **[Write on a Post-it note]**
- Use template Elections Flyer Front & Back [A5]

Escalatory Potential in a Run Up to Elections

The Bigger Picture

Community Assemblies are part of a bigger plan for Extinction Rebellion and these are also to some degree, driven by significant times in the electoral calendar, such as general, devolved, or local elections. Community Assemblies could be a useful route to **escalate issues raised at local assemblies**, all the way up to Westminster.

During key points in our election cycles, highlighting XR's 3rd Demand to local politicians - or even local officers and councillors in your local authority - gets the idea of real democracy and participation on the radar of those in power, opening conversations on upgrading our democratic systems.

By building understanding of deliberative democracy in relation to a key area of policy, which has been poorly enacted, namely our climate and ecological crisis, we can advocate for **our 3rd demand to demonstrate that there are options to upgrade our democracy generally**, beginning with a citizens' assembly on climate and ecological justice.

In The Climate Concerned Mix

Politicians and Officers of Authorities

Remember, that each local area will have different political backdrops. **Some local authorities may have** declared a climate emergency, while others may still be resisting change. Even where a climate emergency is publicly announced, this may yet not be turning into **adaptation and mitigation** measures where you are.

Your local group or grassroots campaign may or may not have established links with local candidates, politicians, local officers of the council, or may be aware of whom among your politicians is supporting the Climate and Ecology Bill.

Community Groups

There are so many urgent issues facing communities around the UK, whatever the focus for your community assembly, it's all of value in building **active engagement in citizenship**, which can only **strengthen democratic principles and practices**, as face down the risks of societal

breakdown through climate catastrophes we are yet to face.

You may be working alongside allied organisations, who share these concerns, or your groups still may be in the process of building connections and relationships, e.g. through climate centres. More resources will be added to over time on our **Resources** page to help you map your local community and identify whom you can benefit from working with, but we also recommend talking to umbrella organisations for signposting such as the **Council for Voluntary Organisations / Associations** where you are.

Local community organisers may wish to hold an assembly on a topic important to local people. This may or may not have the aim of making **assembly recommendations to take to your local or regional authority**. We strongly recommend that your organising group decide in advance of your assembly which outcomes you all want to achieve when deciding your topic for deliberation. What happens afterwards? Might you want to **escalate action** if local authorities are not responsive to recommendations you share with them (more on this later)?

Seize The Moment!

In the lead up to a **General Election, local election, or during the company reporting season** (at the end of Q4 / 4th Quarter i.e. March annually) **we all have greater influence on power brokers than at any other time**.

In particular, where politicians are in deadlock over issues around our climate and ecological emergency, we can open up conversations around community assemblies and a Citizen's Assembly on Climate and Ecological Justice. We can also help to amplify complementary aims of for instance the Sortition Foundation, Humanity Project, Assemble, or others in the democracy building space. Reach out to anyone who share your values and aspirations, because we have strength in numbers.

The principle of "Here Comes Everyone" still applies in relation to XR's movement building strategy.

If your local authorities are obstructive or dragging their feet on issues of concern to you and others, then alongside your community allies, that is the perfect time to share the ideas arising from local Community Assemblies on those issues and think about how you can best get other groups on board to push for change at a time when party candidates are jockeying for position in elections!

Tips on How To Engage Your Local or Unitary Authority

1. Be aware that **Council elections usually have low turnout and that this helps you!** Local politicians are sensitive to changes in community opinions, particularly those of **influential groups**. Identifying such groups and finding common ground with them will help strengthen your campaign and reach more people.

Map out your key organisations via this **Power Map** tool

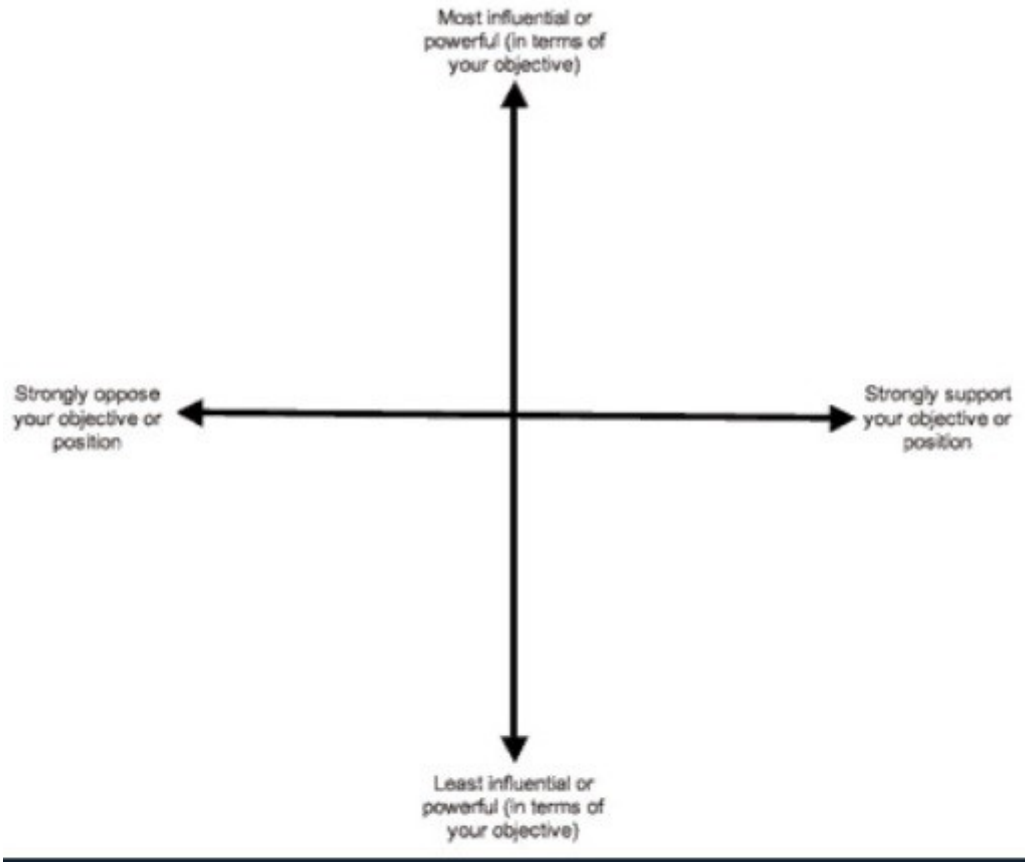


Diagram of a power map.

2. Local politicians are likely to be quite scared of dealing with XR, so start gently. To begin, **contact them by email, attend a surgery, or phone them**. Invite them to **attend your local assembly** or ask for their **support for a campaign**. Think about whatever could work locally.
3. Try to make an appointment to meet with the relevant **Chair of Committee** or **Portfolio Holder** responsible for the issue you're raising, to discuss an assembly or particular campaign ideas. If you can, offer your local XR group's support for a policy that politician is involved with; it will be appreciated and helps to build trust. Talk to XR UK's Political Circle / Political Engagement Cymru for help.

4. In advance of your assembly, give the impression of having lots of **local support** for the issue you're raising (which of course may be the case, such as water pollution). Build your credibility by raising a petition; focus this on local people, they probably won't be interested in the views of others! Alternatively, set up a gathering, run a survey, use social media, take photographs, etc. Contact Councillors to alert them to what you're doing and talk about support gained.

5. Follow up what you do by **submitting Questions to Full Council**, which will make the Council's response public, may be reported in the media, and with prior permission you can film the response and use in social media, to grow interest.

Tipping Point of Community Power!

Extinction Rebellion's strategic aim is to achieve a tipping point of local support that pushes the conversation about a Citizen's Assembly on Climate and Ecological Justice.

Ultimately, we want to reach Westminster ears, plus our devolved and regional authorities. **This can only come from grassroots in numbers**, i.e. us, the people, alongside our allies in the deliberative democracy sphere and elsewhere.

We know our **political systems are broken**. Imagine a proven and more inclusive method of decision making that ensures the interests of people and nature are taken into careful consideration, in all decisions. Imagine decision making where no one is left behind and we transition together, collaboratively to a healthier, fairer society. Mobilising and empowering local people at the grassroots is the starting point...

XR's approach is that over those months leading up to elections, local groups could be taking up nonviolent direct action around their local authorities who refuse to engage with the people.

Of course, your devolved local or regional authority might already be in agreement to implement recommendations from local assemblies... It's already starting to happen. (See Case Studies).

But What if Your Powers that Be Are Not Listening?

If your local authority, a company, or whomever you need to listen doesn't want to take those recommendations on board, or engage with improving community participation in democratic decisions and citizenship, this is the time to **consider escalation**.

So for instance, if your local authority will not support your community in the following ways, you may consider **occupying uncollaborative local or unitary authorities, or corporate offices**.

XR Local Groups have had great success with getting support from allies in some of the following situations where authorities are not collaborating or engaging:

- Your relevant authority refuses to take on board **recommendations arising from well-organised local community assemblies**.
- Your local authority (LA) **refuses to declare a climate and ecological emergency**.
- Your Local Authority scores low on the National Score Card. This Score Card shows progress made by your local council towards achieving net zero across a range of business areas, e.g. buildings, finance, biodiversity, transport, collaboration and engagement, waste and more. Performance in each area of work is scored as a percentage. This is useful information to use in discussions with politicians.
- Your LA refuses to join the UN 'Race To Zero' initiative.

What Does Escalation Mean?

An Assembly Escalation Plan begins with organising your local Community Assembly and collating recommendations for sharing with the decision maker. This could be a local council, regional authority, or even a company such as your local water services provider. In election run-ups, assemblies can have real impact, as candidates want to be seen to be listening to their constituents.

When you share those requests and recommendations with that authority's officers, or local parliamentary / constituency candidates, they may or may not engage. That gives your group the opportunity to build on the original purpose of your assembly with escalatory measures to influence processes. The 'escalatory' approach means applying pressure on local/regional politicians or company board members, to bring about meaningful change, based on the aspirations coming out of your local deliberations.

Find out more on how your campaigning group could follow a set of simple steps to be heard here: 5 Step Escalation Plan .

Need More Pointers?

- If you are not sure about where the decision making powers lie where you are, have a look at the Combined Authorities map to find out who to target.
- View the Introduction to the Community Assembly Escalation Plan Open Call.
- Check out the slideshow used in the call.

If you have any questions on any of the choices of direction you face, or just need to bounce ideas around join our Assemblies Sharing Chat.

Whatever your concerns, take from this guidance what is relevant to your local situation.

Banking, Finance and Divestment

Resources collated from work by XR, Tipping Point and other organisations to help you access the information you need to plan your actions and choose your targets.

Getting organisations to move away from fossil banks

Focus on campaigning for organisations to switch their banking from the worst banks.

Bank Better Campaign Handbook by Tipping Point

This excellent handbook gives the comprehensive info you need to run an effective campaign against an organisation who still use problematic banks.

Full Colour version (Canva) / Text only version (Google doc)

Tailored support

For XR Local Groups can be accessed by contacting bankbetter@tippingpointuk.org.

This support consists of:

- campaign planning
- researching the current banking of the target organisation
- suggestions of what banks they could move to
- connecting them up with similar orgs that are also considering bank switching
- training for LGs in how to run presentations about banks and how to negotiate with decision-makers
- campaign planning (actions/petitions etc)

WhatsApp community

The Umbrella Community on WhatsApp is for people interested in getting organisations to switch banks, with sub-group chats for specific types of campaigns: Bank & Local Government, Banks & Universities, etc.

Tipping Point's How To Bankrupt A Fossil Bank

Recording of this training delivered in January 2024, in collaboration with Switch It Green:

- Access the webinar video here
- Passcode: Jte9Zr$1

Report on Barclays

Details of what's wrong with the new Barclays energy policy (why not to trust them when they say they're not funding fossil fuels any more!)

Elections Action Pack

Upgrade Democracy Time

It’s time to harness the despair and feelings of betrayal, to re-establish democracy and give power and influence back to people.

This pack gives you everything you need in one place to take action to build connections with local people and groups on local issues.

Educate, inform and engage them in Community Assemblies and deliberative democracy.

Imagine we’re like a Wood Wide Web

A social ecosystem connected through common needs, shared resources and a desire to flourish.



The Myceleia Network is a shared biome, where ecosystems flourish without greed, sharing resources where needed. The mycelium underfoot ensures close-by neighbouring trees and plants have the resources (nutrients, water, etc.) they need to flourish. They also have evolved ways to distribute nutrients across an entire network.

This short video shows how Community Assemblies connect us.



The Communities Assemblies Escalation Plan was part of the 2024 XRUK Action's Strategy to upgrade democracy. The current 2025 Movement Strategy also refers to how community assemblies fit into our overall movement building aims and our 2025 Actions Strategy will be out imminently.

Local Authority Performance Intel

Go to My Society to find out where your local authority is at in relation to declarations on the climate emergency and decarbonisation planning. Also, the Climate Action score rating website may help you to find out more detail.

Survey Boards Work

- How to make and use Survey Boards.
- Have a leaflet/flyer to hand out with general information, contact details and your next event.

Why Community Assemblies Matter

- Understand the difference between Community Assemblies, People's Assemblies and Citizens' Assemblies
- Politics is broken, and traditional lobbying techniques of NGO's have little effect when up against think-tank lobbyists.
- Community Assemblies offer part of the solution, giving an experience of how decision making could be.
- Community assemblies can involve people in their local area on local concerns, or happen at a regional level.
- Connect with communities you haven't yet engaged with
- Involve marginalised and disengaged groups
- Engaging local communities with assemblies increases awareness of the potential power of national citizen's assemblies
- More about Why Run Community Assemblies?

How a Community Assembly Might Apply Well-Timed Pressure

- Visit our campaign page on the XRUK website with relevant and useful resources Community Assemblies Escalation Plan.
- Check out our range of guides about how to use the Press to get your messages reaching more people.

What Next?

- Keep this page bookmarked for when elections are on the horizon.
- Look out for Digital Rebellion's 'Do It At Home' actions on Telegram.
- Running Community Assemblies helps political candidates to be more aware of local demands.

Assets

- Create posters /flyers /stickers /QR codes on Aktivisda
- How to set up and run a Community Assembly: 1hr 22mins YouTube video
- Suggested Themes for Actions
- Outreach Methods and Materials
- Social Media How To

Resources and Support

- How to build Community Alliances
- Community Assemblies Manual - Download this for everything you need to know on how to set up and run one.
- Community Assemblies Sharing Telegram chat
- Email: communityassemblies@extinctionrebellion.uk

Example Questions for Candidates

Example Questions for Party Candidates in Local or National Elections

- How have you voted on environmentally related legislative proposals, such as the Climate and Nature Bill, Clive Lewis's private members bill on Water?
- Do you support the idea of a citizen's assembly on intractable environmental issues, such as water management and regulation? What about on Climate and Ecological Justice?
- A local environmental problem?

Questions for Police and Crime Commissioner Candidates

- Subject to the requirements of the Police, Crime, Sentencing and Courts Bill, will you, in your role as Police and Crime Commissioner:
    - Use every means possible to preserve the right of UK citizens to demonstrate and protest non-violently without the risk of arrest?
    - The breakdown of our climate is increasing the frequency and severity of flooding. In anticipation of more extreme weather, with harmful impacts upon communities and infrastructure, given the central role of the police and fire services in responding to these crises, what resources and emergency plans are you proposing and implementing to manage such risks?
    - Will you use your influence to ensure that your organisation declares a climate emergency and that it commits to net zero carbon emissions and if so, when by?

Resources From Non-XR Organisations

The links below give you an idea of other political campaigns and organisations that may be informative about the political landscape in your area. Also there are some good resources that you could use in your own campaigns, assemblies or actions.

- MP Watch: Do you have a current or prospective MP who has climate denial view? If so you may want to look at the work of MP Watch. Also they now have a really useful tool to look up your MP to see what donations they've received and from who.
- Zero Hour - The Climate and Nature Bill: More progressive thinking politicians may already be involved with the Zero Hour project to support a Climate and Nature Bill.
- Vote Climate website: Resource to help you understand more about the views of politicians.
- Planning Hustings - Friends of the Earth: If you’re thinking about holding a hustings for an upcoming election, Friends of the Earth have produced some extensive guidance. Including tips on how to organise and structure a hustings, as well as important guidance on how to remain politically impartial.
- Project Vote Climate - Greenpeace campaign: There could be an active Greenpeace group in your area focusing on this. It might be possible to connect with them on actions or assemblies.

Climate and Nature Bill

XRUK is supporting Zero Hour's digital campaign to lobby MPs to attend the Second Reading of the Climate & Nature Bill.

To note: this action is on hold until the Second Reading is resumed. The next scheduled date for this is 29th May 2026.

What is the Climate & Nature (CAN) Bill?

The CAN Bill is a private members' bill, originally proposed by Caroline Lucas MP. It sets out a comprehensive and joined-up set of policies to address the climate and environmental crises.

Most private members' bills fail, but the best chance of success is when they are introduced through the ballot process, where MPs who are successful in the ballot can decide which bill to bring, as it guarantees that the bill will be given time to be debated properly in the House of Commons. This is now the case for the CAN Bill as Roz Savage MP has been successful in the ballot and agreed to bring the CAN Bill.

The First Reading is a formality and has already occurred. The crucial next stage is the Second reading on 24th January 2025. A minimum of 102 MPs must attend the reading in-person and vote in support of the bill in order for it to proceed to the next stages. Although over 180 MPs have declared their support for the bill, 24th January is a Friday when many MPs would normally be back in their constituencies, so supporting MPs will need to make a conscious decision to stay in London for the vote.

There are still many hurdles beyond the Second Reading, but provided that these can be successfully overcome it may be possible for the bill to achieve Royal Assent by Oct/Nov 2025 .

The stages involved in this process are explained here.

Why is XRUK supporting Zero Hour's campaign?

XR has supported Zero Hour's campaign for the Climate & Nature Bill (originally called the Climate & Ecology Bill) since its inception, and some of the key people in Zero Hour were previously in XR.

A central element of the CAN Bill is a citizens' assembly, to help decide how the provisions of the Act (once passed into legislation) should be implemented.

Although not the same as the Third Demand, passage of the CAN Bill into law would be a massive step forward, and pave the way for a true citizens' assembly on climate and ecological justice.

Irrespective of the citizens' assembly, the bill offers a route to getting comprehensive, joined-up, science-based legislation in place to address the climate and ecological emergencies.

Take Action - Email Your MP!

Zero Hour have been campaigning to get the Climate & Nature Bill adopted and then passed into law by the UK Government. The next step is to ask MPs to support the Bill. Zero Hour have produced several template letters, and a web page to select the correct one for your MP:

- "Thank You" email for an MP supporting the Bill, and committed to attending the debate.
- "Please attend" email for an MP supporting, but not yet attending.
- "Please support and attend" email for an MP silent on the issue so far.
- An email to get support from local councillors, for an MP known to be hostile to the Bill.

To access the correct email template for your MP - use the Zero Hour's website:

- **Search by postcode - (note this doesn't currently work on all internet browsers)**
- **Search by constituency - the constituencies are clickable links that take you to the next step**

You'll find lots of information on these pages about your MP, some instructions, some example text to edit, a form to enter your details (emails to MPs are never anonymous) and finally a button to take you to the next step.

It is much easier to do all this from a laptop instead of a phone.

Take Action - Phone Your MP

Calling your MP's office is a fantastic way to get a direct response on their attendance at the second reading in parliament on 24 January 2025, to vote in support of the CAN Bill.

- View the suggested script on page 4 of the Digital Week Action Pack.

Take Action - Social Media

Ask your MP to pledge publicly on social media and amplify the action Use Zero Hours' Digital Week Action Pack to:

- Find posts tailored to your specific MP.
- Share existing posts to amplify the action.
- Download digital assets to create your own posts.

Cut The Ties



CUT THE TIES TO FOSSIL FUELS are an autonomous campaign external to XRUK. They take nonviolent direct action against anyone that enables the fossil fuel industry.

Join the **telegram chat** to get info on latest actions.

Follow on social media:

- Bluesky
- TikTok
- Instagram
- Facebook
- LinkedIn

Go to the Cut Tue Ties website to sign up to their mailing list to keep up to date with the campaign.


CUT THE TIES
TO FOSSIL FUELS
CUT THE TIES
TO FOSSIL FUELS

Social Justice

Introduction- Why focus on Social Justice?



Climate Justice and Social Justice are inherently linked as the climate and ecological emergency threatens the existence of those most vulnerable in our communities.

Outlined in this pack are a few ideas and resources to help get your action planning juices flowing and give you some inspiration for actions you can do in your local area.

To achieve our goal of mass mobilisation, we need everyone, we need you. These Ideas are only suggestions and we encourage you to think about what affects your local community and how you can tie in your existing campaigns.



What Does This Have To Do With The Climate and Ecological Emergency?

Marginalised groups and people already struggling with poverty and inequality will be the first to feel the effects of the climate and ecological emergency.

The climate crisis is at least in part due to the current and historic oppression and exploitation of those most impoverished and vulnerable in our communities and around the world.

As the effects of the climate and ecological emergency worsen, resources such as money, food, healthcare, housing and water will become scarce. This will affect everybody but none more so than vulnerable groups such as: Low-income countries & households, people of colour, indigenous people, women, trans people, young people and disabled people. It is important that we stand together in solidarity against all injustice if we hope to tackle this crisis.

There are many ways in which we can do this even from home! It is also important to note that this is an action pack and so all about direct action but a big part of the journey towards action is education. Educating ourselves on what the effects on marginalised communities from the climate crisis are, can be a great tool of empowerment in direct action.

Social Justice

Potential Targets & Action Ideas



Housing

The housing crisis is forcing more and more people out of homes and onto the streets with more unaffordable houses being built and left to sit empty.

Housing Rebellion Action Pack

Cost of Living Crisis

The cost of living crisis is affecting all of us apart from the 1%.

Dirty Water

Access to clean water should be a human right, yet our waterways are being filled with polution.

Dirty Water Action Pack

Discrimination

When times get tough we need to stand together yet mainstream media is trying to pull us apart, it’s time to tell the truth.

Rebel For Truth Pack

Healthcare

The climate crisis is already causing global health problems and yet we face record waiting times due to a chronically underfunded national healthcare system.

Other ideas

Rebel Toolkit Actions Shelf

Take Action at Home

Direct action should be accessible to everybody and doesn’t always need to be about taking action from on the streets. A great way to take action is to rebel from home.

X (formerly Twitter) storms

X storms are a great way to rebel from home. Create a template tweet with some of the messaging and hashtags here and encourage others to send their tweets with you all at the same time.

Emailing companies

Email the company you are targeting and explain how you would like them to change. With enough pressure from the public, companies may consider changing for the better.

Leaving reviews

Bad reviews affect company image but also are a way of making the public more aware of what these climate criminals are doing.

Blocking phone lines

Get a group together and call up the targets customer service line. This can create a block in their phone lines and stop them from calling other people to advertise their services. Remember to remain kind and respectful. We do not blame and shame individuals. The company is the real climate criminal, not the workers.

Using your voice

If you have a social media presence, use your voice to educate others on social justice and the CEE (climate and ecological emergency).

More about rebelling from home

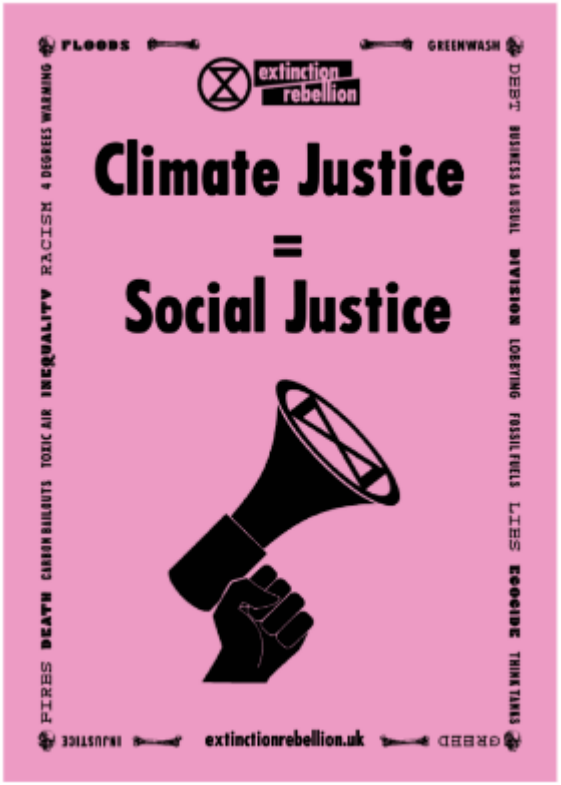
Digital Rebellion Rebel Toolkit Page

Messaging Social Justice Actions

Below are some messaging resources for the social justice theme.

Leaflets

- Download Editable Front Template Here
- Download Editable Back Template Here
- Download Front Template Here
- Download Back Template Here





Hashtags

- #SocialJustice

- #ClimateJustice=SocialJustice
- #UpgradeDemocracy
- #TellTheTruth

More Media and Messaging Resources:

Make Your Action Visible

Rebel Toolkit: Make your group visible

How to do media for your action

Rebel Toolkit: How to do media for your action

Photography Tips

Rebel Toolkit: Photography & Videography

More resources

Social Justice Reading

- Greenpeace Climate Justice and Social Justice: Two Sides of the Same Coin
- The Fund for Global Human Rights Climate Justice Is Social Justice

General Resources when Action Planning

Planning Actions

- Rebel Toolkit: Actions Shelf
- Action Planners Circle (APC) Mattermost Reception Channel

Media & Messaging

- Rebel Toolkit: Media & Messaging Shelf
- Comms Request Form (Google doc)

Action Support

- Rebel Toolkit: Actions Support Book
- Actions Support: Mattermost Reception Channel

Legal

- Rebel Toolkit: Arrestee & Legal Support Book

Questions? Contact Actions Circle

- Actions Circle: Mattermost Reception Channel
- Email us at XR-Action@protonmail.com

Global Justice

Global Justice

What Does Global Justice Have to do With the Climate Crisis?



Global Justice and climate justice are inherently linked, as climate change devastates countries around the world but particularly in the global south. These countries have fewer resources for dealing with climate catastrophe and often have much more harsh punishments for climate activism.

Outlined in this pack are a few ideas and resources to help get your action planning juices flowing and give you some inspiration for actions you can do in your local area.

To achieve our goal of mass mobilisation we need everyone- we need you. These Ideas are only suggestions and we encourage you to think about what affects your local community and how you can tie in your existing campaigns.



Countries in the global south are some of the first to feel the effects of climate breakdown and often get blamed for the rise in temperatures.

Yet it is high income global north countries who produce the majority of the cumulative greenhouse gas emissions.

This follows a history of colonisation and global unrest. Climate change exacerbates existing inequalities such as food & water scarcity, poverty and access to housing. This in turn makes it harder for low income countries to prepare for climate breakdown.

Conflict and arms trades, which are sadly so prevalent in our world today, also exacerbate the effects of climate change. There is already data that suggests that the number of conflicts is rising, along with the global temperature increase. This is a trend we are likely to see continue as the earth continues to heat, and the impacts of the climate emergency become more acute.

Global Justice

Potential Targets & Action Ideas



Conflict & the Arms Trade

There are many conflicts happening across the globe as we speak. Peace is beneficial to all, including the earth. It is estimated 5.5% of global emissions come from militarism, which is equivalent to 2.2 billion tons of CO2. Get people informed about this: War & Peace Messaging Pack

Fundraising for Global South Activists

Activists in the global south have been protecting the earth for generations. They do not have the same access to resources as we do, let's help them out: Fundraising Methods

To find out where to send the money contact The XRUK Rebel Hive at: hive@extinctionrebellion.uk.

Collaborating with Other Countries

Collaborating with other countries on actions that have a global impact is a great way to practise active solidarity.

To find out how to connect with other countries, contact the XRUK Rebel Hive at hive@extinctionrebellion.uk.

Education

Outreach & Education is another great way to raise the alarm about the global effects of the climate & ecological emergency: Rebel Toolkit Outreach Shelf.

Other Ideas

Rebel Toolkit Actions Shelf

Take Action at Home

Check out these ideas to Take Action from Home, and use the Global Justice messaging page to plan your actions.

Global Justice

Messaging Global Justice Actions

Below are some messaging resources for the global justice theme.

War & Peace Messaging Guidelines

Leaflets

- Download EditableFront Template Here
- Download Editable Back Template Here
- Download Front of flyer here
- Download Back of flyer here
- War & Peace Flyers





Hashtags

- #GlobalJustice
- #UpgradeDemocracy
- #TellTheTruth

More Media and Messaging Resources:

Make Your Action Visible

Rebel Toolkit: Make your group visible

How to do media for your action

Rebel Toolkit: How to do media for your action

Photography Tips

Rebel Toolkit: Photography & Videography

More Resources

Global Justice Reading

- Generation Climate Europe- Global North and Global South: How Climate Change Uncovers Global Inequalities
- Fair Planet- How Climate Colonialism Affects The Global South
- Nation Cymru- The Arms Trade and The Climate Crisis

General Resources when Action Planning

Planning Actions

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- Email us at XR-Action@protonmail.com

Ecological Justice

Introduction



Biodiversity loss has one of the most clear connections to the climate crisis with many species either dying out or having to migrate due to their habitat being destroyed.

Ecological justice month covers the effects of climate breakdown on our natural environment, whether this be biodiversity loss, wildfires and their effect on both human and non human species or the negative impacts of factory farming.

Outlined in this pack are a few ideas and resources to help get your action planning juices flowing and give you some inspiration for actions you can do in your local area.

To achieve our goal of mass mobilisation, we need everyone, we need you.

These Ideas are only suggestions and we encourage you to think about what affects your local community and how you can tie in your existing campaigns.

Ecological Justice

Potential Targets & Action Ideas



Flooding

Flooding not only impacts humans but also causes loss of habitat for non-human animals: Flooding rebel toolkit page.

Agriculture and Food Production

Agriculture and food production contribute to climate breakdown in many ways and the current mass production culture is contributing to the loss of work for many local farmers.

Dirty Water

The continued pollution of our waterways affects not only us but also many of the waterborne species in our rivers: Dirty Water Action Pack.

Rebellious Rewilding

Rebel rewilding is a great way to have a direct impact on your life and your local community: Rebellious Rewilding Ideas on slides 5-7 (Google doc).

Wildfires

Wildfires will continue to blaze as global temperatures increase. Though it may be hard to have a direct impact, even sharing information about wildfires on social media can be a great way to educate others.

Heat

The rise in temperatures affects everyone, especially those most vulnerable in our society and the natural environment: Heat Strike website.

Take Action at Home

Check out these ideas to Take Action from Home, and use the Global Justice messaging page to plan your actions.

Other Ideas

Rebel Toolkit Actions Shelf

Messaging Ecological Justice Actions

Below are some messaging resources for the ecological justice theme.

Restore Nature Now Messaging Guidelines

Hashtags

- #RestoreNatureNow
- #ExtinctionRebellion

More Media and Messaging Resources:

Make Your Action Visible

Rebel Toolkit: Make your group visible

How to do media for your action

Rebel Toolkit: How to do media for your action

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