

# The Essentials

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# Welcome to XR

## Hello and Welcome!

You may have been motivated to join us because you've decided that you must take action now. Or maybe you want to find out more before becoming involved. Still, we know that taking that first step can be a challenge. Thank you for being here.

Within XR we acknowledge that our increasing awareness of what we're all facing can be very difficult. However for many of us, making connections with others experiencing the same thing helps hugely; we are not alone anymore. Joining in, and trying to be part of the solution, is empowering and liberating. Action brings hope!

XR is a family with lots of support available when it's needed. You can find these resources in a number of places, but the [Care and Respect](#) page is a good place to start.

## Connect With Us

### Live 'Welcome to XR' talks on Zoom

The talk takes place every Tuesday evening from 19:00-20:30. You're warmly invited to stay until 21:00 as we allow 30 minutes for questions and discussions after the session.

[Register for the Zoom here.](#)

Alternatively, you can watch a video recording - [Welcome to XR \(10th May 2023\)](#)

### Staying in Touch

If you do not already receive emails from XRUK, please join our mailing list! This is the main way we keep in touch and let you know what is going on. Please go to our website and leave your details in the ['Join Us'](#) box on the homepage.

We have a Telegram chat group for people new to XR where you can ask questions, make support requests and chat with other new joiners. We don't post the link publicly but you will be given it when you attend a 'Welcome to XR' talk. If you would like to join it, download the [Telegram](#) app to your phone.

Alternatively, you can contact us directly here: [volunteer@extinctionrebellion.uk](mailto:volunteer@extinctionrebellion.uk)

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#### **More information:**

- [XRUK website](#)
- [Local Groups map](#) - join a local group
- [Events \(Actions\) map](#) - find an XR event near you
- [Events calendar](#) - all XRUK events, including actions, local group activities, training etc.
- [Volunteer Website](#) - apply for a role
- [Donate](#) - the generosity of ordinary people forms the bedrock of our funding
- [Rebellion Academy](#) - take online training in your own time
- [The Climate Quiz](#) - share with your friends to open a conversation about the emergency
- [The Rebel Toolkit](#) - XR's online library of resources (the website you're using right now!)
- [Rebellion Broadcast](#) - key UK-wide messages on actions (Telegram app)
- [Movement Broadcast](#) - key UK-wide messages on talks, training and workshops (Telegram app)
- [Digital Rebellion](#) - take action online (Telegram app)

# Who are XR? And Why Direct Action?

Extinction Rebellion (XR) is a worldwide movement which uses nonviolent direct action (NVDA) to force those in power to act on the climate and ecological global emergency.

- We have known we are heading for disaster for over 35 years.\*
- In the last 50 years carbon emissions have trippled.\*\*
- In the last 50 years monitored wildlife populations have decreased by an average of 69%.

\*\*\*

Our governments have not protected us and conventional campaigning has failed. We are almost out of time to change course.

Direct Action (also known as civil disobedience) has a history of achieving change where other methods have failed; for example the Suffrage Movement gained the vote for women by their actions.

We act now for the sake of all life on earth. We aim to halt mass extinction and minimise the risk of social collapse. We will not be led quietly to extinction by elites and politicians.

Read our original [Declaration of Rebellion](#) here...

...and learn more about the need for direct action on our website: [So what do we do?](#)

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## References:

\*In 1988, climate scientist James Hansen testified before the US congress, provoking the New York Times headline: 'Global Warming Has Begun, Expert Tells Senate'

\*\*International Energy Agency 2024 report

\*\*\*World Wildlife Fund Living Planet report 2022

# The Climate & Ecological Emergency

The science is clear: we face an unprecedented global climate and ecological emergency.

The effects of this emergency include **floods, wildfires, extreme weather, mass loss of wildlife, crop failure and the mass displacement of people and loss of life**. This is not a distant prospect - these effects are being suffered right now, and will continue to be disproportionately suffered, by those who have done the very least to cause the crisis.

But we are not helpless in the face of this unfolding disaster. **We can choose to act!**

This 50 minute video, in two parts, explains what is happening and what we can do about it.

<https://www.youtube.com/embed/QME0nzk1BSQ?si=hORV7LgqwlxUZ3OO>

<https://www.youtube.com/embed/cmRmzDk6JrQ?si=302p0d8-TRa1Dj96>

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## More information:

If you want to know more about the science of climate and ecological breakdown, visit our webpage [Emergency on Planet Earth](#). Dr Emily Grossman (with the support of the XR Scientists community and a wide range of experts) lays out the facts.

# Our Demands

We have three demands of the Government and others in positions of power:

## 1. Tell the Truth

All institutions must communicate the danger we are in. We must be clear about the extreme cascading risks humanity now faces, the injustice this represents, its historic roots, and the urgent need for rapid political, social and economic change.

## 2. Act Now

Every part of society must act now to reduce greenhouse gas emissions to net zero by 2025 and begin protecting and repairing nature immediately. The whole of society must move into a new precautionary paradigm, where life is sacred and all are in service to ensuring its future.

## 3. Decide Together

We demand a culture of participation, fairness and transparency. The Government must create and be led by a Citizens' Assembly on Climate and Ecological Justice. Only the common sense of ordinary people will help us navigate the challenging decisions ahead.

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### **More information:**

[More about Citizens Assemblies](#)

Video [Why have a Citizens' Assembly](#)

# Our Principles and Values

Anyone who follows these core principles and values can take action in the name of Extinction Rebellion.

**1. We have a shared vision of change:** creating a world that is fit for generations to come.

**2. We set our mission on what is necessary:** mobilising 3.5% of the population to achieve system change – such as “momentum-driven organising” to achieve this. .

**3. We need a regenerative culture:** creating a culture which is healthy, resilient and adaptable.

**4. We openly challenge ourselves and this toxic system:** leaving our comfort zones to take action for change.

**5. We value reflecting and learning:** following a cycle of action, reflection, learning, and planning for more action. Learning from other movements and contexts as well as our own experiences.

**6. We welcome everyone and every part of everyone:** working actively to create safer and more accessible spaces.

**7. We actively mitigate power:** breaking down hierarchies of power for more equitable participation.

**8. We avoid blaming and shaming:** we live in a toxic system, but no one individual is to blame.

**9. We are a nonviolent network:** using nonviolent strategy and tactics as the most effective way to bring about change.

**10. We are based on autonomy and decentralisation:** we collectively create the structures we need to challenge power.

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#### More information:

- A more detailed explanation of each of the [Principles and Values here](#).
- [Principles and Values poster to print](#)
- See '[Our Culture](#)' for how we apply the Principles and Values.
- Online training: [Welcome to XR training](#) covers what our principles and values mean in practice.



# Current XRUK Strategy

## Here Comes Everyone - XRUK Strategy 2023-24

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As a Non-Violent Direct Action Movement, our Strategy has to change and evolve to be suitable for the times we are in. Our Strategy Team is constantly in the process of learning from the experiences of XR in the UK and around the world, as well as other activist groups, to work out where we should go next.

Pour a brew, get comfy and delve into the [XRUK Strategy 2023-24](#)

In a hurry? Grab the shorter [Strategy briefing for Local Groups](#).



# Glossary

Jargon is useful shorthand within a group but we know it can be unhelpful to new joiners so we have created this page to help.

If you come across jargon and acronyms during in-person meetings, you can hold up a 'C' shape with your hand to ask for a clarification. You might even do this if you know what it means if it might help other people in the meeting to have it explained.

## Terms

- **Action Network (AN)** The system we use to keep records of XR subscribers and send out mailings and newsletters.
- **Action Point (AP)** Record of a specific task someone agrees to take on, usually at a meeting.
- **Affinity Group (AG)** Small groups of people who work together at actions.
- **Citizens' Assembly (CA)** Innovative bodies that can empower people, communities and entire countries to make important decisions in a democratic way. They are populated by a formal selection process, rather like a jury selection.
- **Community Assembly** A way by which communities can have discussions and make decisions. Community Assemblies are typically held to discuss local issues and to make decisions about how to improve the community.
- **Community Group (CG)** A group brought together by identity e.g. faith, culture, occupation or really anything! e.g. XR Grandparents, XR Muslims, XR Doctors etc.
- **Cloud** XR UK's secure storage alternative to Google-Docs.
- **Coordinator** 1. Internal Coordinator (IC) Manages the relationships within the group. 2. External Coordinator (EC) Manages the group's relationship with other groups.
- **DNA** The things that make us XR e.g, our Principles & Values, Self-Organising System, Ways of Working etc.
- **Forum** an online message board platform, linked to the Hub. Longer discussions than on Mattermost.
- **Foundation Programme** An in-depth training course aimed at helping people take on a role in a working group.
- **Gardener** a person whose job it is to support local groups and communicate information between local groups and the UK layer of XR.
- **Global Support** a network of people who support XR groups around the world.

**Extinction Rebellion Global website**

- **The Hive** the widest circle in the XRUK organism, made up of representatives from each Nation and Region of the UK, the XR Community Groups, as well as some from the UK Support structure. It aims to hold XR UK's shared purpose, supporting it to achieve its 3 demands in the UK.
- **Hub** A webpage which gives access to our XR UK online communications tools and links to the different platforms we use all from the one place.
- **Integrated Budget Group (IBG)** distributes income raised for XRUK in line with the movement's strategy.
- **Integration** The process of welcoming and training new joiners and helping them to find a role.
- **Mandate** Each role and circle within XR has a mandate, and this tells those in that role or circle what they can do and lets others know what that role or circle is responsible for.
- **Mass Mobilisation** mass recruitment and engagement in nonviolent direct action.
- **Mattermost** XR's own online communication platform (best for short form chats).
- **Nonviolent Direct Action (NVDA)** The practice we use to achieve our goals of social change. It includes protests, civil disobedience and economic and political non-cooperation.
- **Peoples' Assembly (PA)** A brain storming or decision making tool for groups that empowers people to share their ideas and opinions. In XR they are typically convened "on-the-fly" as a part of a larger gathering. The goal of a people's assembly is to give people a voice and to allow them to participate in decision-making processes.
- **Rebel** Anyone who joins us and commits to our principles and values.
- **Rebel Agreement** Rules which we ask people to adhere to on actions.
- **Regenerative Culture** The principles of care, mutual respect and listening we try to abide by.
- **Self-Organising System (SOS)** Our system of organising. It is how we make decisions, define roles, structure ourselves and evolve as we learn what works and what doesn't.
- **Volunteer Agreement** Our principles and values and data protection policy. It must be signed by people who have access to personal data on other XR members.
- **Working Group (WG) (or 'circle' or 'team')** [Working Group (WG) (or 'circle' or 'team')] A group of people who do a particular type of work e.g. talks and trainings (T&T), media and messaging (M&M).

## Acronyms

- AC - Actions Circle
- A&LS - Arrestee & Legal Support
- AF - Arts Factory
- AG - Affinity Group
- AP - Action Point

- APC - Action Planners Circle
- AN - Action Network
- AS - Arrest Support
- BADON - Building a Distributed Organising Network
- CA - Citizens Assembly
- CG - Communities Groups
- CCA - Christian Climate Action
- EC - External Coordinator
- GS - Global Support
- IBG - Integrated Budget Group
- IC - Internal Coordinator
- ISN - Internationalist Solidarity Network
- KYR - Know Your Rights
- LG - Local Group
- LO - Legal Observer
- M&M - Media & Messaging
- MM - Mattermost
- MoM - Movement of Movements
- NVDA - Nonviolent Direct Action
- PA - People's Assembly
- PSS - Police Station Support
- RA - Rebellion Academy
- RISE CWUP - Pre-action/arrest training (Reasons, Impact, Support, Embed, Concerns, Wellbeing, Uncertainty, Preparation)
- RR - Rebel Ringers
- S&C - Systems and Culture circle
- SOS - Self-Organising System
- T&T - Talks and Training
- TESN - Trained Emotional Support Network
- VA - Volunteer Agreement
- VLE - Volunteer Living Expenses
- VW - Volunteer Website
- WALA - Week of Aligned Local Actions
- WG - Working Group
- XRU - Extinction Rebellion Universities
- XRY - Extinction Rebellion Youth