

# Preparation

- Watch the video beforehand to familiarise yourself.
  - We expect that all participants will abide by Extinction Rebellion's [Rebel Agreement](#) [sometimes known as the Rebel Code] during training sessions.
  - The video can be used in-person or online. You don't need slides and a script. You will need to be able to screenshare the video online or, in-person, project it onto a screen or show it on a large TV.
  - Three activities called Spectrum Line, Deescalation and Making Quick Decisions [ADD LINKKS] will require your active facilitation. These activities are enriched by the discussion and experience that participants bring - it deepens everyone's learning.
  - There are also two places where we invite a pause for thought. You will need to pause the video and invite people to consider the question. You may wish to ask for responses or for people to post in the chat.
  - The links and notes in the More section below the YouTube video and information on the Rebel Toolkit, will be kept up to date.
  - You may also like to prepare by reading the rest of the [Prepare for Action Training](#) book.
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