

# 4. Timings

This video is based on a 90 minute workshop. How long your session lasts will vary depending on the number of participants and whether your session is in-person or online.

It is important to take as many breaks as you think your participants need e.g if you have any participants who are disabled or vulnerable they may need more breaks.

You may also wish to extend breaks if your group is relatively new and you are using the session for team building.

We have not indicated where breaks might be, but the video has sections, pauses for thought, and Section Three: Injustice, Oppression and the Police is approx. half-way through.

<b>For Facilitators</b>	<b>Time</b>
Section 1. Welcome, about XR, agenda, Rebel Code	10 mins
Section 2. Civil Disobedience and Direct Action. Why Nonviolence and Spectrum Lines	26 mins
Section 3. Injustice, oppression and the police	13 mins
Break : Agree length with participants	5 mins approx.
Section 4. Resistance and Global Emergency	3 mins
Section 5. NVDA skills for taking part in or supporting an action	14 mins
Section 6. Action Support	2 mins
Section 7. Legal Resources	4 mins
Section 8. Action Cycle, Decision-making in Action & practice	8 mins
End & energiser + Q&A	5 mins
Total	90 mins

---