

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.

[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
