

# Know Your Rights

Where possible our Legal Support team will deliver a Know Your Rights training either in person or via zoom. However as this is not always possible, we have collated key information within the guide below:

<https://informeddissent.info/knowyourrights>

There are 2 main routes to doing Know Your Rights training online:

1. [Training on Rebellion Academy](#). This can be taken in your own time and is XR specific. The module goes through the legal information and basic advice about taking part in civil disobedience.
2. Zoom training with [Green and Black Cross](#). This is a good option if you want to be able to ask for questions and clarifications, but is not always available.

If you would like to arrange a specific Know Your Rights training session (for example, for your Local or Community Group) please contact Legal Support on [xr-legal@riseup.net](mailto:xr-legal@riseup.net)  
This may not always be possible and is dependent on the teams capacity.

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