

# 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:

- Fuller explanation of each of the [Principles and Values](#) on the UK website.
  - [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.
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