

Prepare for Action (Nonviolent Direct Action)

NVDA is being replaced by Prepare for Action, a shorter training session which has less overlap with other training sessions such as Welcome to XR.



Prepare for Action (PfA)

[Register for a training session here](#)

Prepare for Action (PfA) is a 1.5 hour training which focuses on what we all need to know when taking part in any XR activity.

We'll cover:

- what is nonviolence and why is it essential?
- how to keep secure
- understanding the action cycle
- our relationship with the police
- how to de-escalate difficult situations
- understanding Action Support

- Legal Support and bustcards
- making fast group decisions
- and more!

This is an inclusive workshop with space to reflect and ask questions. It covers the most up-to-date information on XR actions.

After the training, you'll receive a follow-up email with useful in-depth information and links to relevant resources.

Who is the training for?

Whether you are relatively new to XR or a seasoned rebel, PfA is for you. Because it is a recently refreshed training, it provides the perfect opportunity for people wanting to recap their older NVDA training knowledge and refresh their energy for taking action.

Where to find the training

[Register for an online training session here.](#)

Prepare for Action training is 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).

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

[Register for an online training session 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 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**](mailto:nvda_xr@protonmail.com)
