

Welcome to XR For New Joiners

□ Hello and Welcome to XR! Thank you for stepping up. Please look on this chapter of the Rebel Toolkit as your personal "Guide Book" to key information about XR. Here you will find all the links mentioned in the national online Welcome to XR talk, and some additional reading. If you attended a local talk, you will also find lots of useful information in this chapter. First, have you recently signed up for the mailing list, or joined an action or an XR group? Share your experience in an interview with a researcher! They would like to hear how you experienced the initial contact and spending time with XR. As reimbursement for this online interview (max. 60 min) you will get 15€. Everyone who is older than 15 years and feels kind of new in XR is welcome (also people who joined and were in another movement before). This is part of an international research project based at the University of Amsterdam. You can find more information and the sign-up for the interview here: <https://tinyurl.com/interview-climate-activism>. For any questions or feedback contact Anna [email: a.a.sach@uva.nl, Mattermost: [@anna.sach](#)}. We're looking forward to hearing from you. Thanks a lot!

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Taking That First Step

Hello! You may have been motivated to join XR because you've decided that you must take action now. Or maybe you simply want to find out more about XR and increase your knowledge of the Climate and Ecological Emergency (CEE). Still, taking that first step can be a challenge.

This **2 minute video** made by a new member - Shelley - might help reassure some of you.

Within XR we acknowledge that our increasing awareness of what we're all facing can sometimes lead to feelings of anxiety and sadness and many struggle with these emotions.

For some, making connections with other rebels helps hugely; we are not alone anymore. Joining in, and trying to be part of the solution, is empowering and liberating since 'Action brings hope'.

XR is also a family with lots of support available when it's needed. **XR's Trained Emotional Support Network** offers the Rebel2Rebel active listening service and facilitates access to 3 free sessions of talking therapy with the Climate Psychology Alliance.

There are also XR support groups such as Listening Circles and Empathy Cafes, as well as lots of courses and support from the Regenerative Cultures Team. You can find these in a number of places, such as the XRUK website Events page, Facebook and on a chat app that XR uses called Telegram - a bit like WhatsApp. All the links you need are in this chapter.

If you're new to XR, here is a taster from one of our major actions - **the Impossible Rebellion in 2021**

Or have a look around the **XRUK website**

And here's **The Climate Quiz** - share it with your friends and family. It could be a way to open a conversation about the emergency.

If you registered for **Welcome to XR** but weren't able to join and would like to join another time, the talk takes place every Tuesday evening from 7-8.30pm and you're warmly invited to stay until 9pm as we allow 30 minutes for questions and discussions after the session. Sign up [here](#).

Alternatively, you can watch a **Video recording - Welcome to XR! [10th May 2023]**

This link **Welcome to XR - Slides** takes you to a full slide presentation though we only use a few during the Welcome to XR session. Some of the slides contain their own clickable links.

Stay safe and look forward to seeing you again.

Love and Courage

The Welcome to XR Team

Getting Connected

Telegram

Download the **Telegram** app to your phone. Once you have the Telegram app, open the Rebel Toolkit in a browser on your phone. Come to this page on the Rebel Toolkit and click on the green links below to join these channels.

Movement Broadcast | Rebellion Broadcast | Digital Rebellion

- **Rebellion Broadcast:** For key UK-wide messages on actions and rebellions.
- **Movement Broadcast:** For key UK-wide messages on talks, training and workshops.
- **Digital Rebellion:** If you want to rebel online.

There's also the **New Members Chat:** For any questions or support requests, and for chatting to other new rebels. Once you've attended a Welcome to XR session, you'll receive a follow-up email from XRUK Communities with the Telegram invite link for the New Members chat group.

Please don't hesitate to ask for support or any questions in the New Members Chat group on Telegram, or you can email **pathways+w2@extinctionrebellion.uk**

Getting Active and Learning More

You can become involved with XR in several different ways. Just choose the way that suits you best. If your first or second choice doesn't feel like the right 'fit', it's fine to change to another kind of activity, but please step up and join us. **If not you, who? If not now, when?**

To find an XR group near you, or a Community Group:

Get Involved - Local Groups map and Community Groups contact information.

Keen to find out about a role and join a Working Group?

Volunteer Website - apply for a role or create an account to let us know your skills and interests.

It's recommended that new XR members learn about Nonviolent Direct Action [NVDA] and your protest rights, even for family-friendly actions.

- **Prepare for Action workshop** is an interactive session with presenters.
- You can take the **NVDA module** on the Rebellion Academy (XR's online learning platform) in your own time. You will need to create an account on the Rebellion Academy so you can save your progress.
- **Know Your Rights [KYR]** (updated Nov 2023) - is key information for everyone. It's focused on UK [Westminster] law. For actions outside England and Wales, your local group or region or nation should be able to offer advice.
- You can take the **KYR module** on the Rebellion Academy
- **NB There have been changes to the law through the Police, Crime, Sentencing & Courts Acts.** For the most updated information please study the Know Your Rights info - linked above.

To find XRUK events, including actions, local group activities and all our training:

You can view the **Events Calendar** or **Events Map** on the XRUK website.

☐ You can view the whole calendar, or any part(s) of it.

☐ Click on the left-hand colour bars to show or hide one or more calendars.

☐ Use the search box to filter local events that interest you (note that secret actions are not included in public view).

Got an action, event or announcement to bring to the calendar?

✍ Fill in the **UK Comms Requests** form

Want to study and learn more about XR?

We run lots of talks, training and workshops. Find out more here:

- **XRUK Talks & Training Facebook**
- The **Rebel Toolkit** is XR's online library of resources - the website you're using right now!
- **Rebellion Academy** offers a variety of online training modules you can study in your own time. When you complete a module, you earn a badge. OK, it's a virtual one, but it's still a badge!
- **Foundation Programme** gives you a thorough grounding in who we are and how we work. You can access all our key talks, training and workshops and be well-supported with how to get more involved in XR.

Here Comes Everyone ☐☐

The Science Bit

The Climate and Nature Emergencies

PLEASE NOTE - our flagship talk, Heading for Extinction and what to do about it, is being reviewed. These will show if you click on the Live Talk link.

LIVE TALK: Heading for Extinction [HfE](and what to do about it) (scroll down the list of events to find the HfE talks)

The full video of the August 2023 version is available on youtube

VIDEO Heading for Extinction [HfE] (and what to do about it) | Aug '23] - version 6.2

or you can watch it in two parts on our website, linked to the e-book, **Emergency on Planet Earth**

... And Finally ...

Organising Can Cost A Lot

Thank you all so much for reading our chapter. The team at Welcome to XR hopes you found it helpful and interesting.

Extinction Rebellion relies on people like you to keep up the fight and our hope is that you choose to become involved with XR in whatever way you can.

We do have one more thing we'd like to ask you.

As you can imagine, trying to save the planet is pretty costly. Fossil fuel companies and polluters have their claws deep into government and are spending millions lobbying politicians to fight legislation that will impact their profits. Basically, they want to make sure it stays "business as usual". We can't let this happen, so we're asking for your help.

XR is funded entirely by generosity, and without individuals like you we couldn't do our work. We want you to become an XR regular giver; it makes such a difference. These are the most important givers as you allow us to make plans and act in ways that are most effective. We're asking for ideally £5 a week. If you can give a little more, even better - or you can choose a donation amount that works for you.

All you have to do is either scan the QR code below or visit [**Donate For Life**](#), and it'll take you to the page where you can become a regular giver.

You can give for as long as you feel you can and, when you feel you've done your bit, all the details for contacting XR are in the email we'll send you. It's so appreciated, so grab your phone, give it a scan and give us the support we need to keep up the fight for the future.

Thank you!

