

Post Training Resources

- [Welcome to XR For New Joiners](#)
 - [Taking That First Step](#)
 - [How XR started and where it is going](#)
 - [Getting Connected](#)
 - [Getting Active and Learning More](#)
 - [The Science Bit](#)
 - [... And Finally ...](#)
- [Prepare for Action \(NVDA\)](#)
 - [Where Prepare for Action training \(prev. NVDA training\) fits in with your rebel journey](#)
 - [Follow-up information for Prepare for Action \[NVDA\] workshop attendees](#)
 - [What to do if you registered but were unable to join?](#)
 - [Are you interested in training people to Prepare for Action \(NVDA\)?](#)
- [Talks & Training Extra Resources](#)
 - [Climate and Ecology Crisis Quiz](#)
 - [Where to find Talks, Training and Workshops](#)
- [Action Support Trainings \(Resources\)](#)
- [Disability Access Training](#)

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!

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

How XR started and where it is going

How Extinction Rebellion Was Born - watch and share this 6-minute video about Extinction Rebellion.

Declaration of Rebellion - a powerful and emotional statement read outside the Houses of Parliament when Extinction Rebellion was launched in October 2018.

In April 2023, tens of thousands of people took to the streets around the Houses of Parliament in London, for The Big One, a four day, family friendly event. XR was joined by over 200 other groups and organisation of all kinds, to tell the Government that we demand an immediate transition from a fossil fuel economy to a green energy economy, and that a Government funded Citizens' Assembly be established to formulate plans for the transition. During The Big One, informal Peoples' Assemblies were held daily and XR's strategy for the coming year grew out of those Assemblies.

Read a full explanation of our **Principles & Values**

For a deeper dive into how XR turns these Principles & Values into practice

Take a tour of our **Self Organising System**

Read our **Ways of Working**

Read the **XR UK Strategy 2023-24**

Read the **XR UK Actions Strategy 2024**

The work we are all doing together can be stressful. To focus our minds and hearts on our mission, and our connections with each other and our planet, **The Vision Reminder** is read at every XR meeting.

Together, rooted in love, we are all we need.

Welcome to XR For New Joiners

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 ☐

Welcome to XR For New Joiners

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.

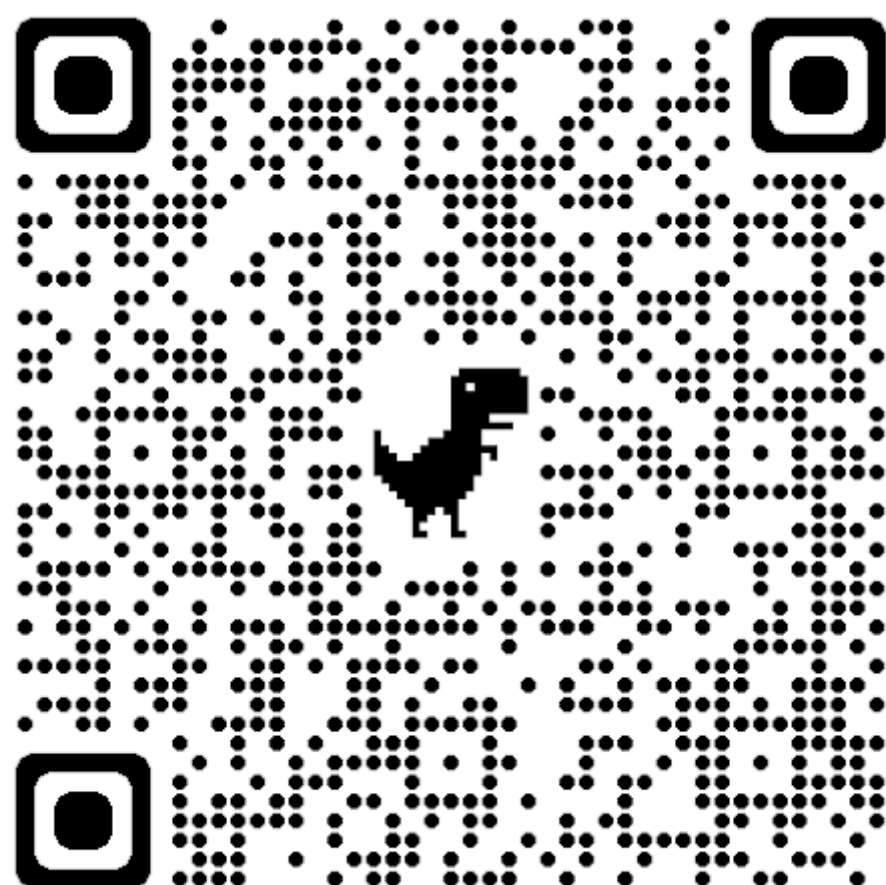
As you can imagine, trying to save the planet is pretty costly. Fossil fuel companies and polluters have their claws deep into government and are spending millions lobbying politicians to fight legislation that will impact their profits. Basically, they want to make sure it stays "business as usual". 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!



Prepare for Action (NVDA)

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...

Where Prepare for Action training (prev. NVDA 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), Welcome to XR and NVDA are the best way to start your rebel journey.

We also offer a Foundation Programme for people who are looking for a place for their specific skills within XR.

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.

Welcome 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 what Extinction Rebellion is, what we do and how you can get involved**. [Register for a talk here](#).

The Foundation Programme

This is an inspiring, rigorous, and intelligent course designed to give you a **thorough grounding in who we are, how we work and how you can get involved in XRUK**.

[More about the course](#) and sign up.

Follow-up information for Prepare for Action [NVDA] workshop attendees

Slides for Participants

Hello!

Thank you so much for coming to the Prepare for Action [Nonviolent Direct 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 2024 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 suggested 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. Check out the [Embedding Nonviolence Facebook page](#) for upcoming workshops.

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?

Detailed guidance and plans around current actions can be found [on the Rebel Toolkit](#).

If there are no current actions go to the [Event Map](#) and [Event Calendar](#) on the XRUK website for 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

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 [NVDA] 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

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 **Welcome 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, look out 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

Prepare for Action (NVDA)

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.

Talks & Training Extra Resources

Climate Quiz, talk scripts, how to guides

Climate and Ecology Crisis Quiz

- Take the **Crisis Quiz** online

Where to find Talks, Training and Workshops

For XRUK wide events - talks, training and workshops

- [Movement Broadcast Telegram](#)
- [Broadcast Mattermost](#)
- [XRUK website Events](#)
- [XRUK Talks & Training Facebook Events](#)
- [Rebellion Academy](#)

For XRUK wide Rebellions/Actions updates

- [Rebellion Broadcast Telegram](#)
- [Rebellion Broadcast Mattermost](#)

Action Support Trainings (Resources)

Stewarding Training

All resources shared in Stewarding Training can be found in the [Stewarding pages](#).

Action Wellbeing Training

Post training resources for Action Wellbeing are collected [here](#).

Street Outreach Training

Post training resources can be found on the [Street Outreach Skills Training page](#).

Disability Access Training

This training is run when requested by XR Disabled Rebel Network (DRN) - please contact xr.inclusion@protonmail.com.

Slides from this training can be viewed [here](#).

Also see the Facebook page of [XR Disabled Rebel Network \(DRN\)](#).