

# 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](#).

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