

HAND BOOK

HOW YOU CAN PREPARE
FOR AND CONTRIBUTE TO
THE 2020 REBELLION

FOR LIFE



extinction
rebellion

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1. HELLO

From the Communities Team

Excitement is growing all across the movement and rebels are asking themselves: What do I need to know about the rebellion? How can I prepare myself and my loved ones for it? And how can I contribute as much as I can to it?

This handbook might look quite long on the first glance but really, the main things you should take away are very simple:

Join an XR group if you haven't done so yet! Our strength is in our community. Rebellions together is more fun and more effective.

Also, try to take time off work so you can join the rebellion! The ideal is that you can take two weeks off from the 1st September onwards, but any additional day that you can spend with us on the streets will make a difference.

Rebellions cost money! And XR has very little at the moment... Contribute to the Rebellion Crowdfunder or set up a monthly donation.

Finally, the rebellion plans are constantly evolving, and we will be updating this handbook on a regular basis. If you would like us to change any of its contents, or add new content, get in touch with us on xrcommunities@gmail.com.

Here's the link to [black and white version of this PDF](#) for printing.



2. WE WANT TO LIVE!

What you need to know about the rebellion

Watch and share the [video](#) about our next rebellion!

Coming to the rebellion?

Let us know by filling in [this form](#)!

Join the [Rebellion Telegram](#) broadcast!

There is also a [Manchester Rebellion Broadcast](#) and [Cardiff Rebellion Broadcast](#)!

Are you a local organiser?

Check out [this handbook](#)!

We need this rebellion. 2020 has been a year of tipping points. Everywhere you look, a collective rage is growing. The social contract between the government and its citizens is broken.

People know the truth: the Government is failing to do what's necessary to keep us safe. They ignored the warnings about coronavirus and let tens of thousands die. Now they're ignoring warnings of 4°C of warming from their official Committee on Climate Change, a warning that could result in billions of deaths — with racially marginalised communities, and those in the Global South on the front line.

Right now, Big Banks, Big Oil and climate destroyers are being bailed out by the Government right under our noses as part of the so-called “Green Recovery” — all with zero commitments to People and Planet. These corporations, with Government support, are racing us to the cliff edge of extinction. We cannot let what's happening go unchallenged. We have an opportunity and a duty NOW as we emerge from the pandemic to make the changes that are necessary.

We will raise the alarm to the public. It is the public that has the power to achieve rapid social and political change. They have done so before when attitudes shifted on slavery, the women's vote, gay rights and most recently police brutality. In everything we do, we raise public support for genuinely democratic action on the Climate and Ecological Emergency.

When we rebelled in April 2019, the number of people who thought that the CEE was one of their top 3 concerns almost doubled. This helped to lead to the declaration of a Climate Emergency by Parliament, a commitment to zero carbon by 2050 and the creation of a Citizen's Assemblies around this target. If our actions can highlight the Government's unwillingness to protect its citizens — from a pandemic, from structural racism, and from disastrous climate and ecological change — the public will move against them.

Our actions also offer Parliament an invitation to do the right thing, the necessary thing. A Climate and Ecological Emergency bill has been put together by several respected scientists working

with XR's Political team. It places biodiversity loss alongside climate concerns and places responsibility on the UK to take full responsibility for its entire international carbon footprint, without get outs. We know the Government isn't moving hard or fast enough — the bill would make it law so they had to.

Parliament is the heart of power in the UK. In September, ordinary people, of all ages, races and religions, will stand together to hold that heart of power accountable. Not only will this disrupt a criminal Parliament but it sends a crucial message to the public. The people are peacefully rising up against a broken political system.

In this rebellion, we are asking everyone who has been betrayed by this Government to join us in the rebellion. Disruption, sacrifice and respect are still at the core of what we do. We know that emotions and actions will drive change, above stats and words. We need to shift hearts and minds. We need to scream out for all we hold dear. This is the time to yell, "We Want To Live!"

To kick off, rebels are invited to align across the UK in these themes for August bank-holiday weekend:

♥ **Fri 28th Aug**

Mass banner drop across the UK
plus Fossil Fuel-focused actions

✈ **Sat 29th Aug**

Airports and Aviation

🌿 **Sun 30th Aug**

Gather your community (run assemblies locally, connect, listen, learn, talks, workshops, visioning)

🏦 **Mon 31st Aug**

Permanent Bank 'holiday', finance-focused actions

🌈 These themes will unite the UK in beautiful, coordinated, dispersed actions to raise awareness of our upcoming Rebellion.

💡 Everyone is invited — your Local Group, Affinity Group or community — to get creative and start planning actions and events under these unified theme days.

From 1 September, we will come together to peacefully rebel in London, Cardiff and Manchester. Parliament hasn't earned the right to go back to business as usual until the Climate and Ecological Emergency is taken seriously. Our solution? Our call is for the CEE bill to be passed, which would see deep, transformational change to give us hope that we can still do enough for future generations.

In London, we will gather around Parliament Square making sure that our presence is not unnoticed by MPs. There will be something to do for everyone — whether you can be arrested or not, whether you can stay for a week or a day. This time, we will not hold sites day and night although rebels are welcome to plan night vigils or actions if they wish. Most of us will be leaving at

night to rest and will return the next morning fresh and recovered. And the next morning. And the morning after that. With creative and impactful actions around Parliament Square and other parts of London, we will keep repeating our message again, and again, calling for the Climate and Emergency Bill to get onto Parliament's agenda. More details on the plans for all three cities are to follow soon.

For any questions, you can email:

London: rebellionweavers@protonmail.com

Cardiff: cardiff.rebellion@protonmail.com

Manchester: rebellion@xrnorth.org or if you're new to XR and don't know where to start, email: integration@xrnorth.org

A. BRINGING PEOPLE WITH US

August 30th is a day to connect with those outside of Extinction Rebellion. So many of our fellow citizens share our yearning for change. Now it's time for us to reach out and connect with our fellow humans, with their desire for a better world. This Rebellion has to reach outside of our XR bubble.

Create a space for your community to gather. Think about how to make it as relevant and inviting as possible. Maybe you'll gather to listen to 70s disco tunes whilst you chop veg for a community

supper, or perhaps hold a Community Assembly for your neighbourhood to share their vision for what the future of your streets could be... Unleash your creativity! Actions aren't the only things that can be bold, beautiful and vibrant. :))

Get some inspiration from the Trust the People's community organising course, covering how to engage your community, hold a Community Assembly and organise for real change, and much more besides. And check out our briefing.

B. BUT WHAT ABOUT COVID 19?

No rebels who may be more vulnerable to Covid 19 should feel at all pressurised to take part in physical actions. There are plenty of ways in which you can contribute as a Home Rebel.

Most importantly, rebels should not participate in any actions if they, or a person they have been in contact with, has had coronavirus symptoms in the previous 14 days.

Three key precautionary elements that action planners will bear in mind and try to provide for are:

- **Social distancing**
Try to stay 2 metres (3 steps) away from other rebels
- **Face coverings**
Bring some face masks along

- **Hand hygiene**

Wear gloves or wash your hands on a regular basis, and think of ‘zero-contact’ alternatives for things like flyers and sign-up sheets

It has been observed that police are not adhering to distancing guidelines. Any action with risk of arrest, remand or prison may involve significant additional personal risks to rebels’ health, security and wellbeing

It is up to rebels to keep themselves informed of risks, the latest public health guidance and the latest regulations. We will try to keep this guidance on actions in the time of coronavirus up to date which you can find on our action resources page. You can also read here about the latest governmental guidance on Covid 19.

C. HOW WE REBEL

Let’s remind ourselves of the foundation of our rebellion.

When have you last read our Principles and Values?

How about the demands? What do they mean to you in our current time and context?

Let’s also not forget that anyone who takes part in the rebellion commits to the Rebel Code:

Rebel Code

All Rebels are asked to follow our basic agreements.

They provide a basis for trust so that both Rebels and the public know what we can expect from each other.

- We show respect to everyone — to each other, the general public and to the government and police.
- We engage in no violence, physical or verbal.
- We carry no weapons and wear no masks other than those required due to Covid 19 — we hold ourselves accountable for our actions.
- We bring no alcohol or illegal drugs.
- We take responsibility for ourselves, we are all crew.

We will come together until the Government acts on our three demands for necessary action on the climate and ecological emergency. This code aims to help us attract the many people we need to make this movement effective. Anyone breaking these Agreements may be asked to leave.

Nonviolence is at the heart of our movement. As one of XR’s core principles and values it is non-negotiable for everyone taking action in the name of XR. It underpins the moral power of our actions as we endeavour to protect life, through civil disobedience and disruption.

This means that we need to develop and exercise our inner discipline, to refrain from physical and verbal violence and aggression even in the face of violence or aggression from others. If we were to fail in this, it would be extremely harmful to our movement.

We make this commitment to nonviolence based on our understanding that using non-violent strategy and tactics is the most effective way to bring about change in our current social context, by generating widespread sympathy and support and enabling wider segments of the population to take part.

The state and those in power will always have greater means to employ violence — but we have the greater moral power when acting together, openly and accountably, through non-violence, courage and sacrifice.

As a movement, we need to learn from our mistakes and be visionaries that champion a movement that welcomes every part of every one. In a [recent statement](#), we have acknowledged that in the past we have insufficiently taken into account the effects our strategy had on marginalised people. In this rebellion, we seek to center solidarity and co-liberation as core values to overcome the oppression, racism and injustice we are facing. We need to learn from frontline communities, particularly in the Global South, about their struggles, resilience and wisdom in confronting the climate crisis. This will be a long journey, and each rebel is encouraged to make this rebellion a vital step towards co-liberation. If you'd like to learn more, check out our [OMBRE training](#).

3. BE PREPARED!

What you should do before attending the rebellion

A. WHAT'S YOUR PLAN?

Before you can prepare yourself for the rebellion, you should ask yourself: What will I be doing during the rebellion? What kind of information is useful for you will depend a lot on how you want to contribute. All of you have in common, however, that you should try to [join an XR group](#).

Supporter Rebel

Do you want to support the rebellion but have little time on your hand? And won't be able to attend the rebellion in person?

- You'll find the sections on [easy asks](#) and the [Digital Rebellion](#) useful.

Home Rebel

Are you keen to commit lots of time to the rebellion but unable to attend the rebellion physically? If you're part of a group that is at high risk for Covid 19, have caring commitments or disabilities that stop you from attending the rebellion, this is probably you.

- You should have a look at the sections on [welcoming new rebels](#), [rebel ringing](#), and [behind-the-scene roles](#). Some of the [other ongoing XR campaigns](#) and [outreach methods](#) might also be of interest to you.



Street Rebel

Are you going to join the rebellion in person?

Do you want to contribute your skill set wherever most needed on the streets?

- The rebellion checklist and essential talks and trainings are a priority for you. Also check out the action role training.

Rebel Rebel

Are you determined to take part in civil disobedience, possibly even to the point of arrest?

- Again, have a good read through the rebellion checklist and essential talks and trainings. You want to have a particularly close look at the RISE CWUP resource, ideally together with your affinity group.

Obviously, the Street and Rebel Rebels can do anything that Supporter and Home Rebels would do whilst they're still at home. This is just a framework to help you set priorities and find your way around this handbook.

B. CHECKLIST FOR THE REBELLION

If you are a Street Rebel or a Rebel Rebel, it can be exciting to dive straight into the rebellion without second thoughts. However, you are likely to have your second thoughts later, or even when it's too late, so it's worth taking some time before the rebellion to think through how you could best prepare yourself.

Do you have a plan?

It's useful to plan as early as possible when you're going to attend what rebellion.

Do you need to take time off work?

Ideally, you should try to take off two weeks from the 1st September but every single day that you can take off will make a difference to the rebellion!

Do you know where you're going to stay?

It is looking unlikely that anyone will have to sleep on the streets overnight. Get in touch with friends and family who could host you. If that's not an option for you, you can find out whether a fellow rebel can host you by filling in this form.

Do you have a buddy/affinity group?

If yes, get in touch with them and make arrangements around when, where and how you'll attend the rebellion together. The RISE CWUP resource will help you cover everything that your affinity group should consider.

If not, make sure to attend an Affinity Group Formation Session as soon as you can.

- How are you going to get to the rebellion?**
Together with your affinity group? Is your local group organising coaches? The earlier you make your travel plans, the cheaper it will be for you.
- Do you have the gear?**
Stuff that you'll need at a rebellion includes:
 - Face masks and gloves or hand sanitiser
 - Layered clothing, including waterproofs and comfortable shoes
 - A backpack to protect neck, spine, and kidneys
 - Water and snacks
 - A bust card (here is the latest version for London and the surrounding areas, the Welsh and Northern bust cards will follow soon)
 - Sun blocker
 - Your medication and hygiene products if you need any
 - Something to read
 - Anything that the police could confiscate and it wouldn't be the end of the world! No valuables! No drugs (that includes spliffs)! Ideally not even knives!
 - Beautiful, creative flags, banners & placards!

- Do you have a role on site?**
Especially for Street Rebels, actions are more rewarding when you feel like you're contributing to them yourself. Get trained up in a role or fill in this form if you're already trained in a role.
- Do you know your rights?**
Attend a Know Your Rights training and have a read through this legal advice booklet.
- Do you know what happens when you get arrested?**
Please read here, even if you don't plan to be arrested!
- Do you know what to do if someone gets arrested next to you and there's no Legal Observer around?**
Watch the Arrest Watch video!
- Are you feeling anxious about joining the rebellion?**
The Trained Emotional Support Network (TESN) provides supportive functions for both individuals and groups. The realities of the Climate Crisis and potential involvement in protests leave us all needing a little support at some point. You can use the Rebel2Rebel Telephone Active Listening service (note that active listening is not counselling) by emailing rebel2rebel@xr-tesn.uk.
- Have you thought about how you will behave towards the police?**
We are nonviolent towards each other, the public, politicians and the police, no matter how they will treat us in return.

We must not make our nonviolent discipline dependent on people being nice to us. That includes verbal abuse and slurs. However, we should also not get carried away in our compassion for humanity — no more “We love you” chants for the police, please! Read more about XR’s official position on the police [here](#).

Have you thought about how consent ties into XR?

Consent is at the heart of everything we do in XR and beyond: how we create good work relationships; how we treat each other, members of the public, and the planet; intimate and/or sexual consent with other rebels. Check out XR’s [resources on consent](#) or head to an [Introduction to Consent Workshop](#) where you’ll find out more about the Consent Advocacy Team!

Rebelling with a child

You are welcome with your newborn. You won’t be the only new parent at the rebellion. Children of all ages with all their needs are welcome. Our aim is to create a feeling of extended family.

- Write your contact details on the arm of a child in your care with a permanent marker.
- Alternatively, write on a sticker and put it in their shoe.
- Look up the protesting site and choose a spot to meet should you get separated.

- Get in touch with [XR Families](#) to find out about their plans for the rebellion. Their purpose at rebellions is to ensure parents and children can attend, feel comfortable and participate in a way that works for them. If you are unsure of whether to join a particular action or event, please get in touch and they will be able to advise.
- Like [XR Families on facebook](#) and follow [@XRFamilies](#) on Twitter for info and updates.

Rebels under 18

This is about your future so join the rebellion!

- If you are under 18, we strongly advise you tell your family your intention to attend the Rebellion. Talk to them about the risk of arrest, especially if you intend to be arrested. The arrest of their child can be a great shock to parents, especially if they hear the news from someone else. It may be difficult to broach the subject but it’s worthwhile. Consider inviting a parent or guardian along with you. It is their rebellion, too!
- If you end up getting arrested, then you have the right to call an ‘Appropriate Adult’ from the police station. A parent or legal guardian is preferred but it doesn’t have to be (could be a sibling or an older friend etc). Remember to write the phone number of your chosen ‘Appropriate Adult’ on your arms in permanent marker so that you don’t have issues with getting through to them.

Rebelling with disability

We want our actions to be accessible for everyone.

However some actions, such as climbing Big Ben, may exclude some rebels and where an action excludes some people additional inclusive actions will be considered to involve everyone. We will use these [guidelines](#) in all our action planning.

- If you want to know whether a specific need can be met at one of the September actions, for example whether there will be a British Sign Language interpreter, please [contact the relevant action team](#) to ask them.
- People on benefits and disabled activists who take part in actions have been targeted by the police and they may contact the Department for Work and Pensions to report activists as being able to attend an action and therefore able to work. As a consequence disabled activists may have their benefits sanctioned.
- To connect with other disabled rebels, please email the Disabled Rebels Network (DRN) at xr.inclusion@protonmail.com or visit [XR Disabled Rebels Public Group](#) on facebook.
- If you need a British Sign Language interpreter, please contact xr.bsl@protonmail.com

C. GET TRAINED UP

Broadly speaking, if you want to physically attend the rebellion, there are only four super-essential talks and trainings that you really shouldn't miss out on:

The No Time To Lose If We Want To Live! talk

Why another rebellion? Why now? What has changed? What has stayed the same? And what can you do? This short but fiery talk explains why we will be rebelling in a very different social context this September, and how you can support your XR group to make the rebellion happen.

How long does this event take? 1 hour

Where can I find out about it? Check [the facebook page](#) or [website of your local XR group](#), the [website events page](#), or contact your [regional Talks & Trainings coordinator](#)

Want to organise this talk? Have a look at [this guide](#)

Know Your Rights training

No, this is not just for people who are keen on getting arrested — ANYONE should know what their rights are before going to a protest! At this training, we often hear people say things like “Oh, I wish I had known that two months ago!” Don't be one of them!

When will this happen? Every Tuesday from 6–8pm

Where can I find out about it? Sign up [here](#).

Nonviolent Direct Action Training

You've learnt about your rights. But there is more that you should know about nonviolent civil disobedience. What does it mean to be nonviolent? What are different types of direct action you can get involved in? Find it out in our NVDA training.

When will this happen? Every from Saturday 10am–1pm

Where can I find out about it? Register [here](#), look for NVDA training on the [XR UK Talks & Trainings facebook page](#), or talk your [regional Talks & Trainings coordinators](#). You can also do the NVDA training at your own pace on [Rebellion Academy](#).

Affinity Group Formation Session

[Affinity Groups](#) are groups that attend actions together.

So forming or joining such a group is an essential part of your preparation for rebellion. In this session, you will be matched up with other rebels who you can attend the 2020 Rebellion together with.

How long does this take? 2 hours

Where can I find out about it? Check the [facebook page](#) or [website of your local XR group](#), or contact your [regional Talks & Trainings coordinator](#).

Those were the four essentials - however, there are also a couple of non-essential-but-still-very-important trainings which you may want to consider.

De-escalation

Nonviolence is easier said than done when someone is screaming into your face or even threatening you. Learn the basics of interpersonal de-escalation techniques and explore how you might de-escalate a tense situation.

How long does this take? 1.5 hours

Where can I find out about it? Check the [Regenerative Culture facebook page](#).

Oppression, movement building and our relationships as activists (OMBRE)

This workshop will address the importance of understanding the structural nature of oppressions (such as racism, sexism, classism, ableism, the oppression of young people...), as well as doing personal healing work — both of which are necessary if we are to work together effectively in a united movement.

How long does this take? 3 hours

Where can I find out about it? Check the [Regenerative Culture facebook page](#).

If you're still struggling to find a talk or training, contact your regional Talks & Trainings coordinator! If you haven't heard from them in a week or more, you should probably get in touch with our UK-wide Talks & Trainings team on eventsxr@gmail.com.

Access online trainings that you can do at your own pace at Rebellion Academy UK! Find out what type of rebel you are, learn more about XR and prepare for your ideal role in the movement.



4. WE WANT YOU!

How to contribute to the rebellion

The thing that makes Extinction Rebellion so exciting and rewarding to be part of is that we don't "just" turn up on the day of the protest, march down a road and then disappear again. Before, during and after our rebellions, there are 1,001 things that you can do to contribute to the rebellion. This rebellion won't organise itself, it's a joint effort. Any skill set is of use: Lorry driver, yoga instructor, mum — you name it!

A. JOIN AN XR GROUP

We probably all realised during lockdown that rebelling on your own is just not as nice as doing it with a group. Our strength is in our community! So make sure to join an XR group if you haven't done so yet.

You can have a look at this map to see if there is a group in your area that you could join in with.

Or go on Facebook and search for "Extinction Rebellion 'your area'" or "XR 'your area'"

You might also like to join an XR Community Group. These are groups that are defined by a shared identity

rather than a shared neighbourhood, e.g. XR Muslims, XR Farmers. They are spread across the UK and can be found [here](#).

If you just want to join a small group of rebels who you can attend a protest together with, [an affinity group](#) is what you're looking for. The 'affinity' part could mean anything that unites the group — this could be where you're from, what you care about, what kind of actions you're interested in or it could just be that you like each other and want to make a difference together. It's crucial that those people willing to risk arrest are properly supported through this experience, so not everyone in an affinity group needs to make that commitment. Join an [Affinity Group Formation Session](#) to meet your new action dream team!

When joining any of these teams, let the rebels in your group know what your skill set is! You'd be surprised by the variety of skills that are needed to make a rebellion happen. In fact, you may want to check the [volunteer board](#) in case an XR group is currently in need of a rebel with your skills.

B. ANSWER OUR ASKS

We have prepared three lists of humble asks for you: The tiny asks for workaholics or otherwise busy people (also known as [Supporter Rebels](#)). Small asks for people with slightly more time on their hands (suitable for [Supporter Rebels](#) or [Home Rebels](#)). And medium asks that will take a fair amount of time (best for

[Home Rebels](#)). Obviously, any of these could also be done by [Street](#) or [Rebel Rebels](#) before heading off to an action. Respond to just one of those asks and you can say of yourself that you didn't just sit on the couch doing nothing when the rebellion happened!

Tiny Asks (5–10 min asks)

- Rebellions cost money! And XR has very little at the moment... Contribute to the [Rebellion Crowdfunder](#) or set up a [monthly donation](#).
- Share the [Facebook event](#), select “going”, and invite all your friends!
- Write a powerful 3-sentence summary of why you are a Rebel and post it with a photo that adds meaning to your words on your Instagram, Facebook or Twitter. Have one of our [rebellion hashtags](#) go with it.
- Invite 5 friends to come along to a [Heading for Extinction Talk](#)!

Small Asks (10 – 30 min asks)

- If you can, book time off work NOW! Right now! And come to the Rebellion. Let your friends know you've done so on Social Media!
- If you can open up your home and host rebels coming to Manchester, Cardiff or London, [fill in this form](#). Or ask your friends and family in those cities whether they can accommodate rebels.

- Prepare a care package for a Rebel who will be on the street, come out and give it to them – include food, warm/soft things, water, tea, battery packs, etc.
- Host a Watch Party for the 15 min Heading for Extinction talk with your friends and start a discussion. Invite them to the 2020 Rebellion.
- Record a short video on what you are hoping to see in the future we build, and share it on Facebook, Instagram or TikTok with #WeWantToLive.

Medium Asks (Can be done for a day or a week)

- Record a short video clip each morning in the run-up to rebellion on what Rebelling against this system means for you and those around you. Share on your social media platforms. Don't forget those hashtags!
- Make a banner and placards for the rebellion and share on social media (bonus points for hanging the banner in a visible spot locally!).
- Get some friends together and do one of the outreach methods to engage with your community.

A lot of these asks involve your friends and family.

Does that make you feel uncomfortable?

“The thing is, a lot of people may hold beliefs compatible with an organization’s or movement’s goals, but only a small percentage are likely to act on those beliefs. And a primary factor for why some people do take action

is simply that they encounter opportunities provided by people close to them who are already active. Social proximity to political activity can activate people’s dormant beliefs. Social movement scholars Debra Friedman and Doug McAdam cite such proximity as the single biggest factor for why some people become active in grassroots change efforts, while others do not.”

Jonathan Matthew Smucker
“Hegemony How-To: A Roadmap for Radicals”

So let’s leave our comfort zones to take action for change!
(Principle and Value #4)

C. REACH OUT

The outreach motto for the rebellion is:
We’re not being pushy, we want to live!

Here is our favourite pick of outreach methods:

Time to Act House Meetings

Every rebel can invite half a dozen people to a Zoom meeting, a garden space or park to share their personal journey in XR, why the science scares them, and how their friends, family, peers, neighbours, and colleagues can help. Many rebels could host many of these gatherings — schmooze your contacts now!

Online Outreach

Every rebel with a phone or computer can do online outreach. It's low effort, quick, and could double, treble, quadruple... attendance at talks and actions. Learn how, it's a no-brainer.

Door Listening

Door listening/knocking is an amazing way to get to know the people in your neighbourhood, who they are and what they care about. It is also great outreach training! If rebels can do this, they'll be amazing talking on the streets at Rebellion.

Flyposting

Spark curiosity, create excitement and promote events.

These methods are great for outreach in your local area, to your personal networks and within your neighbourhood. Any individual, small group of rebels or affinity group can pick up any or all of these methods, put their own spin on it and fly.

D. GET TRAINED IN A ROLE

Roles are essential to the way XR organises. Rebels who fill these roles are trained in the specific job of the role. This allows them to support any action wherever they are needed most in a decentralised way. That's why learning how to do a role is a fantastic way of contributing to this and future rebellions.

Many different roles are needed for an action as you can read in our [Nonviolent Direct Action Guide](#) (p.7). Some of them are action roles that are well suited for [Street Rebels](#), others happen mostly behind the scenes and can be done by [Home Rebels](#). If you are already trained in a specific role, let us know by filling in [this form](#).

It can be difficult to provide training for such a variety of roles. That's why some of the training below will not be available at all times. Make sure to join the [Rebellion Telegram Broadcast](#) so you learn of any new training as soon as it is being offered.

Training for [Home Rebels](#) behind the scenes

Action Design Training

This workshop is vital pre-rebellion, teaching local groups how to design and carry out actions, with high impact and effectiveness in the spirit of Extinction Rebellion. Learn about the key principles of civil disobedience, how XR's principles and values guide action design, and important advice for carrying out empowering actions whilst under lockdown and social distancing.

Who is this for? Action Designers/Planners/Organisers

How long does it take? 2 hours

Where can I find it? Try the [XR UK Talks & Trainings facebook page](#) or the [website events calendar](#)

Back Office Training

Rebels in the back office take phone calls from rebels on the ground who witness arrests, from rebels inside police stations, and from concerned friends and relatives. This training shows you how to help — it's a really important way to support the rebellion. Back office support can be provided remotely from home.

Who is this for? Back Office Supporters

How long does it take? 45mins–1hour

Where can I find it?

Try the [website events calendar](#) or the [Arrest & Legal Support Facebook page](#). You can also do the Back Office Training at your own pace on [Rebellion Academy](#) or just watch this [video](#). Interested in helping in the back office, virtually or in person? Join this [WhatsApp group chat](#) for the rebellion in London, this [WhatsApp chat](#) for the rebellion in Cardiff, or this [WhatsApp group chat](#) for the rebellion in Manchester.

Police Station Support (PSS) Training

PSS volunteers wait at police stations to greet arrestees on release. They provide practical and emotional support, and collect data essential to post-arrest support. This is highly rewarding, and great for people good at hugging and offering hot drinks and support.

Who is this for? Police Station Supporters

How long does it take? Depends on your learning speed — 45 min–1 hour

Where can I find it? [Rebellion Academy](#), or just watch this [video](#); you can find our interactive police station map [here](#).

Spokesperson Training

A Rebellion Academy workshop on how to prepare for an interview, how to build a good spokesperson team, and much more – if you're a confident and engaging speaker, this is for you.

Who is this for? Spokespeople and their organisers

How long does it take? Depends on your learning speed — 60–120 minutes

Where can I find it? [Rebellion Academy](#)

Media Training

A Rebellion Academy workshop on how to write press releases, how to design messaging for an action, and much more.

Who is this for? Media Teams

How long does it take? Depends on your learning speed — 30–120 minutes

Where can I find it? [Rebellion Academy](#)

Action role training for Street Rebels

Action Wellbeing

Action Wellbeing is an essential part of creating a regenerative action. It is one of the vital Action Support roles which helps activists feel safe and supported, avoid burn-out, strengthen connections and build resilience. Action Wellbeing promotes the wellbeing of ourselves and others, and is the responsibility of all rebels — we are all crew!

How is this for? Action Wellbeing rebels

How long does this take? 2 hours

Where can I find out about it? Check the [Regenerative Culture facebook page](#)

Police Liaison Training

A training that covers the strategy and practice of liaising with the police within the context of nonviolent civil disobedience at protest actions.

Who is this for? Police Liaison

How long does it take? 2.5 hours

Where can I find it? If you're interested in becoming a police liaison, and if someone in your XR group can recommend you, email xrpoliceliasion@protonmail.com.

Crowd De-escalation Training

This training explores what nonviolence is, and teaches techniques for creating and maintaining a nonviolent atmosphere during large actions and occupations. If you want to become a de-escalator, you should also try to attend the [basic de-escalation training](#), [Know Your Rights](#), and [Nonviolent Direct Action training](#).

Who is this for? De-escalators

How long does it take? 1.5–2 hours

Where can I find it? Try the [website events calendar](#) or the [Regenerative Culture Facebook page](#).

People's Assembly Facilitation Training

People's Assemblies are often held during Rebellions to enable large numbers of Rebels to discuss issues and reach decisions. They are trusting, inclusive, facilitated spaces using active listening; allowing the wisdom of the crowd to be heard and valued equally; and to discuss problems and generate solutions with no one person dominating.

Who is this for? People's Assembly Facilitators

How long does it take? 3 hours

Where can I find it? On the [Future Democracy Facebook Page](#). You can also email xr-peoplesassembly@protonmail.com.

Once you're trained up in a role (or if you're already trained in a role), please fill in this form to let us know. Alternatively, you can find a role [here](#). Either way, an organiser should be in touch to tell you about the next steps. If you have any questions, please get in touch with your [regional Talks & Trainings coordinator](#) or UK Talks & Trainings (eventsxr@gmail.com)

E. BECOME A REBEL RINGER

Rebel Ringing enables us to call rebels in our local area, check in with them and let them know about local actions/events/talks etc. It is a really effective way to re-engage dormant Rebels, spread the word about upcoming actions/events and strengthen the movement... exactly what we need to do in the run up to rebellion!

Here's how you can become a Rebel Ringer:

1. Watch [this short video](#) to learn what Rebel Ringing is all about.
2. Read through the [Rebel Ringer Starter Pack](#).
3. Request a campaign for your event/area on p.19 of the [Rebel Ringer Starter Pack](#).
4. Get Ringing! You can Rebel Ring whenever you have a spare hour or two, or tackle a campaign as a group. The Rebel Ringers host a weekly drop-in on [Saturday mornings](#) at 10am for anyone to stop by and ring for some campaigns together.

5. Check out our [guide](#) on Regenerative Culture to help us build meaningful and caring relationships with our fellow Rebels.

Getting a friendly call from a fellow Rebel helps people find their way in the movement. Ringers often say it feels like the other person was waiting for the call... so what are you waiting for? Get signed up!

F. WELCOME NEW REBELS

We often get so caught up in planning the Rebellion itself that we forget that there is an "After Rebellion" period at all. Rebels have been planning for weeks, they've been out on the streets and are now exhausted. But the days and weeks just after the Rebellion are vital for our growth — in fact, big rebellion events are a better means of reaching out to new recruits than anything else we do! So there's a good bunch of people who want to know what all this disruption was about, and all your main organisers are at home sleeping for a week. What to do? If you are a [Home Rebel](#), this is your show time!

You want to make sure that you are already involved in an XR group before the rebellion begins (Not in an XR group yet? [Join one today!](#)). Make it known that you are happy to welcome potential recruits during and after the rebellion, probably online. Here are some of the things you may want to consider:

First Contact

Think about how interested members of the public can find you, and what you could offer to them. Ideally, you will offer online introductions to XR and your local group more specifically but this may also include open zoom meetings or drop-in sessions. Think back — what would you have found helpful when you first joined XR?

Building Relationships

To fully integrate rebels into groups we highly recommend starting by building relationships and getting to know new rebels. This can be achieved by buddying them up with more experienced rebels or integrating them into existing working groups and projects.

Easy Tasks for New Rebels

You've introduced everyone to each other and your new recruit has a good initial idea of what XR is all about. Now, it is useful to have some simple tasks prepared that they can help with.

From sorting out kit and lost property to maintaining pressure on local power centres, or mountains of admin tasks, there are so many simple things a new rebel can help with. What systems need to be in place for them to be able to?

Our top tip: Host a Rebel Ringing Party with your new recruits and your more established rebels — this is a lovely way of building bonds between everyone. Anyone can do a bit of rebel ringing, it's easy and sociable. Read more in our section about [Rebel Ringing](#).

5. BEYOND THIS REBELLION

What other campaigns you should be aware of

There are no limits to the imagination of our rebels, and there is an endless list of fantastic XR campaigns and projects. The following three campaigns are the most significant at this point in time, and might be easier to get involved in for those of you who cannot make it to the rebellion actions in person.

A. DIGITAL REBELLION

For rebels who will not be travelling to one of the three cities, there will be a Digital Rebellion. A totally inclusive action, disruptive but not illegal, this will involve using the social media accounts, email addresses, and telephone lines of government offices. It will build on the successful Bank of England digital action earlier this year, which amplified the actions of rebels outside with a coordinated telephone and email campaign asking the Bank why, when it recognised the Climate Emergency, it was bailing out high carbon industries. There is more than one way to disobey, more than one way to be disruptive of business as usual. Jam the switchboards, inboxes and social media accounts of companies causing harm to our planet!

More on this, including full instructions and scripts to come soon.

If you want to get involved, email xr-weavers@gmail.com and join the [Rebellion Broadcast](#) to hear of any news as soon as they're out.

B. MONEY REBELLION

XR's Money Rebellion is a call for an economic system that protects life, agreed through Citizens' Assemblies. We will use financial civil disobedience to challenge the principles of this system and show that a better one is possible. Actions with a focus on Barclays Bank are waiting to go.

If you are interested in tax or debt strikes, please contact us on MoneyRebellion@protonmail.com and a rebel ringer will be in touch to find out which types of actions might work for you.

C. TRUST THE PEOPLE

The Future Democracy Hub's [Trust the People course](#) on community organising will run again week commencing 5th October. Each time it's co-created and reshaped by our movement of community organisers. Check out our [website](#) for announcements. Throw your post-Rebellion blues into building the just and sustainable community we ALL want to see.

