

# Prepare for Action Information

## Hello!

If you've taken the Prepare for Action (PfA) training, thank you. It is one of the foundations that will help you to get the most out of XR. We hope that you found it informative and thought-provoking.

The Prepare for Action team are now working on a training video. This will be available soon, please check back here for the link. If you would like to facilitate the training using the video, notes will also be available to support you in delivering the training with groups.

We always strive to be accessible and inclusive. If you have any questions or comments or would like to request a Prepare for Action workshop, please email us at [PfA@extinctionrebellion.uk](mailto:PfA@extinctionrebellion.uk).

## If you are new to XR

You can attend one of our [Intro to XR](#) talks.

You can learn about preparing for action by taking the Nonviolent Direct Action training in your own time on the [Rebellion Academy](#).

## Post Workshop Resources

Here is a list of the key information mentioned during the PfA session (plus some extra resources).

- [Key Script and slides](#)
- Upcoming in-person and online [Events](#)
- [XRUK 2025/26 Strategy](#)
- [Information](#) on campaigns, local groups and community groups
- Sign up [for the latest XR news](#)

## 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 nonviolence during protests is essential. Find the Deescalation 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 and how we avoid it. 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 [Events Map](#) and [Events Calendar](#) on the XRUK website to find all local and national dates for actions, events and meetings.

## If you are going to an XR action

It is really important that you are prepared before taking part in an action and this is why attending a PfA workshop is helpful. 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 (often in pink tabards) giving out Bustcards with the basic information and 5 Key Messages on them.

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

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

Here are some [Action Planning Resources](#) - including 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

---

## 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 there's the [Rebellion Broadcast](#).

If you want to rebel online, go to the [Digital Rebellion](#) website and also join the [Digital Rebellion](#) Telegram chat.

---