

# Allies: Prepare for Action

This information is for you if you are part of an organisation or group allied to Extinction Rebellion [XR].

You are welcome to use **this Prepare for Action [PfA] training video** [ADD LINK] with your members, especially if you are planning to collaborate with us. It will help us all to work together and keep each other safe.

If you want to deliver PfA training, using the [Facilitator Guide](#) alongside the training video is essential to ensure attendees get the most out of the session.

During your training sessions we expect everyone to abide by the spirit of [XR's 10 Principles & Values](#).

We have taken great care to make sure that the content including the legal section is correct. If you make any modifications you must make it clear that the content is not endorsed by Extinction Rebellion.

This video contains the most up-to-date information, so that you know how to safely take Nonviolent Direct Action. It would be greatly appreciated if you would make a donation to XR so that we may continue our work.

## [DONATE HERE](#)

If you're interested in collaborating on an action or event, you can contact your nearest group/s using the XR UK [Local Groups map](#)

If you have any questions or would like to get in touch you can email us at [volunteer@extinctionrebellion.uk](mailto:volunteer@extinctionrebellion.uk).

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If you have never been to the Rebel Toolkit before here is an [explainer](#).

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