

# Prepare for Action

We choose to practice Nonviolent Direct Action (NVDA) out of principle and because it is proven to be more successful in creating a stable transition than other kinds of resistance. NVDA is also more inclusive, attracting people from wider segments of society. Nonviolence makes it harder for the state to respond with violent oppression. NVDA is beautiful...

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# Where Prepare for Action training fits in with your rebel journey

This is a quick explanation about the sessions, workshops and courses that are available for people who are new to XR.

Heading for Extinction (and what to do about it), Intro to XR, Get Involved and Prepare for Action are the best way to start your rebel journey.

## Heading for Extinction

Watch a [video here](#) of our Heading for Extinction talk where we explain the science of the climate and ecological emergency to help you to understand the enormity of the situation we are facing. We also introduce Extinction Rebellion's approach to bringing about the change we need.

It is a recommended introduction to the most pressing issue facing every human on the planet.

## Intro to XR

Want to do something that makes a difference in the biggest crisis humankind has ever faced? Then join this introductory session where you can learn about Extinction Rebellion.

## Get Involved

If you already understand the climate & nature emergency, know about XRUK and want to get more involved, this is the session for you.

Register for both the Intro to XR talk and the Get Involved session [here](#).

# Follow-up information for Prepare for Action workshop attendees

Hello!

Thank you so much for coming to the Prepare for Action workshop. It is one of the foundations that you need to be a part of XR and we hope that you found it informative and thought-provoking.

As promised, here is a list of all the information mentioned throughout the session, plus some extra resources.

## Workshop Resources

- Essential [Slides for Participants](#).
- [Accompanying Script](#) for the Essential Slides.
- Upcoming in-person and online [Events](#).
- [XRUK 2025/26 Strategy](#).
- [Information](#) on campaigns, events, local groups, community groups and resources.
- Sign up [for the latest XR news](#). Scroll down to the page on our website to sign up for our newsletter.

## Telegram

We often use Telegram which is a phone and desktop app. To download the Telegram app - go to either the App Store (iPhone) or the Play store (Android) and search for Telegram, download it and create your account. You will then be able to click on the links below and join the groups.

For key UK-wide messages on actions and rebellions:

[Rebellion Broadcast](#)

For key UK-wide messages on talks, training & workshops, and internal information:

[Movement Broadcast](#)

If you want to rebel online take action on the [Digital Rebellion](#) website.

And join the [Digital Rebellion](#) Telegram chat.

## Know your Rights

- To find out more about the legal risks and implications of protests [England and Wales] and to take the [Know Your Rights training](#).
- For Scotland see [SCALP](#).

## Further talks, training & workshops mentioned in the session

- To find out more about other sessions, use the [Directory of Talks & Training](#).
- Talks and trainings may also be provided by local groups. They are advertised in many places online so keep an eye on XR Regional websites and Facebook pages.
- If you cannot make it to any of the Zoom sessions check out our [Rebellion Academy](#) for on-demand, interactive content on everything to do with XR.

### **Deescalation training.**

Nonviolence is one of the core principles of XR and being able to deescalate situations and maintain nonviolent protests is essential. Search for De-escalation training on the [Rebellion Academy](#).

### **Oppression, Movement Building and Our Relationship as Activists.**

[OMBRA](#) is an online, interactive workshop exploring how movements can be divided when oppression is not addressed. It offers practical tools to heal these divisions when they affect our relationships as activists.

## Ready to join an action?

Find XUK current [Campaigns and Actions](#) as well as handy action packs.

Use the [Event Map](#) and [Event Calendar](#) on the XRUK website to find all local and national dates for actions, events and meetings.

**Contact Action Planners Circle** if you want to help with action planning:

[apc@extinctionrebellion.uk](mailto:apc@extinctionrebellion.uk).

[Action Planning Resources](#) - practical advice and support - very useful stuff!

We thank you from the bottom of our hearts for choosing to rebel with us, we hope to see you on the streets sometime soon.

We wish you well on your rebel journey.

In love and rage

The Prepare for Action team

# What to do if you registered but were unable to join?

**Sorry that you were unable to come to our workshop. We missed you.**

Nonviolent Direct Action is one of the foundation blocks for your pathway within Extinction Rebellion and our workshops are very interactive, enjoyable and include regular breaks. We hope that you will choose another date and that we will see you soon.

We always strive to be accessible and inclusive and if there are specific reasons why you felt that attending our workshop would have been difficult for you, please contact us at

**[PfA@extinctionrebellion.uk](mailto:PfA@extinctionrebellion.uk)**

Here are some options for you to consider:

## If you are new to XR

First of all, you can **re-book** for a future workshop. We run online sessions twice a month on a Sunday or Thursday evening.

You can attend one of our **Intro to XR** talks.

You can learn in your own time on the **Rebellion Academy**.

Here's how to **Get Involved** straight away or you might prefer to **Learn More** first.

If you want to know what's going on in your region or find your local group, check out the **Local Groups map** and the **Events Map and Calendar**.

You can sign up for news by scrolling to the bottom of any of the and the **XRUK website** pages.

## If you are going to an XR action

It is really important that you are prepared before taking part in an action by attending a Prepare for Action workshop. If you do find yourself at an action before you have managed to do the training, check for a Street Speaker who will be giving an abridged version. Also look out for people giving out Bustcards which have the basic information and 5 Key Messages on them.

If you want to ask us questions or if we can make it easier for you to access a future event please contact us using the email address above.

We hope to see you at one of our future sessions.

Love and Rage

PfA Trainers crew

# Are you interested in training people to Prepare for Action (NVDA)?

**We are always on the look out for people who can offer Prepare for Action training.**

Learning about nonviolent direct action is one of the essential foundations for being a rebel and there is always demand for the training.

If you are interested in joining our team of trainers, we will give you support, an opportunity to shadow a trainer, or help to develop your training skills.

We will also help you to learn how to manage the Zoom session and break out rooms. We always run the sessions in pairs so don't feel that you need skills in everything.

As well as the online course there are in-person training scripts for local training and short 'Street scripts' for people who want to give a taster session at an event. There is coaching and support for in-person training.

The way that we offer NVDA training is evolving and our audience is widening, so why not contact us and find out more at [PfA@extinctionrebellion.uk](mailto:PfA@extinctionrebellion.uk).