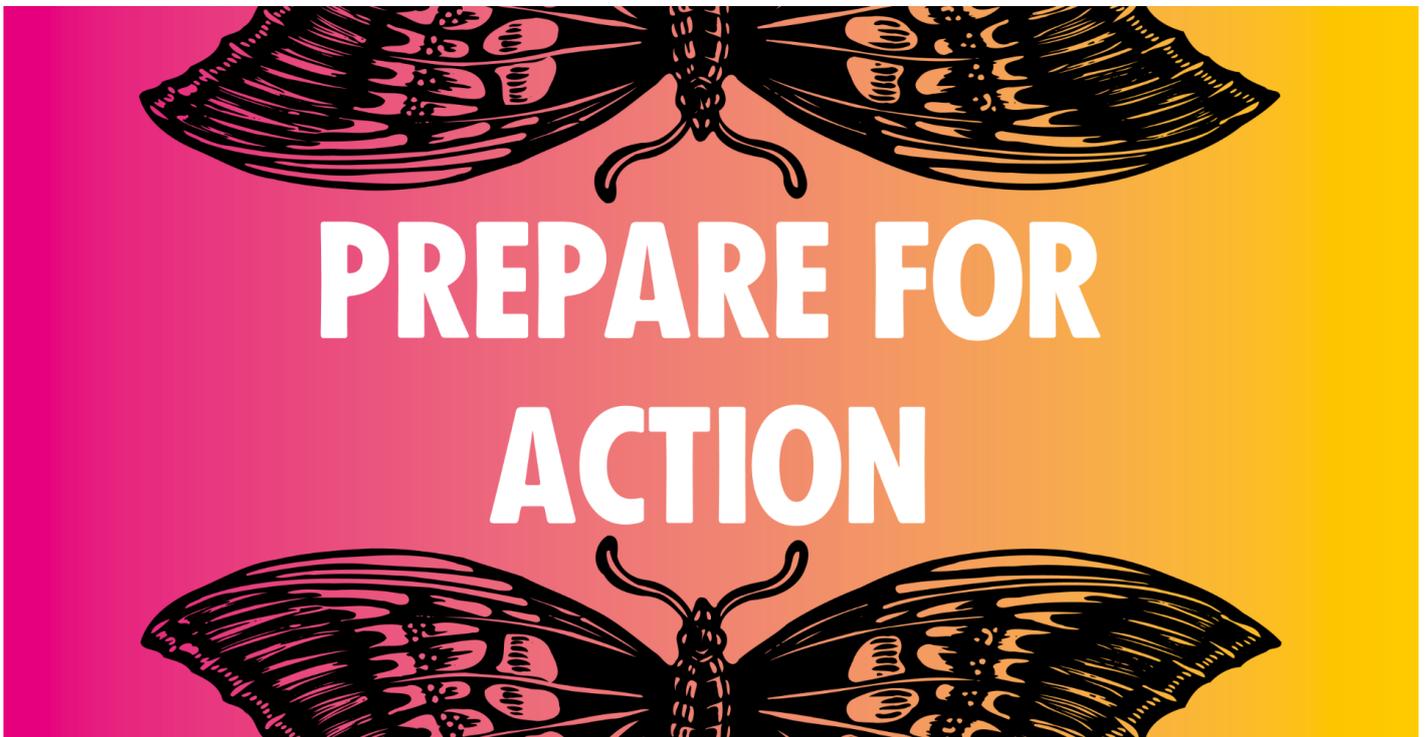


Prepare for Action



Prepare for Action (PfA)

'Prepare for Action' is a 90 minute workshop for new people who have attended Intro to XR and Get Involved sessions, 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.

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.

Register for an online training session here

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/prepare-for-action-workshops Preferably also adding ?source=XXXX to help indicate where the person has signed up. e.g. ?source=RebelToolkit or ?source=Facebook
- Short Links can be used for chats.

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).

If you have any questions, please email us at: PfA@extinctionrebellion.uk
