

Introduction

Extinction Rebellion as a movement is non-party political; we use the phrase 'Beyond Politics' to describe our position. This is due to our Third Demand to **upgrade democracy** and promote the use of **Citizens' Assemblies**. We demand a **Citizens' Assembly on Climate and Ecological Justice**.

A recently emerging '**Water Pressure**' campaign demands a **Citizens' Assembly on Water**.

Meantime, we are still currently suffering within the outdated and unfit for purpose first-past-the-post party political system. To have any influence at all, we need to engage with that, especially in the run-up to the UK general elections, elections in the devolved parliaments and local elections.

Whilst being mindful of not using up too much of our energy and capacity engaging with corrupt and failing systems of governance, some in-house and sister organisations are working in the area of enhancing democracy and who have resources available for us to use. You can find out more about allied organisations in our [Citizen's Assembly book](#) here on the Rebel Toolkit.

There are certain times when it might be useful to get more involved in political issues.
