

# Participating in Actions

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# Take Action Now

## What can I do to start?

- Sign up to [Rebellion Broadcast](#) Key info on UK actions, strategy and Rebellion updates.
- Sign up to [Movement Broadcast](#) UK-wide events & training
- Find out what's going on near me - the [Events Map](#)
- Find out what's going on particular dates - The [Movement Calendar](#)

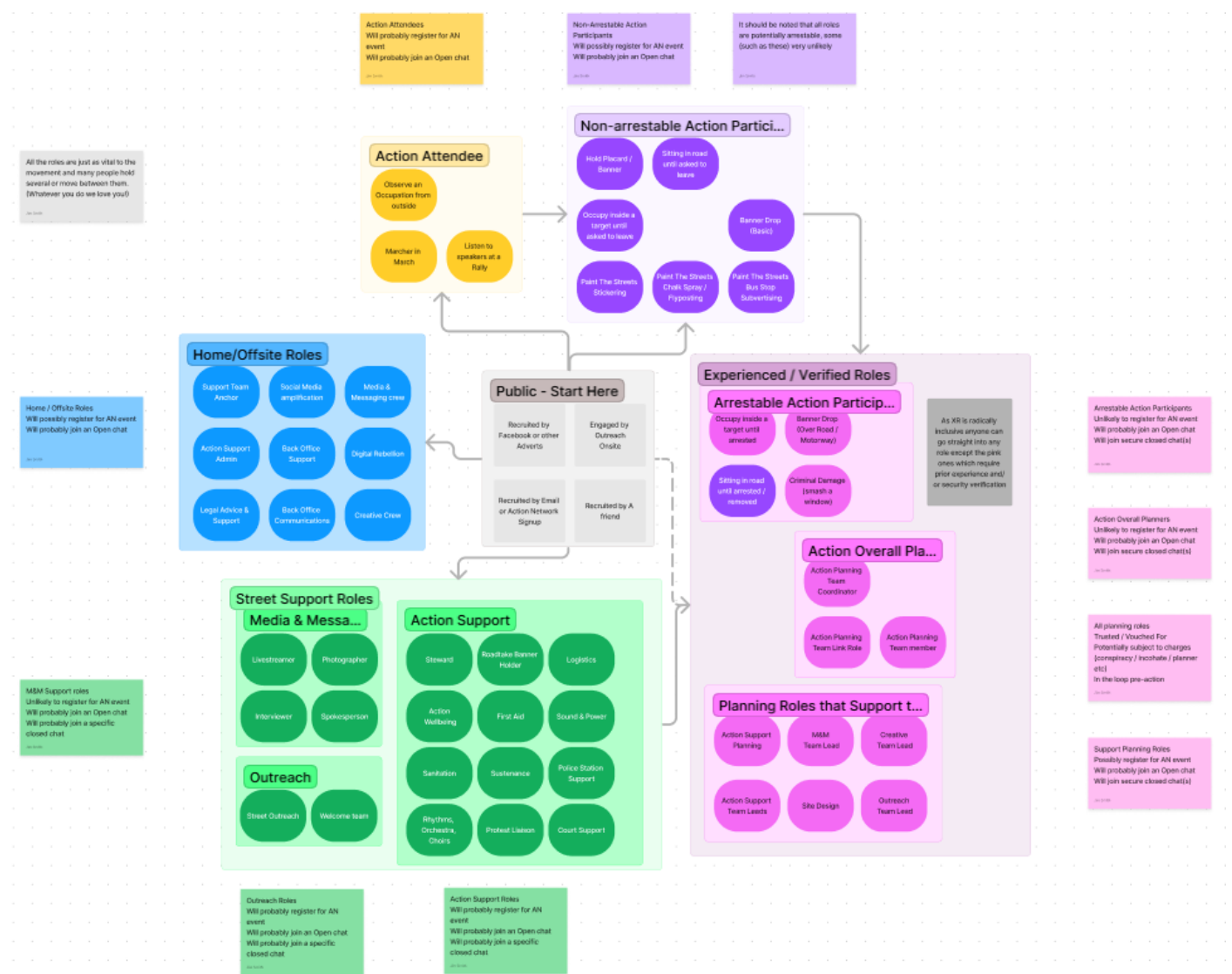
## What can I do if I have an idea for an Action

Check out the separate book on [Action Planning](#)

# How the various Actions roles fit together

This diagram shows how the various roles involved in Actions work together and the typical journey a new volunteer would take in getting gradually more involved.

A version that allows you to zoom and pan around the diagram in more detail is [available here](#).



Starting in the centre, we see the various ways you might be recruited.

You may not be able to physically attend events and so opt for **Home/Offsite** roles.

To start with you might simply turn up to an event and act as an **Action Attendee**.

You may choose to become more engaged as a **Non-Arrestable Action Participant**. Note by non-arrestable, we mean that it is not your intention to be arrested. We cannot guarantee police response to our actions, however many actions are designed so that arrests are very unlikely.

Once you have gained more experience, and/or be vouched for by someone known in the Actions teams, there are a group of roles that do carry a higher risk of arrest. **Arrestable Action Participant, Overall Action Planning, Action Support Planning**.

Alternatively you may wish to consider some of the **Street Support Roles** that turn the Action plans into reality: **Action Support, Media & Messaging**, or **Outreach** roles.

As XR is radically inclusive anyone can go straight into any role except the pink ones which require prior experience and/or security verification.

# Rebel Code - How we Take Action

## Rebel Code

All Rebels are asked to follow our basic agreements. They provide a basis for trust so that both Rebels and the public know what we can expect from each other.

- We show respect to everyone — to each other, the general public and to the government and police.
- We engage in no violence, physical or verbal.
- We carry no weapons and wear no masks other than those required due to Covid 19 — we hold ourselves accountable for our actions.
- We bring no alcohol or illegal drugs.
- We take responsibility for ourselves, we are all crew.

We will come together until the Government acts on our three demands for necessary action on the climate and ecological emergency. This code aims to help us attract the many people we need to make this movement effective. Anyone breaking these Agreements may be asked to leave.

Nonviolence is at the heart of our movement. As one of XR's core principles and values it is non-negotiable for everyone taking action in the name of XR. It underpins the moral power of our actions as we endeavour to protect life, through civil disobedience and disruption.

This means that we need to develop and exercise our inner discipline, to refrain from physical and verbal violence and aggression even in the face of violence or aggression from others. If we were to fail in this, it would be extremely harmful to our movement.

We make this commitment to nonviolence based on our understanding that using non-violent strategy and tactics is the most effective way to bring about change in our current social context, by generating widespread sympathy and support and enabling wider segments of the population to take part.

The state and those in power will always have greater means to employ violence — but we have the greater moral power when acting together, openly and accountably, through non-violence, courage and sacrifice.

As a movement, we need to learn from our mistakes and be visionaries that champion a movement that welcomes every part of every one. In a [recent statement](#), we have acknowledged that in the past we have insufficiently taken into account the effects our strategy had on marginalised people. In this rebellion, we seek to center solidarity and co-liberation as core values to overcome the

oppression, racism and injustice we are facing.

We need to learn from frontline communities, particularly in the Global South, about their struggles, resilience and wisdom in confronting the climate crisis. This will be a long journey, and each rebel is encouraged to make this rebellion a vital step towards co-liberation. If you'd like to learn more, check out our OMBRE training.

See also the [Rebel Agreement](#) flyer (PDF 220Kb) on the main Extinction Rebellion UK web site.

# Burner Phones

General advice is do NOT take your regular phone when you are risking arrest on an action – the police can copy EVERYTHING from your phone while you are in a cell, putting other XR members at risk. Either leave it with your well-being person who will meet you when you are released, don't bring it out, or have a burner phone that just has numbers saved of the back office, recommended law firm and point of contact to meet up with after release.

# Practical Tips for disabled protestors

## Practical Tips for disabled protestors

[Liberty has produced this helpful guide](#) This includes sections on:

- Preparing to attend a protest
- What are my access needs?
- What if I'm kettled and I'm disabled?
- How to complain about the police

## How to organise a more accessible protest

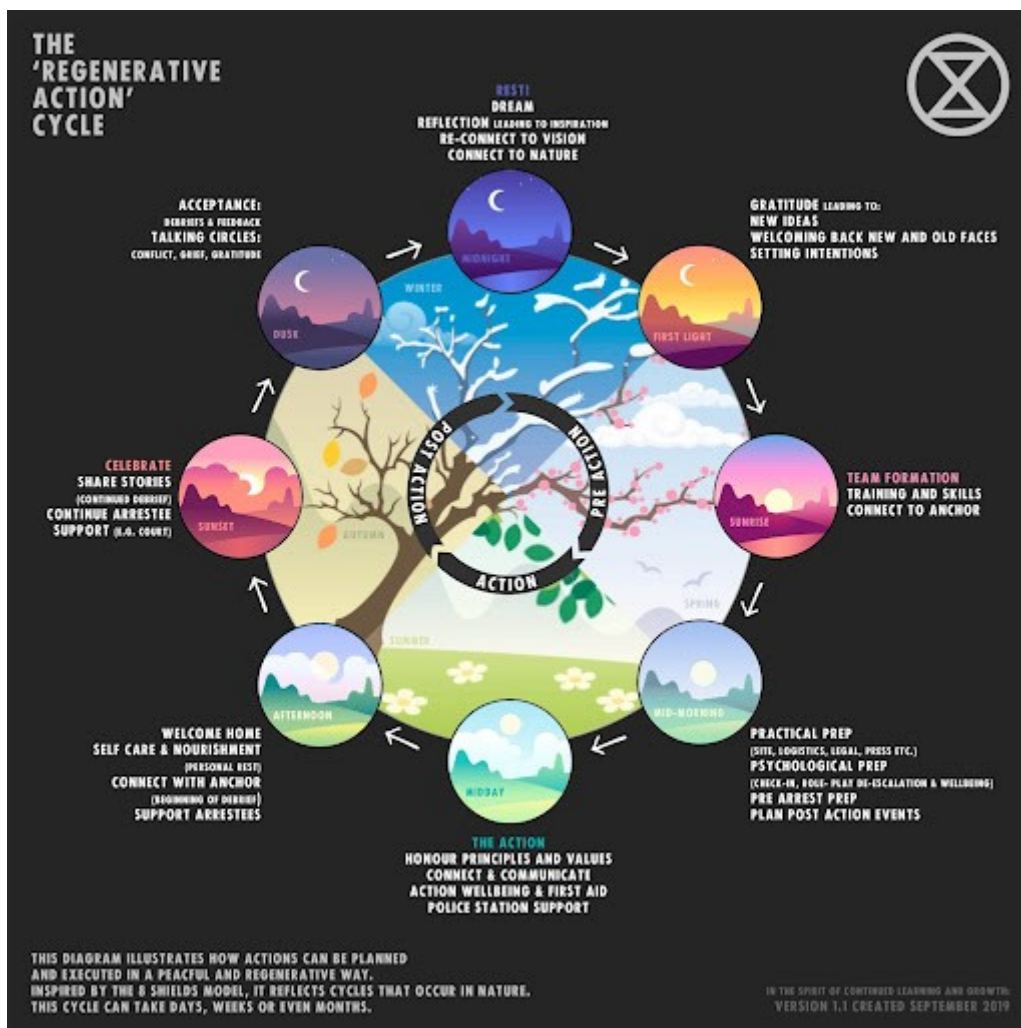
[Liberty has produced a guide](#) This includes sections on:

- Include disabled people from the start
- Centre accessibility
- Information and letting people know things
- During the protest: including everyone
- Know the law



# Post Action Blues - a Guide to coming down to earth

Post Action Blues - a Guide to coming down to earth [Excellent blog from website in 2019 - do we keep this as a link or transfer the content](#)



Regenerative Action Cycle