

Post Training Information

Hello and Welcome! This page is for people who attended a Prepare for Action [PfA] workshop. Your facilitator will have given you the link to this page where you will find all of the information referred to during the video.

Understanding Nonviolent Direct Action or Peaceful Civil Disobedience 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.

Additional Information and Training:

- [Oppression, Climate and Racial Justice | Oppression, Movement Building and our Relationships as Activists Workshop \(OMBRA\)](#)
- [Rebel Agreement](#) (also known as the Rebel Code)
- [Action Support training](#)
- [Know your Rights training](#)
- [Sources of protest law information](#)
- [Disabled people's protest rights: Guide](#)

Most people will have done this workshop as a part of a group. Although it is OK for a person to watch this video alone, much of the value of being a part of a facilitated group will have been missed. If your group would like an online workshop or would like the workshop as part of an action briefing, please email volunteer@extinctionrebellion.uk and our trainers will offer support.

We have taken great care to give you 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 have any questions or would like to contact us you can email

volunteer@extinctionrebellion.uk.

If you want to watch the video again in your own time here is the YouTube link [ADD LINK]. You can also use this link to share the video with other people.

If you are interested in running PfA workshops use the [Facilitators' Guide](#) to deliver alongside the video.

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