

# Prepare for Action

# Resources

Hello and Welcome! Thank you for attending the Prepare for Action [PfA] Workshop. PfA is one of the foundations workshops that will help you to get the most out of Extinction Rebellion. We hope that you found it both informative and thought-provoking. This is where you will find further information, the links that we mention during the video and comprehensive guidance for facilitators.

- [Prepare for Action Training](#)
- [Post Training Information](#)
- [What's Next?](#)
- [Allies: Prepare for Action](#)
- [Guidance for PfA facilitators](#)

# Prepare for Action Training



This training is essential for anyone who wants to stay safe whilst exercising their right to create change through peaceful civil disobedience.

It includes a mix of information, discussion and practice. By the end, you will have an understanding of how our methods work, how we organise, how we stay safe and support each other. It also includes disabled people's rights to protest and at a protest.

We have taken great care to give you the most up to date information so that you know how to safely take Nonviolent Direct Action. It would be greatly appreciated if you would [make a donation](#) to XR so that we may continue our work.

We always strive to be accessible and inclusive. If you have any questions or comments or would like to request a Prepare for Action workshop, please email us at [PfA@extinctionrebellion.uk](mailto:PfA@extinctionrebellion.uk).

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The workshop is in video format backed up by information on the Rebel Toolkit and facilitator notes. COMING SOON!

In-person training may be available locally. Check with your local or regional group. To find contact details, use the [UK Local Group map](#).

The PfA workshop can run in tandem with national action briefings and can also be shared with allies and partners to support collaborative actions.

There are links to basic protest law for England and Cymru Wales, and we recommend reading this information for [Scotland](#), [Northern Ireland](#) and [Eire Ireland](#).

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If you have any questions, please email us on: [pfa@extinctionrebellion.uk](mailto:pfa@extinctionrebellion.uk).

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### **Post Training Resources**

Coming soon!

# Post Training Information

Hello and Welcome! This page is for people who attended a Prepare for Action workshop. Your facilitator will have given you the link to this page where you will find all of the information referred to during the video.

Nonviolent Direct Action or Peaceful Civil Disobedience is one of the foundations that will help you to get the most out of XR. We hope that you found it informative and thought-provoking.

Additional Information:

- OMBRA
- Principles and values rebel code
- Training to be an action supporter
- Know your Rights training
- Sources of protest law information
- The disability rights to protest guide

Most people will have done this workshop as a part of a group. Although it is OK for a person to watch this video alone, much of the value of being a part of a facilitated group will have been missed. You will find PfA workshop dates here.

We have taken great care to give you the most up to date information, so that you know how to safely take Non violent Direct action. It would be greatly appreciated if you would make a donation to XR using this link so that we may continue our work.

If you have any questions or would like to contact us you can email us here.

If you want to watch the video again in your own time here is the YouTube link. You can also use this link to share the video with other people.

If you are interested in running PfA workshops there is guidance for facilitators here. Or you can contact us here if you want to request one run by our trainers.

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If you have never been to the Rebel Toolkit before here is an [explainer](#).

# What's Next?

## **Thinking about joining XR?**

If you want to know more about joining XR go to our welcome shelf.

## **Where is my nearest group?**

If you are wondering what to do next you can find your nearest group or community here and your nearest action here.

Other training that complements PfA are I2XR, GI and TWWW and can be found here.

## **How can I help?**

If you are an experienced trainer and want to get involved you can contact us here.

We have taken great care to give you the most up to date information, so that you know how to safely take Non violent Direct action. It would be greatly appreciated if you would make a donation to XR using this link so that we may continue our work.

If you have any questions or would like to contact us you can email us.

If you want to watch the video again in your own time here is the YouTube link. You can also use this link to share the video with other people.

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If you have never been to the Rebel Toolkit before here is an [explainer](#).

# Allies: Prepare for Action

This page is for you if you are part of an organisation allied to Extinction Rebellion's [XR] Three Demands. You are welcome to use this video with your own organisation or group if you are planning a Nonviolent Direct Action [NVDA].

We take great care to make sure that the content including the legal section is correct. If you make any modifications you must make it clear that the content is not endorsed by Extinction Rebellion.

You are welcome to use **this video** with your members, especially if you are planning to collaborate with us. It will help us all to work together and keep each other safe.

The **facilitator notes** will help you to get the most out of the session.

We have worked diligently to provide the most up to date information so that you know how to safely take Nonviolent Direct Action. It would be greatly appreciated if you would [make a donation](#) to XR so that we may continue our work.

You will find your local XR group on [this map](#) and if you have any questions or would like to get in touch you can email us at [pfa@extinctionrebellion.uk](mailto:pfa@extinctionrebellion.uk).

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If you have never been to the Rebel Toolkit before here is an [explainer](#).

# Guidance for PfA facilitators

Facilitators are the 'third trainer' alongside the speakers in the video.

They are essential to the experience of the attendees, from organising the group, leading discussions and practices, and giving post session information.

Using the comprehensive video and guidance for facilitators means that anyone can organise a PfA workshop. This might be to help with:

- local or region groups
- onboarding new rebels
- preparing for action
- planning an action with allied organisations