

# Ways to do outreach

Survey boards, festivals, films, welcome hubs, talking to family and friends, flyposting and more.

- [Survey Boards](#)
- [Outreach Hubs](#)
- [Festivals](#)
- [Film Screening](#)
- [FlyPosting](#)
- [Talking to Family and Friends](#)
- [Doorknocking](#)
- [How to Host a House Meeting](#)

# Survey Boards

**Survey boards are a great outreach method and have proved to be really effective and fun to use.** Rebels have said that the boards can be an easy method to initiate conversations as people are curious about the boards and approach your stall more readily. We have presented two board design options below for groups to try.

Just use whatever software you have (e.g. Word, or Google Docs) to write out the words you want on your board and print BIG!

There are a few versions for these boards for you to get inspiration from. Each type will lead to different conversations, and comes with some guidance on how to use them.

- **#1 Original - used for The Big One**
- **#2 Deliberative - with more choices**
- **#3 Nature focus - used for Restore Nature Now**
- **#4 Nature focus (table top version with pie-charts and Welsh translation)**
- **Producing the boards**

## Board Designs

### #1: Original



- Pros
  - Easy to make
  - Straightforward and quick for public to participate in it
  - Easy for rebels to facilitate - does not require a lot of knowledge
- Cons

- Because it is a relatively quick and superficial engagement, it may be less intense or emotional so buy-in to take action as a result of the interaction may be less likely

### Question 1 (First Panel)

How concerned are you about the climate crisis?

⇒ Either use a scale of 1-5 where 1 is 'not worried' and 5 is 'terrified', or 1-5 different choices, for example

1. Not Worried
2. Bit Uneasy
3. Quite Worried
4. Seriously Concerned
5. Terrified

### Question 2 (Second Panel)

Do you think that the UK Government is doing enough? (optional 'about it?')

⇒ Use a scale of 1-5 where 1 is 'They're hopeless' and 5 is 'They're doing a great job'

Or just use the [emojis from the template](#).

### Question 3 (Third panel)

Would you consider going to [INSERT UPCOMING EVENT] (between/from) [INSERT DATE] (optional - 'to call for an end to the fossil fuel era?')

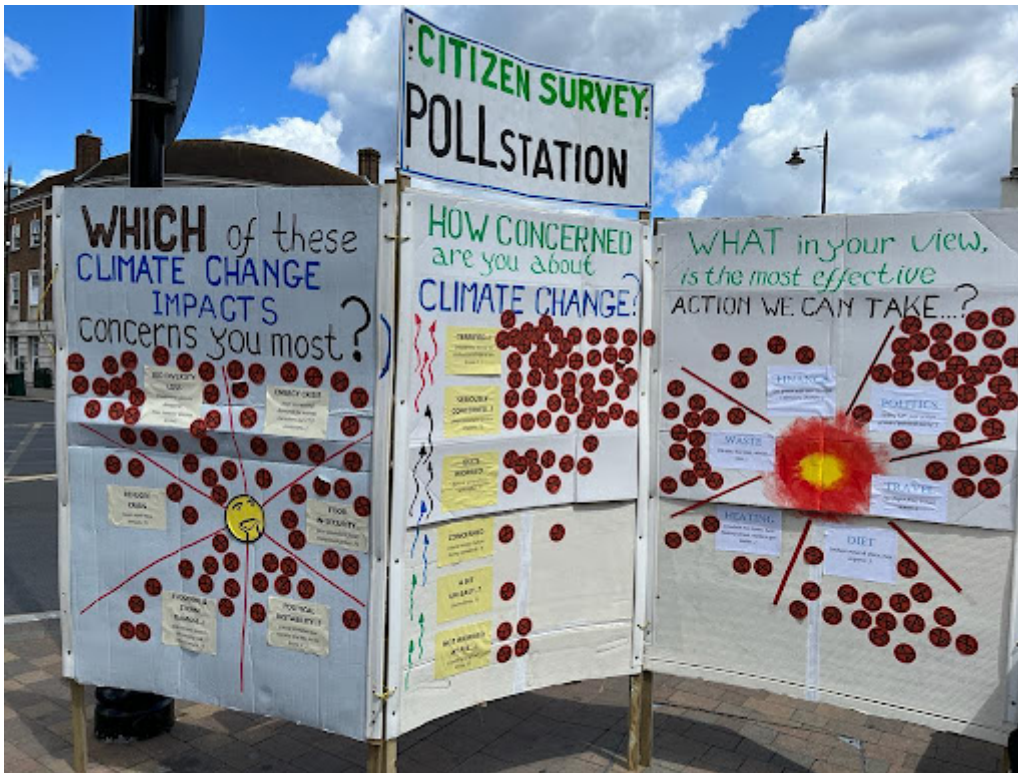
⇒ People add sticker if they are 'considering' and don't if they aren't (no need for Yes/No)

Optional text to print 'sign up to our email list here...' and 'keep yourself informed...'

Possible additions - but keep things neat and tidy

- Big QR code and [joinxr.uk/xxxxxx](https://joinxr.uk/xxxxxx) link so people can sign up immediately (local group QR codes can be found [here](#))
- A date, place and time of your next event/meeting

## #2: The Deliberative One



- Pros
  - The questions are more open-ended with fewer obvious or 'correct' answers which can facilitate deeper and more genuine reflection and discussion.
  - This deeper engagement with people's concerns could lead to greater commitment to action.
- Cons
  - It might be trickier to produce the boards.
  - The more open ended questions may require slightly more facilitation and active listening.

### Question 1 (First Panel)

How concerned are you about the climate crisis?

⇒ Either use a scale of 1-5 where 1 is 'not worried' and 5 is 'terrified', or 1-5 different choices, for example

1. Not Worried
2. Bit Uneasy
3. Quite Worried
4. Seriously Concerned
5. Terrified

### Question 2 (Second Panel)

Which of these climate impacts concerns you most? You can choose more than one answer.

⇒ Divide the panel up into sections where participants can place their stickers:

1. Extreme weather, e.g. flooding, drought and heatwaves
2. Political Instability
3. Wildlife loss and destruction
4. Energy crisis
5. Food insecurity
6. Pollution
7. Other

### **Question 3 (Third Panel)**

Do you think that our Government is doing enough?

⇒ Use a scale of 1-5 where 1 is 'They're hopeless' and 5 is 'They're doing a great job'

Or just use the [emojis from the template](#).

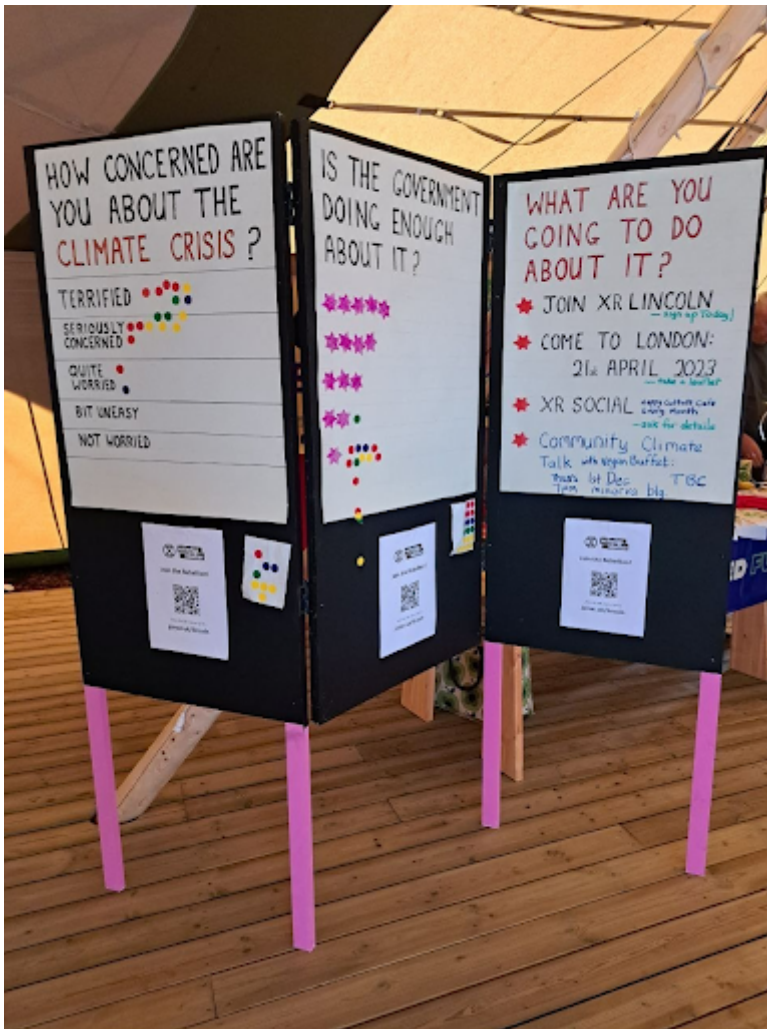
### **Question 4 (Fourth Panel)**

How could we as ordinary citizens put enough pressure on our government for it to act more urgently? Choose the options that are most effective.

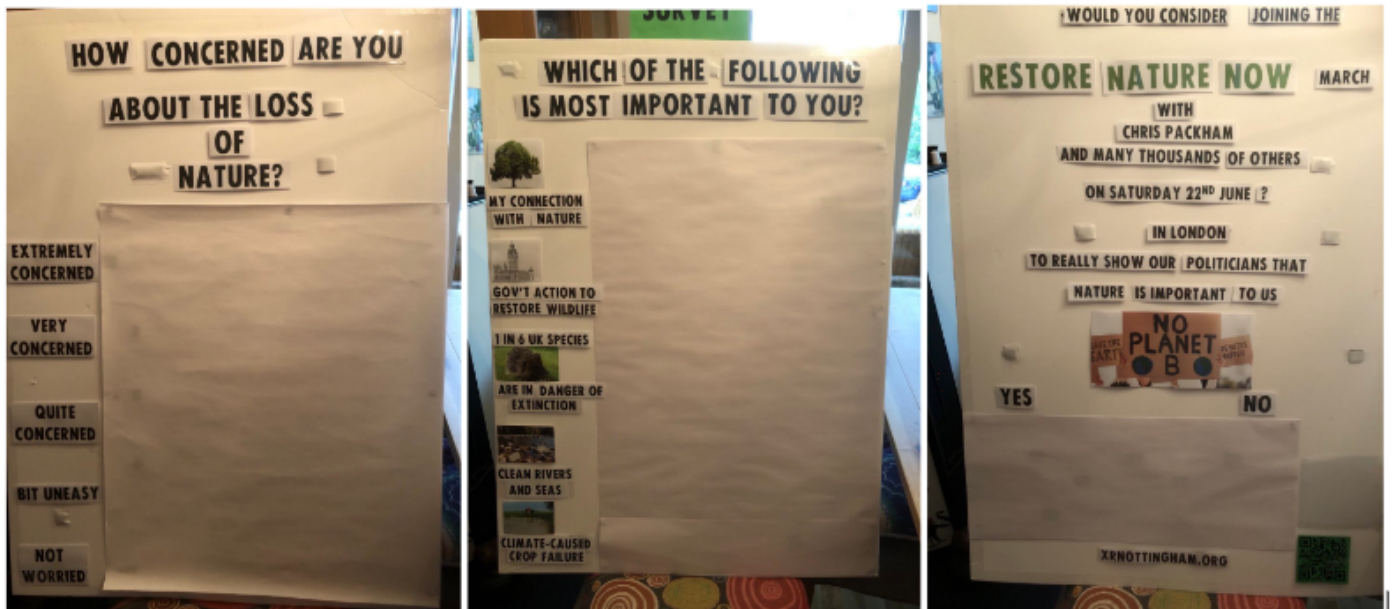
⇒ Divide the panel up into sections where participants can place their stickers:

1. General strike
2. Tax strike
3. Petitions
4. Get professionals/notables to sign open letter to MP
5. Mass marches
6. Lobbying together with a pressure group
7. Take part in mass civil disobedience
8. Creative stunts & actions





### #3- The Nature One



#### Question 1 (First Panel)

How concerned are you about the loss of nature?

⇒ Either use a scale of 1-5 where 1 is 'not worried' and 5 is 'terrified', or 1-5 different choices, for example

1. Not Worried
2. Bit Uneasy
3. Quite Concerned
4. Very Concerned
5. Seriously Concerned

### Question 2 (Second Panel)

Which of the following is most important to you? You can choose more than one answer.

⇒ Divide the panel up into sections where participants can place their stickers:

1. My connection with nature
2. Government action to restore wildlife
3. 1 in 6 species are in danger of extinction
4. Clean rivers and seas
5. Climate caused crop failure

### Question 3 (Third panel)

This is the 'commitment' questions, something they can do. The following text was used for Restore Nature Now - but you could change it to a local event or action or even 'sign up to our email list'.

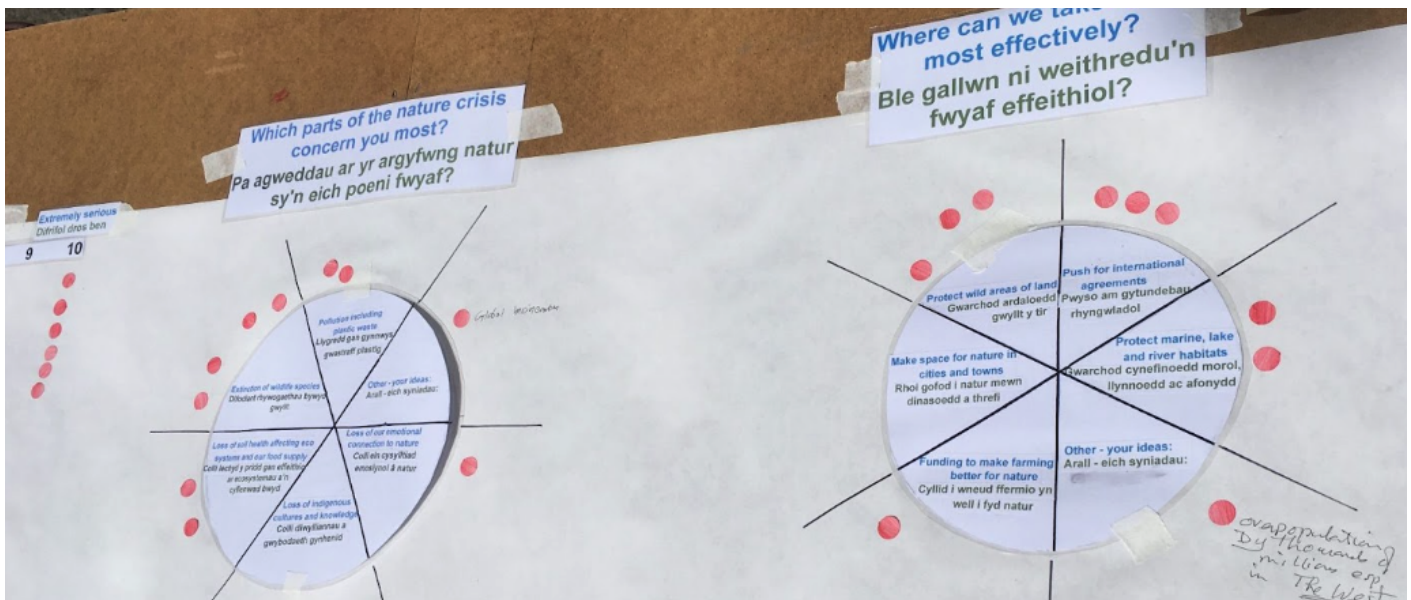
Would you consider joining the Restore Nature Now march with Chris Packham and many thousands of others, on Saturday 22nd June in London? To really show our politicians that nature is important to us?

⇒ Just use YES or perhaps Yes/Maybe options

Possible additions - but keep things neat and tidy

- Big QR code and [joinxr.uk/xxxxxx](https://joinxr.uk/xxxxxx) link so people can sign up immediately (local group QR codes can be found [here](#))
- A date, place and time of your next event/meeting

## #4: The English/Welsh Nature-Themed Pie-Chart One



- Pros
  - Words can be printed out and stuck to wallpaper roll paper and used on a table. No need to construct survey boards.
- Cons
  - Not as visible to people passing by.
  - Takes longer to read all the options - need to keep their attention for the final call to action - which would be a 4th question.

### Question 1 (use number scale)

How serious is the nature crisis / biodiversity loss?

- Use a scale of 1-5 or 1-10 where 1 is 'No problem' and 5 is 'Extremely Serious'

### Question 2 (use pie-chart layout)

Which parts of the nature crisis concern you most?

- Extinction of wildlife species
- Loss of soil health affecting ecosystems and our food supply
- Loss of our emotional connection to nature
- Loss of indigenous cultures and knowledge
- Pollution including plastic waste
- Other - your ideas:

### Question 3 (use pie-chart layout)

Where can we take action most effectively?

- Protect wild areas of land
- Protect marine, lake and river habitats
- Funding to make farming better for nature
- Make space for nature in cities and towns
- Push for international agreements
- Other - your ideas:



#### **Question 4 (the call to action)**

This is where you offer the next step. It could be a question like 'would you join our email list?' or 'Would you like to come to our next welcome meeting to learn more about XR?' or inviting people to the next big event/action (e.g. 'Would you like to join us in London for Restore Nature Now march?')

#### **Tailor and print words**

All these questions are [available on this Google Doc](#) - you could take a copy and edit the questions and answer to suit. **Welsh translations of questions and options** also contained in this doc.

## Producing the Boards

We recommend purchasing white A1 or A0 foamboards that can be found from craft stores or online (approximately 1m x 70-80cm)

### Graphics for the boards

Files to print for the survey:

#### **#1: The Simple One**

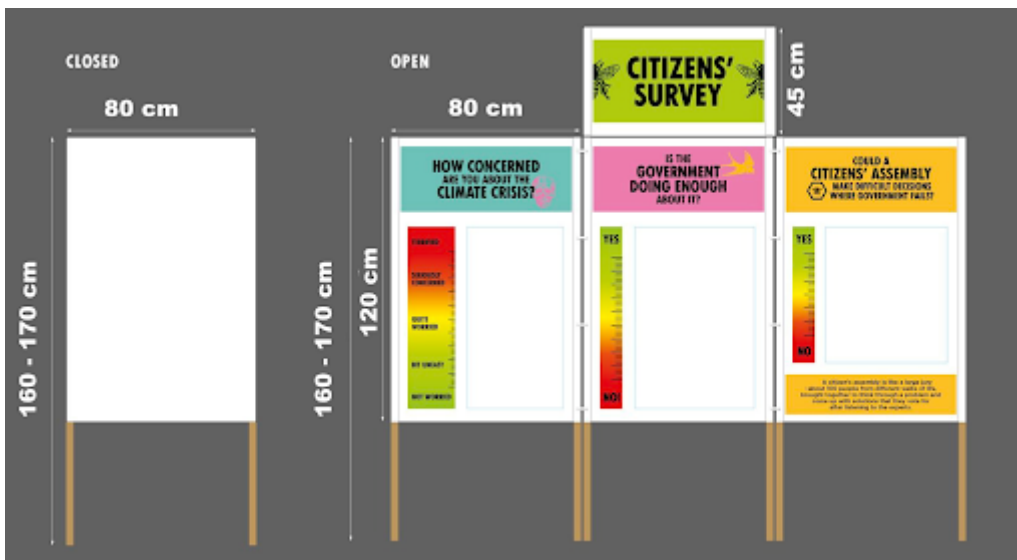
- [The colour parts \(emojis and colour bars\)](#)
- [Download questions for the survey board](#) - this pdf goes straight to your downloads folder.
- OR [Word doc version \(to copy and update if you wish\)](#)

#### **#2: The Deliberative One**

- [Pdf of board 2 to print](#)
- [Canva file of all of it](#) - if you create an account you can copy this files and edit them

#### **#3: A colour version of a Citizen's Assembly focused board**

[Pdf to download here](#) - you should be able to print these at home and carefully tile together to create the size you need for these boards.



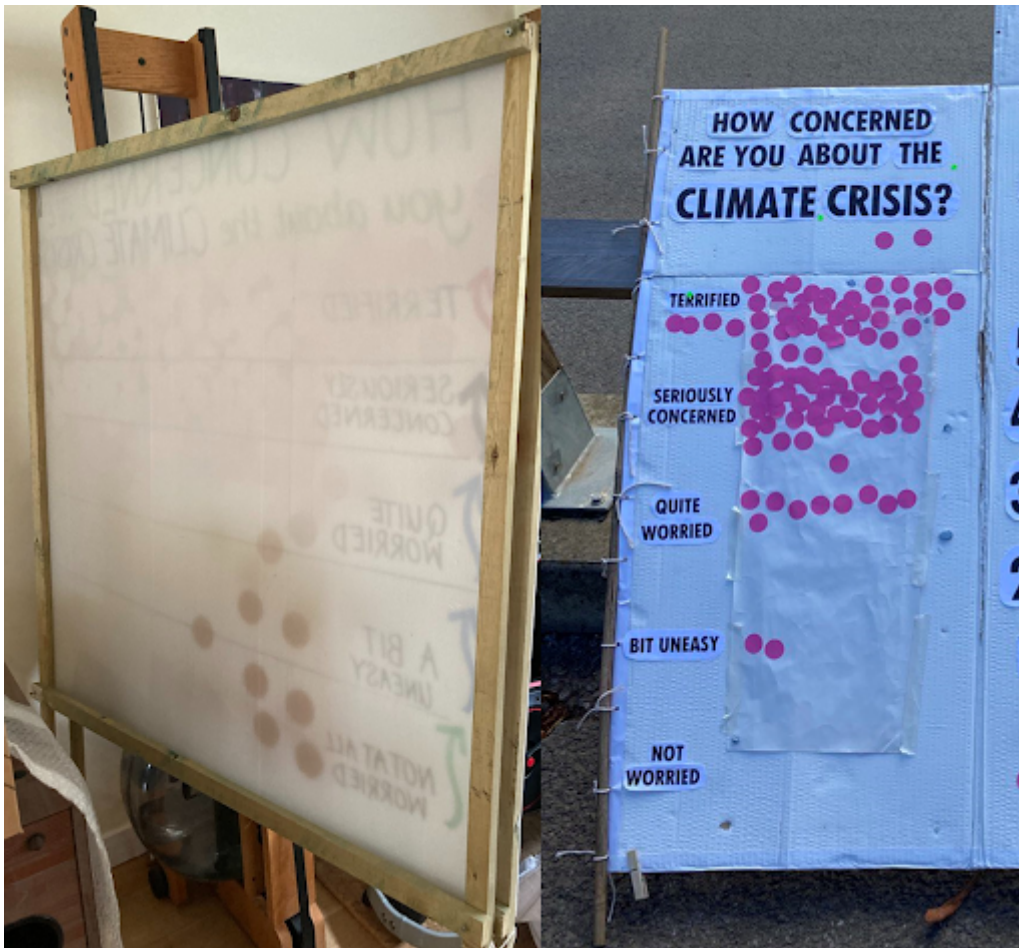
Or you can create your own versions using the **XR FUCKED CAPS** as well as other fonts and symbols which can be downloaded [here](#).

We have suggested two ways to attach the boards together though you might find alternative methods that work for you.

## Making the boards themselves

### Wooden Support

- Two long pieces of board attached vertically to stand the boards up.
- Two shorter pieces attached horizontally to support the boards.
- These are attached using a staple gun or drill from the front (drilling through the white board into the wood).



## Bamboo

- Use a hole punch a long the edge of the board and then use string to tie bamboo to each board.

## General Advice

- We recommended sticking a new piece of paper for people answering with stickers so that one piece of paper can be removed each time rather than removing each sticker individually, although you may prefer to keep stickers up if you want to see it grow.
- We recommend bringing cable ties, string or bungee cord to attach the boards wherever you are as the foam boards are very light.
- The boards can also be attached to wooden boards and secured using hinges (see bottom photo) so that they can be free standing on a stall but this requires a little bit more work at the start.





# Outreach Hubs

An Outreach Hub is a pop-up tent where you can find XR info and support, meet rebels, pick up vibrant print designs and join trainings and workshops. They also serve as a place of sanctuary where you can pull up a chair and know you'll be welcomed.

A lot of the information and advice would also be useful when running a simple stall.



## Setting up your Hub

### Purpose?

Consider the aim of your hub, is it informing the public about the climate emergency, who XR are, our demands, our focus on NVDA? Is it promoting a local group, or a big event coming up (e.g. a 3.5 talk or the next rebellion). It could be more than one thing, but talk about it with your team so people feel clear on the aim of the day and ensure every person interacting with the stall goes away more informed, more connected (this could be signing up to the email list, or the Rebellion Broadcast, or at least knowing where to learn more or contact their local group)

### What location?



Is there a lot of public footfall for outreach? Is it a place where people linger and there's space to stop?

## What are the logistics?

How are you transporting the Hub kit from storage to location? Is the location accessible by car/van? What's the best drop off point for unloading? Make sure you have a team waiting to help unload and set up the Hub on the day.

## Familiarise yourself with the local ecology.

A week or so in advance, speak to local traders and/or people who might feel you are invading their patch to put and people at their ease about XR's intentions.

## Take time to dress the Hub and surrounding area ...

...so that it looks welcoming and attractive. Build a team to share this task and teach others. Tuck bags and boxes away, both for security and to show the public you care. Make sure you have a team for the clean up, pack down and transport of objects home.

## Look outwards!

Is all your messaging clear for the public to see? Are QR codes displayed without obstruction?

## Have a welcome crew...

...skilled up in outreach who are on hand to greet people and share information... also a flyering crew in the area around the Hub.

# Visuals

Welcome banners and human sized banners are great for dressing sites and as a backdrop for people speaking. This helps to create strong visuals and messages for photography and live streaming.

Welcome banners: 3m x 70 cm, position letters 17cm from the top of the material, with two fingers between each letter. Don't overcrowd the space. Full width banners, to hang at the back of the gazebo: 3m x 1.5m

Reach out to your local/Regional Art group to get advice on making visual assets or check out the [Art Blocking section](#) on the Rebel Toolkit.



# Kitlist

In a spirit of sustainability try and get hold of second-hand materials that will last.

- Gazebo (purple, or otherwise) 3x3m: [an example of a new one here](#)
- Folding wooden table we like them painted pink!
  - Rose Glory (boat pink) can be mixed with this code: RGB (229,133,165) or Dulux paint code: 47RR32383
- Back/white chalk board - for Info, Talks etc
- Welcome & Info banner - to hang at the front of the gazebo: 3m x 70 cm
- Banner/s for hanging at the back of the gazebo eg. Non-violence direct action. Full width 3m x 1.5m or half size
- Flags to put on the corners of the gazebo & to lead people to the site
- Patches to give out

Optional but useful:

- Bin box
- Useful things box (with gaffa, tape, string etc)
- Stones for weighing down papers so they don't fly off in the wind, or apples
- Money tins with XR logo, or iZettle
- Water
- Free Cake! Something really easy to grab and eat like a flapjack or a brownie. It brings people in and instantly breaks the ice.
- Folding chairs
- Tarpaulin & umbrellas

- PA system/Tannoy/megaphone for announcements
- Granny trolleys and trays for mobile kit transport
- Toilets - know where the nearest accessible / public toilets are
- Waste - bring general waste and disposable bags. Leave the area cleaner than when you got there!

## Print Materials

- Flyers: Up to date 1-2 XR varieties max. [Order current flyers here](#)
- Stickers & badges
- Posters of beautiful designs, stencils, tube ads or other subvertising prints to give away (for donation). [Download posters here that you can print locally.](#)
- Printed and laminated QR codes or short links signposting people to the [Action Network form](#), Rebellion Broadcast and / or website etc
- Clipboards for sign up forms
- Info boards to lean around the gazebo sharing key info eg. Nonviolence, Principles & Values

## Promoting sign-ups

- Adding people to our Email list is a key part of our for mobilisation.
- To join UK list you can use [joinxr.uk](#)
- To find local groups [joinxr.uk/local](#) or use the tailored link for each local group (eg. [joinxr.uk/birmingham](#), [joinxr.uk/stoke](#))
- If people want to sign up on paper, use the [GDPR compliant sign up forms here](#)
- The Rebellion Broadcast on Telegram is key to people wanting to get instant access to the actions (good to promote during a rebellion, but also at any time):  
[t.me/rebellionbroadcast](#)
- The Movement Broadcast on Telegram is key for rebels to find workshops and training to empower them to take part in XR generally, actions and outreach:  
[t.me/MovementBroadcast](#)



# Expanding your Hub into an Outreach Day event?

## Art Blocking

- Set up an Art Blockers stall in conjunction with or next to your Hub. [Art Blocking Guide on the Rebel Toolkit](#)
- If you have an Art Blockers group and aren't yet connected to XRUK Art Blockers, please join [UK Art Blockers Telegram](#)

## Programming

- Sound system for vibes and mike for announcements
- Programming: Consider representation, cultural diversity, community and language, aims and calls to action, alongside music/poetry etc to open minds. Consider length. Invite space for discussions and people's assemblies.
- Set up the location of the speakers carefully; where does the sound travel, is there space for people to sit, what does the backdrop look like?
- Consider where people film/take photos for social media.
- [More info on Programming](#)



# Extras

- Food & drink
- Interactive stall with eg. Board games, climate quiz etc
- Giant XR logo or set piece appropriate to the community/event to create a strong visual
- Outreach training sessions
- Nonviolent direct action trainings
- Creative workshops: Paint The Streets, Subvertising, Singing etc
- Regenerative culture workshops
- Listening circles
- Family & kids workshops
- Promenade performance or puppet with relevant message eg. HS2 White Elephant to engage and/or lead the public to the space.
- and more ideas as they unfold...





# Festivals

Festivals can provide a great opportunity for outreach, as they bring together large numbers of people, hopefully all in a good mood and with an open mind! If you'd like to represent XR at a festival, the following will help to get you started.



*XR at Glastonbury*

## Applying

- **Locate online application.** Movements can often apply via the festival website. This might be found under 'get involved', 'volunteer' or 'crew'. Groups from XR can be classified as a 'stall', 'campaign', and even 'charity' or 'voluntary group'.
- **If there is no online option.** If your group hasn't visited this festival before and do not know who to contact, it's always worth asking the [XRUK Festivals Team](#) to see if they can help with putting you in touch with the organisers.
- **Supporting documents.** It can be handy to collect any additional documents that may support your application such as:

- Testimonials, e.g. I visited the Extinction Rebellion Artblocking stall at the \*Local event\* and it was the best!
- Photos of your stall at similar events.
- Design assets such as [XR Logos](#).
- **Budget.** Ensure that your local group is aware of your application and that budget implications have been discussed.
- **Contact details.** It can be better to apply as Extinction Rebellion Team/Crew rather than as named individuals in order to make it clear that this is an application from a movement, and to make the application more resilient to crew members needing to be swapped out. As well as ensuring that the right contact person(s) are listed on the application, it can be good to include an active link to Extinction Rebellion's website, or your XR Local group website if you have one.
- **Complete your application.** If helpful, you can use the the XRUK Festivals example templates for inspiration.
  - [Glastonbury application example](#) (Google doc)
  - [Glastonbury](#) (editable 'Keynote' doc for 'Mac' computers)
  - [Blank application](#) (editable 'Keynote' doc for 'Mac' computers)

But also here is a list of kind of things you need to cover:

- What is your stall?
- What does it do e.g. flyering/fundraising/artblocking.
- Is there walkabout as well e.g. Wombling, Dirty Scrubbers.

If you need to attach this application to an email, PDF is the best format if possible, and here is an [email template](#) that can be used.

- **Follow Up.** Make sure your team has an assigned contact person(s) to check for email responses and liaise with the festival moving forward.

## Safety and Security

Next step is to make sure that your group and others attending the festival will be safe and secure in order to have a great time.

### Public Liability Insurance (PLI)

This advice is aimed at local groups who need to get PLI in order to go to festivals, run public creative outreach stands or set up their own small festivals.

- Do not apply for insurance as Extinction Rebellion, you will be refused insurance. Extinction Rebellion UK (central) cannot get PLI which would then cover all small groups.
- Do hook up with other local environmental / activist groups and share their PLI.
- PLI for a single event should be bought in the name of an individual on your team who will be attending the event. If you have multiple events across your region that groups will be attending you can buy annual PLI, again this can be bought under one person's name and shared across groups as long as all the activities you are doing are covered by the

insurance.

- Some insurance brokers offer Craft Fair Insurance / Market Stall Insurance covering stall holders or performers at a one off event or at a yearly premium: [Protectivity](#), [Event Insurance Direct](#) and [Event Insurance](#).
- Individual artists can get PLI included with their membership of [Artists Union England](#) for an additional fee. The artist should then lead on the teaching workshop for cover to be valid.

## Risk Assessments

You can find an [XR example risk assessment](#) here, feel free to copy and edit so that it's relevant to your event.

## Stage Programming and Stage Management

If you are going one step further and planning to help with musicians/artists programming, then see the support in the [Action Support book here](#)

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**For further information or assistance** please feel free to contact the Festivals Circle on our [Mattermost Channel](#).





*Dirty Scrubbers at Glastonbury*



*Art Blocking at Nottingham Green Festival*

# Film Screening

Organising your own screening of a film, or working with a local cinema and/or or organising a panel discussion after a screening are all good ways to reach a new audience.

You can mix a film screening with other outreach methods to get sign ups to your email list too, and perhaps already have your next event planned to invite people to.

## Film Ideas

The films below are obviously just a small selection and many more are available and suitable to show and have discussions around.

To add more films to this list, preferably with a route to contacting distributor, or info on how to screen it, please contact [LGsupport@extinctionrebellion.uk](mailto:LGsupport@extinctionrebellion.uk).

### Plan Z: From lab coats to handcuffs

<https://www.youtube.com/embed/Aagy5kdSgug?si=Tg5KD2e7VEmz4RkN>

*24min - Dir. Louisa Jones and Vladimir Morozov*

When the UK government pledges to 'max out' oil and gas extraction, the lives of psychology professor Colin, microbiologist Abi and ecologist Aaron collide outside the Department for Business, Energy and Industrial Strategy (BEIS), where they and six others are arrested for causing alleged criminal damage. But who are the real climate criminals?

As restrictions on protest tighten, will scientists retreat to their laboratories or will more stand up than ever before? A window into the world of reluctant activism, Plan Z explores the moral power of protest when established routes of influence fail.

List of screenings and more info here: [plan-z-film.co.uk](http://plan-z-film.co.uk)

### #Climate Scam

<https://www.youtube.com/embed/b37KmJe5buY?si=tZHSNcFcEqG5INUG>

*40min - Dir. Bryony Stokes*



As the world faces increasingly devastating climate-related disasters, why do so many people believe that climate change is all a hoax? This is the question that Jaz Njie, a young hairdresser and tech-savvy Gen Z-er, sets out to discover in the new film, *#ClimateScam?*. In this documentary, produced by award-winning charity Cornwall Climate Care, Jaz swaps her scissors for a microphone as she goes out to the homes of climate scientists, climate sceptics and climate activists, getting to know the real people behind the often angry headlines.

Find out more about and watch their previous films at [Cornwall Climate Care](#).

This film was recently shown together with Plan Z at **Mammoth** Climate Action Cinema in Nottingham and worked really well as a double bill with a Q&A afterwards.

## The Line We Crossed

<https://www.youtube.com/embed/I1laTFY8wal?si=VNBrddA9PttCiwQ1>

*Release date 23rd June 2025*

The film reveals how climate activists are being silenced in court, criminalised, and handed disproportionate punishments for nonviolent protest. The right to nonviolent protest is a cornerstone of democracy, protected by laws the UK has pledged to uphold. Audiences who watch this film are shocked to see these rights under attack.

**How to show this film** - The production team for this film are looking for people to help 'champion' getting local screenings. [Request a screening here](#).

The team would then provide a press release and other resources to help you publicise it. This film is focussed on JSO actions, so it might be suitable to join forces with your local JSO and do a joint panel discussion afterwards.

We want to run a Q&A with every screening. Local champions can support in a number of ways. They can take part as Q&A panelists, be there to welcome other Q&A panelists from out of town and help with logistics and coordination.

More info at [thelinewecrossed.com](https://thelinewecrossed.com) and list of [upcoming screenings here](#).

## Can I Live?

<https://www.youtube.com/embed/nKkB-simOZs?si=KAhILbF8AK1amHHo>

Released 2021

**“Why don’t we talk about it?”**

An urgent question and an invitation offered by Can I Live?: a vital new digital performance about the climate catastrophe conceived, written and performed by Fehinti Balogun who shares his personal journey into the biggest challenge of our times. Weaving his story with spoken word, rap, theatre, animation and the scientific facts, Fehinti charts a course through the fundamental issues underpinning the emergency.

- Host a screening: Contact [rima@complicite.org](mailto:rima@complicite.org) or [amberd@complicite.org](mailto:amberd@complicite.org)
- [More info and list of current screenings](#)

## Water is Love

<https://www.youtube.com/embed/hGoeiiayDYU?si=uqx9EtVDkdVYk8KE>

The film follows a group of young people grappling with the climate crisis while we journey around the world to share inspiring stories of regenerative ecosystem design to create water retention in communities, villages, and regions.

Touching upon traditional ecological knowledge, how water makes climate, and the importance of restoring complete water cycles.

Through inspiring stories from successful projects in India, Kenya, and Portugal, we aim to spark conversations and actions that contribute to a regenerative and resilient world. This film points to an often overlooked need and possibility: community-driven decentralized water management as a critical key for surviving — and thriving in — this century.

- [Info on how to host a screening](#)
- [More info on the film website](#)

# FlyPosting

XR flyposting is putting up beautiful posters in public spaces to:

- advertise upcoming events
- promote our name
- establish our symbology in the public consciousness
- highlight our demands.

Lots of information, resources and ideas are contained in the [Paint the Streets pages](#).

# Talking to Family and Friends

We know that personal connection is one of the most effective ways of changing people's perspective on the climate crisis, and bringing them into activism.

So speaking to our friends and families about why we do what we do can be really powerful! But it can also be really difficult.

We can feel that people don't want to hear what we have to say, or worry that people will think our actions and views are too extreme, when we know that they are completely proportionate to the scale of the crisis we face.

Thankfully, there are some really useful resources available help with this!

## Resources to help you...

The climate communication charity HEARD recommends using a "can do" framing for conversations. Rather than talking about how "everything is fine", or "will be fine", nor saying "everything is ruined". Say instead that we can change/improve this, it's within our reach if we try.

See [these slides](#) and [this guide](#) to read more about how to change the way we talk about climate.

### A Gift for Conversation

A Gift for Conversation is a 'gift book', designed to help you talk about the climate crisis to people you care about. Written by an XR Rebel, it is available in paper copies via a 'pay-as-you-feel' system, and as a pdf version for free.

Rebels have given dozens of copies to their friends and families and it has triggered some brilliant conversations. It has even been given as a gift to the judge in climate activism trials!

### How to speak with your family and friends about environmental issues

This short guide provides some really solid advice on the basics of talking to people about climate change and the environment. It doesn't go into the details of the issues like the book above, but

covers the practise of active listening, how to keep the conversation productive and polite, and the power of the personal.



# Doorknocking

## Door Listening

### Why Door-to-door Listening?

You may want to consider approaching members of your local community to invite them to take part in Actions or Community Assemblies. The process of knocking on people's doors and simply listening to what they have to say is both humbling and empowering, and if done with care and consideration, it can foster strong links across a local area, helping to initiate a local movement and/or help an existing one gain momentum.

### What Do I Need to Consider?

Throughout the door-to-door listening process it is important to remember that you are approaching people's homes/businesses/places of worship and that people may not be able to talk or may not want to. If someone does not feel like they have time to engage with you, then listen to them and respect their wishes – their home is their private space, and they are entitled to feel safe and free from hassle.

It is also important to try to avoid making assumptions: avoid judging someone on their race, gender, religion or age, and/or what their house looks like or the area in which they live. Everyone is different, knock on someone's door with an open mind and with a willingness to connect and learn.

With door-to-door listening it is vital not to have an agenda, do not knock on the door with content that you want to peddle through as this will prevent you from being able to actively listen. Listen, genuinely listen, and let the person whose home you have knocked on guide the interaction. Do not try to equate their experiences with yours or interrupt with questions. Questions you might have will be related to your perspective and they will work to interrupt someone's flow or make the conversation change direction.

### Step by Step Guide

1. Knock on the door. Take a step back once you have knocked so that people can open the door without feeling like their space is being invaded.
2. If a child answers the door, do not introduce yourself, ask to speak with an adult.
3. Introduce yourself slowly and clearly, making eye contact and avoiding making fast movements. Think about your body language – having your arms by your side and visible

will make people feel more relaxed than if you have your arms crossed or your hands in your pockets. The aim is to make people feel at ease.

4. Explain who you are, why you are there and that you are representing either your Local XR group or your Community Group – it is important to be transparent.  
A good introduction would be “Hello, my name is \_\_\_\_\_. I am here on behalf of \_\_\_\_\_ and I am knocking on doors to better understand the issues that matter to people and their families in the local area.”
5. It is important to give people the option of whether or not to engage, so follow this short introduction with a question, such as “do you have some time to talk to me about the issues that matter to you?” If people do not want to engage, move on. This is their home and you are a visitor.
6. If people want to engage with you, then actively listen to what they have to say, keeping in mind your body language throughout the process. Let them guide the interaction. Do not interrupt, argue with them or outline your opinions. If you need to take notes, then explain why you would like to and check that this is ok with those you are listening to. Ideally, however, do so after the process as this will ensure you are fully present when you are listening.
7. Be engaged. You may wish to highlight that you have heard what they have said by nodding along or making small sounds of agreement.
8. If someone asks you questions, engage with them, but try to ensure that you avoid stressing your opinions if it may make people feel uncomfortable about expressing theirs. If a natural point arrives at which you can ask a question, prioritise asking probing questions that seek to understand their perspective better. Do not ask prying questions about personal information – people are entitled to privacy and such questions can alienate.
9. Thank the person for their time and for sharing their views and feelings.
10. If you feel there has been positive engagement and a genuine connection, then before you depart you may wish to give the person more information about your Local Group or any local events happening. However, if there is no right time to do so, then leave this step out.  
Be prepared with leaflets and sign up sheets if they are interested but don’t push it upon them.
11. Follow-up your door knockings - if you’ve forged a relationship with someone, you should be the one to follow it up. Keep track of where you’ve had meaningful interactions.

## Top Tips:

- Arrive open and ready to actively listen.

- Speak only to adults.
- Speak slowly and clearly, maintaining eye contact.
- Be transparent: introduce yourself, who you are representing and why you are there.
- Give people the choice about whether or not to engage.
- Listen to them, avoid equating their views/experiences with yours.
- Ask probing questions, not prying questions, if an opportunity arises – do not interrupt their flow.
- Speak 80% less than you think you should.
- Work in pairs, it's more fun, and feels more secure, especially for less experienced rebels.
- Ask what is worrying them and listen: a lot of people are not looking for solutions, they want you to hear them. If you can listen, people are more likely to meet with you again.
- Thank people for their time.

## How to use Door Listening as a Local Group:

- Find some seasoned campaigners or community organisers within your group, they will have some experience of door knocking and are a good way to seed a team.
- Map out areas to canvas, don't just target streets you think may have higher levels of interest - try roads that don't necessarily reflect a stereotypical demographic. Keep track of responses.
- Split into pairs and pick the streets you will go along. Knock on doors solo though (except maybe your first couple!) as two people at the door can feel overpowering
- Stand well back from the door- lots of people aren't keen on cold callers so have a well-practised, friendly, opening line.
- Debrief after the door knocking session - what went well, what not so well - and collectively work out solutions for the next time.
- Feedback to your Local Group - try to encourage more to give it a go. Sometimes, outreach is a personal challenge and Principle 2 ('We set our mission on what is necessary') is a poignant reminder that sometimes we have to nudge ourselves out of our comfort zone in order to mobilise that crucial 3.5% of the population.

**GOOD LUCK!**

## Try virtual door knocking

- Your goal is the same as before - to listen, have meaningful conversations and learn what is important to them.
- If you know your neighbours, they'll be easy to find on social media.
- If you don't know them, use <https://nextdoor.co.uk/> - this website lets you register yourself in your local area and shows you posts from people in your area, without having to add them as a friend. It's simple:
  - a. Log in, find 'Directories' on the left-hand side of the screen.
  - b. Click 'Neighbours'.
  - c. Click 'Message' to contact individual people with your invite!

# How to Host a House Meeting

What do you feel about the Climate Crisis? And what does it mean to you to be part of Extinction Rebellion? Then, there's how do your family, friends, neighbours and colleagues feel, too? Sometimes, it can be hard to have a conversation about all this because the science is shouting we're heading for extinction and it can feel like the world doesn't want to hear the truth.

## Where?

It's really up to you - it could be on a video platform which is accessible, or a social gathering for a small number in an open space, or even at work - host as many meetings as you can.

## When?

Try multiple time variations - your friends, family and contacts are probably free at different times. And by hosting, many more people will engage with the climate crisis more deeply.

## How?

How you invite people is important - don't round robin everyone. Make it personal - preferably with a call- emails and messages are easy to ignore! Perhaps tailor your groups - pockets of friends, family groupings, and people connected by faith, background, or interests; people are probably more likely to come if they know someone else, so let them know who's invited/coming to encourage attendance. If someone declines, ask why - there'll be valuable learning here.

### **Be ambitious!**

For this rebellion, aim to invite everyone you know to one, with probably no more than 6-7 per meeting to give everyone time to contribute meaningfully.

## What happens in a House Meeting?

Start with introductions - not everyone may know each other, and everyone shares why they have come.

Then, give a short talk - cover why you joined XR, your tipping point, the science that keeps you awake at night and the facts you wish you could forget... what you think about peaceful mass civil disobedience... the government response to the ecological emergency... why we must build back better. Be vulnerable with your fears, express your love and rage... And remember, you don't have to learn a talk off by heart - you can have crib notes to help! Also, you can offer to share some facts links with your guests, so they can do follow-up research too, after the House Meeting.

You may find the [Street Speaker Scripts](#) give you a useful basis to start from.

## What happens next?

After this 15 minutes or so of you chatting, it's your guests turn to talk and share how what they've heard has made them feel (this part takes around 30 minutes).

- It's possible someone may now be upset - remember, your guests aren't members of Extinction Rebellion and the science is hard to hear, so you might need to pause so guests can emotionally regroup.
- Ask your guests to treat this discussion in confidence, with respect for differing opinions and feelings.
- When your guests feel ready, one by one, ask them to share their feelings about the Climate Crisis, without interruption.
- Then, have a more general group discussion on the issues raised. Listen.
- Ask your guests what they think about Extinction Rebellion - it'll be interesting feedback!
- This discussion can lead you all to chat in more depth about:
  - What they think about the government's response to the climate crisis.
  - Why Extinction Rebellion believes peaceful mass civil disobedience is necessary, referencing history.
  - What are our Demands, and what your guests think about a Citizen's Assembly.

## Next steps for engagement, or not?

Of course, it'll be great if any of your guests want to now join XR, but not everyone will, so acknowledge that and thank everyone for sharing their thoughts and feelings. Your goal is to make everyone feel comfortable, and also give a range of options for involvement:

- [Sign up sheets for joining](#) (Input this info to **[joinxr.uk/localgroupname](#)** eg. [joinxr.uk/birmingham](#). Inform everyone of social media links for your local group and XRUK too.
- Provide dates for upcoming [Welcome to XR](#) and [Heading for Extinction online talks](#).
- Provide dates and locations for upcoming local actions. Find info on the [Actions Map](#).
- Explain the types of roles a new joiner can take on within your local group and at actions. Hear what kind of direction any new joiners might be interested in.
- Share how they can make a [regular or one off donation](#)

## How to wrap up the House Meeting

- Thank everyone for coming, acknowledging this has been a challenging and emotional hour, and if people need further support, you're there for them.
- Ask if there's any constructive feedback on the experience, to help you improve the meeting for future guests.



- Everyone checks out with how they feel, comparing it to how they felt after the first fifteen minutes.
- Post-meeting, send a thankyou to everyone, checking that they're OK.