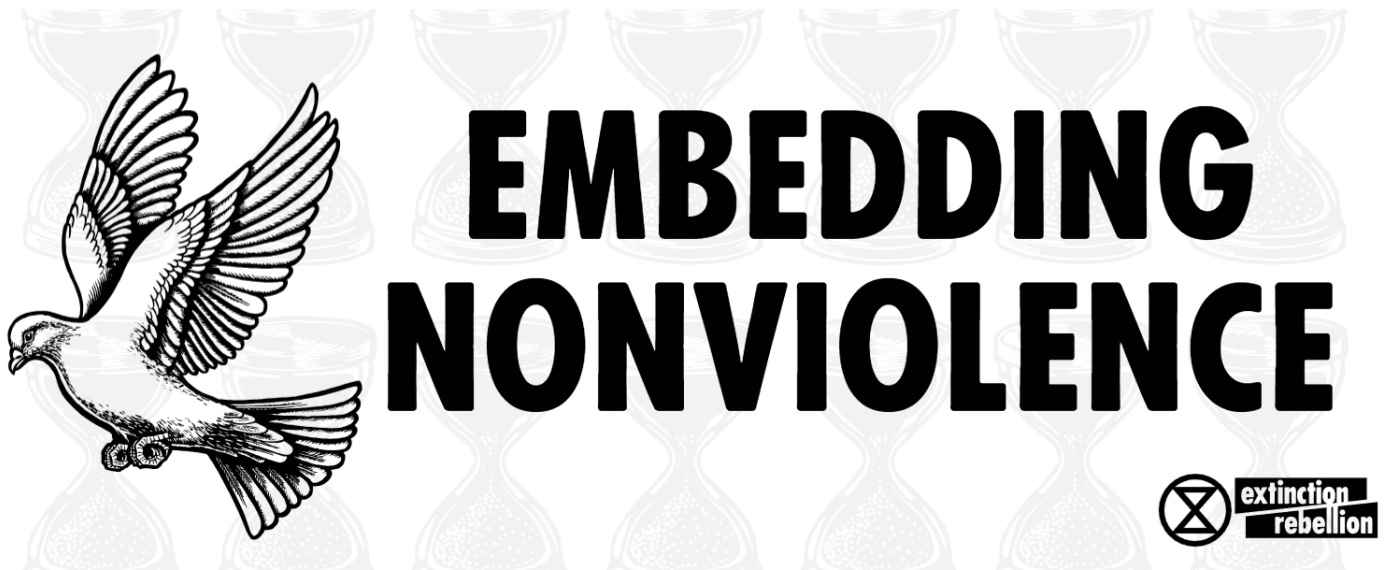


# De-escalation Training



## What is this training about?

Nonviolent action is about confrontation. By acting, we engage in conflict with others, intervening in their daily lives and disrupting them. This raises tension, which can increase the risk that somebody gets hurt.

Nonviolent communication grants us the ability to engage with other people without causing them unintentional harm. It invites us to move away from notions of blame and judgement, to foster a quality of connection rooted in empathy.

In the context of a rebellious action, we can use this method of communication to manage tension during a confrontation between parties on the street. This can involve members of the public, police or protesters. By intervening in hostile encounters we may be able to recognise feelings of alienation and agitation and help them transform into solidarity and optimism.

This training will allow you to understand, discuss and try out some de-escalation skills - using scenarios appropriate for XR actions.

## Format

Sessions are held over zoom and last 1 hour.

## When?

De-escalation Training is usually held in the run-up to large events where de-escalation may be needed.

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All dates, times, and registration info for XRUK Talks and Trainings can be found via:

- [Movement Broadcast](#)
- [XRUK Talks and Trainings Facebook Page](#)

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

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