

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.

Links to

- 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. (<https://rebeltoolkit.extinctionrebellion.uk/uploads/images/gallery/2026-05/scaled-1680-1778055952499.png>)] (<https://rebeltoolkit.extinctionrebellion.uk/uploads/images/gallery/2026-05/image-1778055952499.png>)

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.

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