

# Prepare for Action



Prepare for Action (PfA) is a 90 minute workshop for new people who have attended the Intro to XR talk and Get Involved session, or for existing rebels wanting the latest information about taking part in any kind of 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.

Afterwards 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 before taking action.

[Register for a PfA workshop](#)

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

---

## Local Groups - how to promote our talks & training

Action Network emails: it's **important** to use the long link

- [https://actionnetwork.org/event\\_campaigns/prepare-for-action-workshops](https://actionnetwork.org/event_campaigns/prepare-for-action-workshops)
- [Find out why here](#)

Chats: use the short link

- <https://xrb.link/Wz961Uk05>

Prepare for Action training is advertised on the [Movement Broadcast](#), on the [XRUK Talks and Trainings Facebook Page](#) and on the [XRUK website Events Calendar](#) (use the filter view to search).

If you have any questions, please email us at: [PfA@extinctionrebellion.uk](mailto:PfA@extinctionrebellion.uk)

---