

Nonviolent Direct Action (NVDA)



Explore how nonviolence works, the action cycle, de-escalation and find your place in XR.....

Through the use of information and discussion you will explore nonviolence, civil resistance, the action cycle and learn skills of de-escalation and basic decision making.

The focus of this training is you - we recognise that everyone is different and we will help you to explore how you feel about taking part in an action and how to stretch your personal comfort zones.

You will leave with a new level of understanding of how XR works and lots of ideas about what to do next.

Who is this training for?

Anyone who wants to attend an XR action or protest, no matter whether you want to be arrested or not.

Where to find the training

NVDA online training is available twice monthly on a Sunday morning and you can register [here](#).

It is also advertised on the [Movement Broadcast](#), via the [XRUK Talks and Trainings Facebook Page](#) and on the [XRUK website Events page](#) (use the filter view to search)

In person training may be available locally and there is a short street version for basic skills at an action.

Using links to advertise trainings on email and in chats

If you are looking for a link to advertise any of these talks and trainings below use the long link when sending via Action Network emails ([read more on this issue here](#)), but you can use the short link in chats.

Long Link for emails : https://actionnetwork.org/event_campaigns/nonviolent-direct-action-workshops

Short Link for chats : <https://xrb.link/kf0HXI>

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 nvda_xr@protonmail.com
