

Prepare for Action (Nonviolent Direct Action)

NVDA has been replaced by Prepare for Action, a shorter training session which has less overlap with other training sessions such as Welcome to XR.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

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 at: PfA@extinctionrebellion.uk
