



**WE WANT
TO LIVE:**

**PREPARING
YOUR COMMUNITY
FOR REBELLION**



**extinction
rebellion**

It's Rebellion time again!

Excitement is growing all across the movement, but we are also only just emerging from Lockdown which has impacted us in many ways – as people, rebels and as Local Groups. So, the challenge of bringing our groups and communities together is greater than it has been before. But we will rise to this challenge – community organising is what makes Non Violent Civil Disobedience effective. [THE REBELLION STARTS HERE](#)

The Communities working group have collated all you need as organisers into one simple-to-use handbook to help you engage and prepare your Local Group – and wider community – for the Rebellion. This handbook covers Guides, Resources, Contacts and anything else we think you may need. *

This Rebellion needs to break out of the XR bubble and enable our entire communities to demand change alongside us. We can use Community Assemblies and invite our entire neighbourhoods to take part. Some nations and regions are choosing to hold these on Sunday 30th August. This kind of community organising calls for a respectful approach based on listening. More on this in part 4...

If you are fortunate enough to be able to book time off work for the rebellion! First thing to do after reading this!

* Note this is Version 1 of this Guide [we pulled all of this together within 10 days!] and we will be updating it over the next couple of weeks, so please let us know if there is anything you'd like to add, or you'd like to see added.

You can find us at xrcommunities@gmail.com

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1. ENGAGING OUR REBELS

How to get all of our Rebels involved

This pandemic has shown us how fragile our human systems are, and how governments were often slow to act. As rebels, we also know the climate crisis brings even more death and destruction, and our governments will fail us all again.

Now it's time to light the fires in the bellies of the rebels in your area, with:

- The No Time to Lose if we want to live talk
- Momentum building and online campaigning
- Ideas for simple things you can ask rebels to do, to encourage their activism.

We know many rebels are currently low on energy so our goal is to provide high-impact, low-effort strategies that will empower all rebels to engage, but also produce great results. The motto here is do a few things brilliantly, not spread yourselves too thinly!

Make sure to share the [Activist Resilience Guide](#) with your Rebels.

NO TIME TO LOSE IF WE WANT TO LIVE!

Lockdown has been tough. Our movement asked its rebels if they wanted to proceed with a Summer Rebellion. The majority said “You betcha” (not the exact words!). It’s still a tough choice to go ahead with a Rebellion with C-19 still hitting hard, so we have to inspire our rebels with why we have to go ahead. It’s simple: We Want to Live. And all the indigenous people. And all the world’s children. And all the species. And all the biodiversity and creatures.

And we have to ACT NOW because the science is getting worse. The science is screaming at us.

The No Time to Lose talk is incredible. Horrifying and inspiring in equal measure. Each Local Group will organise and promote at least one No Time To Lose talk before the Rebellion, whilst larger Local Groups should aim for three No Time To Lose talks.

Note: This talk is aimed to re-engage and excite existing rebels rather than to reach and inform new audiences. That’s what makes it different from the [Heading for Extinction talk](#).



The talk touches upon:

- The latest science
- Covid 19
- Systemic injustice
- And how they are all related to the rebellion...

In just 15 minutes!

Giving plenty of time to get Rebels planning and organising for the Rebellion.

Who is this for?

EVERYONE who will be involved in the next rebellion in any possible way

Who is responsible for this?

Probably your local Talks & Trainings team

How long does it take? 1 hour

How do I organise this?

Check out this [guide](#).



DON'T BE AFRAID TO ASK

“The good news for organizers who want to help build the political revolution is that people really are just waiting for you to ask them to do something big.”

— **Becky Bond, Rules for Revolutionaries:**

How Big Organizing Can Change Everything

Every event should have a clear next step. Every conversation should end with “and this is how you can help”. Every interaction you have needs a small way that people can meaningfully tackle the climate crisis. They should be able to do it immediately or within 3 days, or their enthusiasm will be lost.

Show them they can make history.

Tiny Asks (5–10 min asks)

- Share the [Facebook](#) event, select “going”, and invite all your friends!
- Contribute to the Rebellion [Crowdfunder](#) or set up a [monthly donation](#).
- 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.
- Invite 5 friends to come along to the [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!
- 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 actively 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. Check [here](#) for 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.

These are just a handful of suggestions, bring your group together and get creative!

BUILDING MOMENTUM

Consider your messaging narrative and timeline for the coming Rebellion, think about how it links to the actions you are planning, the story you are telling. Who are you talking to, what information do you need them to know, what are you asking them to do? (Book time off work for the rebellion! Right now!)

Think practically:

GET ... TO ... BY ...

(Eg. GET grandparents TO join drop a banner BY introducing them to XR Elders)

To maximise the effectiveness of your campaigns aim for consistency across your platforms Facebook, Twitter, Instagram, and beyond socials onto Email, Ringing and Events. So consider the time between now and rebellion, how might you theme your days and weeks? Can you link it to your rebellion plans? Are there any government announcements or important dates you could use for your narrative?

Example Week: GET Local Communities & Organisations TO the Heading for Extinction talk BY reaching out through the connections we have within our group.

- Theme – Our System is Killing us
- Aspect – Community Building
- Big Ask – Approach 5 Communities / Organizations and invite them to Heading for Extinction Talk

- Small Ask – Bring 5 friends to the Heading for Extinction Talk at the end of the week.
- Information – Ways to link your communities into the Rebellion

We can then use this framing to create daily Social Media Posts on exactly how our system is killing us – start ringing campaigns inviting people to the talk at the end of the week and asking them to bring their friends and organisations. We can host discussion spaces on these issues through the week and reach out into the communities through our own contacts and on Social Media.

Social Media Campaigns

When using Social Media as a part of your campaign it is important to consider the platforms you are using and how this may alter your content. Check out the hashtags and links [here](#). Here are some key tips to help:

Twitter

- Check what's trending on twitter; see if anything relevant can be incorporated into the day's post to increase audience.
- @ people i.e. @UKGOV. Be direct.
- Keep it short & punchy.
- Use humour where appropriate.
- Twitter is more popular with businesses, organisations and notables – bear this in mind when writing posts.

Facebook

- Keep it short and punchy, and use simple language.
- Grab the reader's attention in the first two lines.
- Use 10 words or fewer per sentence – break long sentences up.
- Don't overuse emojis; use them constructively, to accent the text. Too many emojis can be visually confusing.
- Feel free to use one of our [fancy banners](#) for your events!

Instagram

- Try and get original content as much as possible.
- Aim for approx. 50 words and 5–10 hashtags.
- Tailor the tone & language to a younger audience.

There are also many ways rebels can boost posts on social media. Engaging with posts (not just liking them), selecting “Going”, sharing events, and commenting all boost the reach of posts. When running with a campaign you could get a group of rebels together to do some “Facebanking” by interacting with posts or going further and interacting with people and communities on social media!

We touch on [Online Outreach](#) Methods in the next section.

Promoting Online Events & Trainings

Remember it's not enough to just have an event! You have to promote it – online, offline, to your friends, family and communities!

Share the Facebook event with local organisations so they can promote them, add co-hosts, post about the event on facebook groups with people who might be interested (e.g. Edinburgh Cyclists).

If your event is of interest to rebels across the UK, request Extinction Rebellion UK to be a co-host of your event so that it will show up on the website events page.

Send friendship requests and reminder messages to people who click “Going” or “Interested”.

Email Campaigns

An email campaign is an excellent addition to any messaging campaign for your area! It allows you to send timed emails over a period, target your emails to specific parts of your mailing list, delay follow-up emails and send emails in response to actions your rebels may have taken. It's easy, a great role for remote rebels.

Check out the [How To Guide](#) for creating email campaigns on Action Network. And don't forget to ask rebels to take time off for the Rebellion!

Rebel Ringing

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! This kind of 'high touch' outreach takes time though. So we recommend building teams of Rebel Ringers in each local area. Here's how:

1. Watch [this promo](#) video together with your LG and encourage them to sign up.
2. Follow the steps in [this starter pack](#). Or signpost them to our weekly webinar on Thursdays at 7pm [here](#).
3. Request a campaign for your event/area on p.19 of [the 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.

Everyone and Every Part of Everyone

In order to engage all sections of society in the struggle to highlight the Climate Emergency, it is necessary for XR to pay particular attention to five activity areas:

- Organisation and running of meetings
- The production of documentation – including leaflets
- Accessibility of the XR websites
- Accessibility of demonstrations and other activities
- Good practices when communicating with disabled people

There have always been disabled people engaged in political activities but never to the extent that they are today. The XR Disabled Rebels Network has produced this document looking at the Principles of Inclusivity and the specifics we must consider when planning events or creating documentation:

[XR Principles of Inclusivity](#)



2. TRAINING YOUR REBELS

Ensure everyone has the skills they need

Trained rebels are confident rebels. Newer rebels, especially, can be truly empowered by taking advantage of the many amazing training opportunities available. Here are our recommendations for you:

- The UK Talks & Trainings team host as many trainings as possible on the [website events page](#). If in doubt, check this page. Or check your regional offerings.
- All the trainings are listed below. As your LG organiser you probably won't want to swamp your local rebels with everything, but highlight according to rebels' needs.
- A lot of these trainings are role specific so it will be useful for you to work with your region/nation about what roles will be needed for rebellion, to ensure a wide spread of skills.
- You may note the absence of Legal Observer (LO) training. LOs will be both trained and organised independently of XR. For more information, contact independent_legal_observers@protonmail.com
- !!! Arrest Watch is not a role !!! Don't look out for training in how to become an Arrest Watcher, it doesn't exist – anyone

can learn about how to witness an arrest when there is no Legal Observer around by watching [this video](#).

- If all these roles are making your head spin, just check p.7 of the [NVDA guide](#) for short explanations of each role!

GENERAL

Due to C-19, all the trainings have been specially adapted to take place on Zoom, not ideal for some trainings, but it does make them accessible. Please also direct your LG rebels to the individual Rebels Handbook.

Nonviolent Direct Action (NVDA) & Affinity Group Formation Sessions

Both NVDA training and Affinity Group formation are essential to XR's action, so in the run-up to the rebellion we have merged both to make it as easy as possible for rebels to attend. Rebels will be introduced to protests and how to engage in nonviolent direct action, and they will split up into the affinity groups who will attend the rebellion together.

Aim to organise one NVDA training per local group before the rebellion; if your LG is small, you can collaborate with other local groups nearby; if your local group is big, aim for at least three NVDA trainings before the rebellion

(If you want to contact affinity groups and need to access the database, or if you have any other questions about affinity groups, please contact xraffinity.support@protonmail.com)

Who is this for?

EVERYONE who wants to attend the rebellion

Who is responsible for this?

Your local Talks & Trainings team

How long does it take? 2.5 hours

Where can I find it?

- Your regional Talks and Training team, expect them to contact you.
- Or if you're chomping at the bit, find them here [regional Talks & Trainings coordinator](#).
- There are also national sessions at the [website events calendar](#).

Know Your rights (KYR) training

A training aimed at encouraging safe protest and informing rebels of their legal rights at protests.

Who is this for?

EVERYONE who wants to attend the rebellion

Who is responsible for this?

XR UK Legal Support Team

How long does it take? 2 hours

Where can I find it?

[Here are our Facebook events](#)

Not every rebel can attend the rebellion, there are lots of non-action roles...

BEHIND THE SCENES

Action Design Training

This workshop is vital pre-rebellion, teaching LGs 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? 2.5 hours

Where can I find it?

Try 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.

Who is this for?

Back Office Supporters

How long does it take? 45mins–1 hour

Where can I find it?

Try the [website events calendar](#) or the [Arrest & Legal Support Facebook page](#)

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 hugs, offering hot drinks, and offering support.

Who is this for? Police Station Supporters

How long does it take? 45 min – 1 hour

Where can I find it?

Go to tinyurl.com/astrainingcalendar for more information

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, how to know what's news, 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](#)

ACTIONS

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?

Try the [website events calendar](#)

Crowd De-escalation Training

This training explores what non violence is, and teaches techniques for creating and maintaining a non violent atmosphere during large actions and occupations.

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; to discuss problems and generate solutions with no one person dominating.

The same tool is often used for the whole community to take part – we call these Community Assemblies to differentiate them from internal XR People's Assemblies. More on Community Assemblies below!

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 Events Page](#), or xr-peoplesassembly@protonmail.com

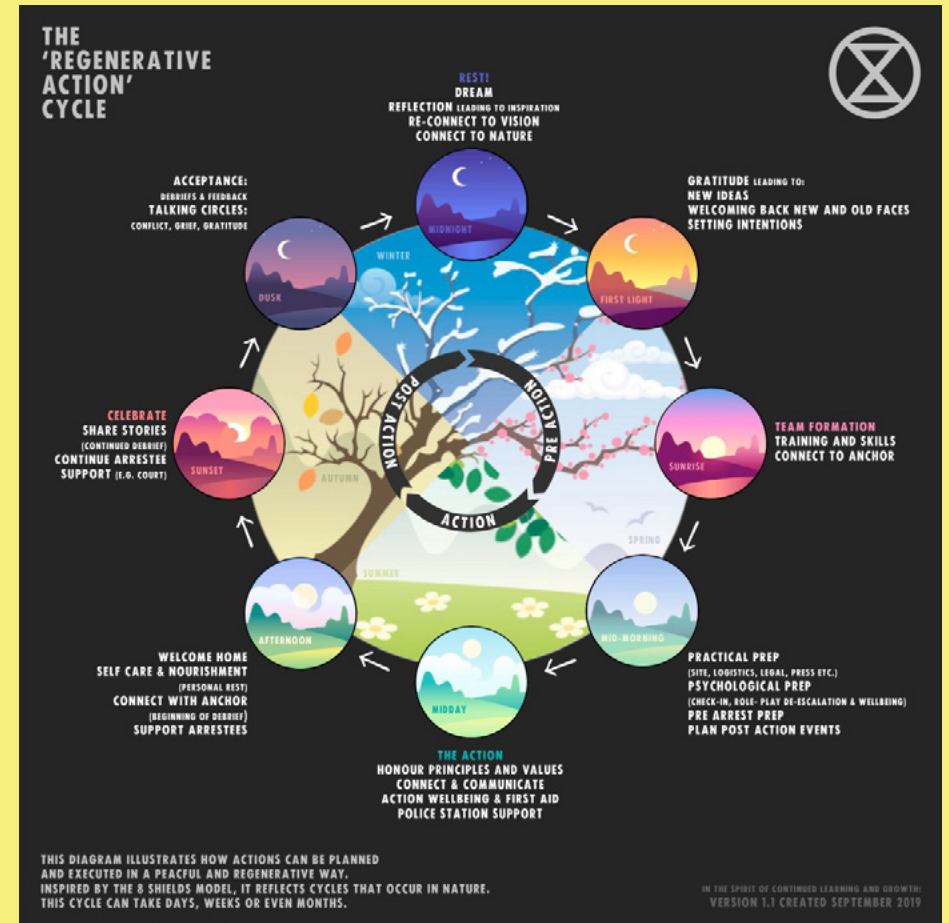
It's a lot of info! If you have any questions, please get in touch with your [regional Talks & Trainings coordinator](#) or UK Talks & Trainings (eventsxr@gmail.com)

SOME KEY RESOURCES FOR PLANNING ACTIONS

For actions to run smoothly you need a clear plan. This includes the message you are sending, the logistics around the action itself, and the support systems of legal & arrestee support alongside wellbeing and de-escalation. Find out more in the [NVDA Planning Guide](#).

When taking action you want to be in the right headspace, and to work as a team. Here is a quick guide to [Briefing and Debriefing](#). To ensure everyone is on the same page before and after action and has space to process what happens afterwards. There have always been disabled people engaged in political activities but never to the extent that they are today! It is not possible or practical for organisers to consider the access needs of all the disabled individuals who may want to take part. Nevertheless, in order to be able to make informed choices as to whether or not they can participate, disabled people require as much information as is possible to give. Have a look at the Actions section of our [inclusivity guide](#).

As we focused on in the previous section, it is vital that you have trained rebels in a variety of roles present during your actions. These include De-escalation, Action Wellbeing, Media Liaison, and of course NVDA training for everyone involved. Information on all our trainings can be found on the [website](#).



3. OUTREACH

How to grow our Rebel numbers both before and during the Rebellion

BEFORE THE REBELLION

C-19 has hurt the country, so let's keep it simple, focusing on mobilising energies where we know it'll work – reaching and energising Local Group rebels, and bringing new people to the movement by sharing the science. For instance, you can just screen this short [Heading for Extinction video](#) and basically invite any friend who is not involved in XR yet to a house meeting on Zoom, in your home, garden, workplace...hold as many as possible! The people we already know are the easiest to reach out to. We could double, treble or more, our numbers at the Rebellion if all of us organise house meetings and get five of our friends involved.

Online outreach is KEY to every event, and everyone with access to a mobile or computer can do it – it's easy! Publicise talks with fly posters, and doorknocking is brilliant training for outreach at rebellions. Community outreach is also so important – every Local Group can form a team to contact your local community groups.

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

- [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, 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.
- [DoorListening](#)
Door 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 HfE.

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!

Hosting a Heading for Extinction Talk

Okay, you're in a conversation with someone who is open to XR – what next? Invite them to a specific event! One of the best talks is still the classic Heading for Extinction Talk (HfE). It remains one of XR's most powerful outreach tools – it informs people about the rationale behind XR, tells the awful truth about the science and motivates people to get involved.

Due to lockdown, a special new HfE Zoom version has been created; it's a bit shorter but its impact will be just as big. Each local group should aim to organise and advertise at least one HfE talk before the Rebellion. Bigger local groups should aim for three HfE talks.

Check out the latest Slides [Here](#).

Where do I get a speaker from?

- Ask your [regional Talks & Trainings coordinator](#) – maybe you can organise a talk event together with other local groups in your region if you don't have a speaker in your own local group.
- Request a speaker [here](#).

Remember

- Create an event and make sure it has a localised description. [This is a good example](#).
- Make sure to outreach into your local area to promote the event. Online outreach is vital, and sets high targets for

attendance, increasing effort if necessary to hit your target.

- Use breakout rooms for audience engagement – what did they think, feel, what next...?
- If using breakout rooms, paste the questions in the group chats. Don't include more than 4 people in one room. The facilitator should join each room once in the beginning to make sure you don't have a troll or someone on their own.
- Encourage everyone to sign up to your LG AND on the [central sign up form](#) so they receive the XR newsletter, notifications, etc.
- We're in rebellion mode – direct new rebels to NVDA training and Know Your Rights. It's vital to look after new rebels, so buddy them up with rebels from your LG.

DURING THE REBELLION

When Nonviolent Civil Disobedience has been most effective, it has taken place on a foundation of connected and organised communities. Actions are our primary way to get into the public eye but our actions alone are not enough. We need to use these actions to start conversations, to tell the truth and to open our arms to all who wish to join us.

Talking to Passers By

Part of our purpose as rebels is to Tell the Truth, so engaging with the general public during a Rebellion is vital. Some might be a bit annoyed with you/Extinction Rebellion, so it may be useful to have some de-escalation training under your belt, but most are simply curious!

Aim To:

- Listen to them.
- Share the facts but don't overwhelm them.
- Shift their frustrations and anger from XR to the system as a whole.
- Invite them to take a step with a small ask or an invitation (leaflets are great too!).

Remember:

- Introduce yourself, be open and honest.
- It's a conversation, after the first 2 mins listen more than you talk.
- People rarely change their stance in a single moment, you are planting seeds!
- If someone is looking for an argument just step back and "agree to disagree" – there are plenty of other people to talk to!
- For more detailed advice and some answers to the difficult questions have a look at [How to Talk Climate at Rebellion](#).

Starting Conversations

Some examples of open questions:

- What worries do you have about climate breakdown?
- How do you feel about the future of our food security?
- How well do you think Britain is prepared for the effects of Climate Breakdown?
- Why do you think our government has spent millions on oil and gas bailouts?

Bring the conversation to the fact that our government is negligent by not fulfilling its duty to the people.

And listen to the answers, really listen.

Introduce the Demands and Citizen's Assemblies – wouldn't it be great to hear what people actually want? Mention France's recent Citizen Assembly's outcome, i.e. wanting to make Ecocide a crime under national and international law.

If conversation moves to solutions, this is a great opportunity to invite them to a Community Assembly – we are trying to start the direct democracy process off in our local area! If people have experience of what real democracy looks and feels like, the closer we come to creating popular support for our 3rd demand.

Small Asks

At the end of each meaningful interaction ask people to do one thing to help (judge the right scale for the individual you've just spoken to) here are some examples:

- [Sign up](#) on Rebellion.earth – paper version gets lost, damaged and it's not eco!
- Monthly [Donation](#) to help us.
- Bring some care packets the next day! With Food, tea or blankets!
- Come to the Community Assembly to have your voice heard.
- Check out your Local Group, here is their [email address](#).
- Come join us on site!

On-the-Ground Signposting & Recruiting

Don't be afraid to recruit people on site! People will often come along to check out a Rebellion site if they are passing by, or if they are in a Local Group but haven't taken a role and just want to help out. We don't turn people away! Make sure they don't move into arrestable positions without having done an NVDA training, but don't hesitate to give them something to do. The best thing you can possibly do is be friendly and welcoming. Be someone they want to keep talking to :)

- Have they signed up on rebellion.earth?
- Point them towards the Roles Platform or introduce them to a WG on site volunteer@extinctionrebellion.uk

- Make sure to have a list of things people can do to help out that require minimal instruction! Examples include:
 - Flyers – handing out or flyposting
 - Sustenance – give out tea & snacks on site
 - Talking to the Public – have 10 min trainings ready so they can learn and practice!



4. COMMUNITY ASSEMBLIES

How our communities can organise to demand a better world

So mobilising people to join the Rebellion is only one side of the coin. We need to offer an alternative so that those in our communities who don't wish to engage in Direct Action can also have their voices heard. ALL of us need to come together to demand change. This Rebellion has to break out of the XR bubble.

Imagine bringing every centre of worship, charity, trust, research group, book group, parents association and local business together to discuss the future of your area. Imagine hearing the dreams of our children held up as goals for our neighbourhoods. Imagine everybody's voice being heard in a plan to protect our world. Where we realise that our fight for climate justice is our fight for social justice and our fight for racial justice.

What are Community Assemblies?

Check out our Community Assembly guide [here](#) which covers everything you need to know. Are you a video person? Check out this [How to Run Participatory Democracy Community Assemblies](#) out (1 hour, 45 minutes)

Who will we invite?

Our whole neighbourhoods!

(Check out the Engaging your Community section below on how to do this! Plus Week 2 of the Trust the People course below)

How do we run a Community Assembly?

The Future Democracy Hub's 'Trust the People' project has developed a 5 week community organising [course](#) – sign up [here](#). The sessions during week 4 will cover how to organise Community Assemblies.

Week 1 – 13/7

Understand yourself, your identity and your biases

Week 2 – 20/7

Develop your skills in working with others

Week 3 – 27/7

Reach out to people in your community and build relationships rooted in trust

Week 4 – 3/8

Facilitate community assemblies in which all voices can be heard

Week 5 – 11/8

Move into grassroots action!

This Rebellion our Actions will say NO to the system as it is. The Community Assemblies will say YES to a better world.

5. THE REST OF OUR NEIGHBOURHOODS

How to bring the demand for change outside of the XR bubble

Each [XR Community of Identity](#) (XR Lawyers, XR Buddhists etc.) has put together a letter framing the scale of the crisis according to that particular community. These letters will send the message that WE are the ones that will save us. No one else is coming to rescue us.

Polls show that UK citizens care about Climate Breakdown and a quarter of these believe XR is effective as a movement, but only a small portion of the UK population self-identify as an activist, and even less so as a rebel who glues themselves to a boat! So, XR Community groups offer a powerful entry opportunity to discuss Climate Breakdown, and social & climate justice, within their peer group, in relevant and thoughtful framing.

For example: A doctor has sworn an oath to protect life; they might not relate to the mainstream media portrait of the XR rebel but they do care and will be more likely to engage with fellow Doctors (Doctors for Extinction Rebellion);

Or Grandparents may want to speak within their age group about their call to action that reflects their experience and reality.

These letters will open a connection to Extinction Rebellion too. Whether or not they choose to join our movement is up to them. They should be left in no doubt however that the invitation to the Community Assembly is for everyone.

How to make contact

Your local area will be made up of neighborhood communities and communities of identity. We suggest the following steps or your own thoughtful take on them.

Rule #1

Approach Communities with deep respect.

Rule #2

Appreciate that you may not sufficiently know the community's culture or reality.

Rule #3

Engage from a place of deep respect, humility and ability to listen.

Rule #4

Repeat Rules #1–3

Setting Up your Communities Outreach Team

Get your LG together to identify local organisations and communities who you want to [contact](#). Think deeply about the multiple layers of where you live:

- Who do we (rebels) already have links with? e.g., Maya's mother is part of Friends of the Earth & Faiths for Climate, Anil's brother works for People Not Borders.
- What are your friends and families involved with? – Susie's brother is a teacher, her neighbor is a Muslim, her friend is working for a Multi-faith organisation, Susie self-identifies as queer, mother & lawyer. Susie shares the resources – be like Susie! [Letters Link](#)

Look for [Clusters](#): Faith – Centres of Worship, Organisation (Christians for X), Departments (University Theology, Lecturers & Student body), Choirs, Social Groups, Book Groups, Student Bodies, Prayer Groups, Multi-faith Groups/orgs, Research Institutes, Companies, Intersectional Groups (Jewish Parenting Club, Christian Queers), Schools (teachers/educators, parents/families)

Decide amongst your rebels who will approach which [community clusters](#). This is a great way to share workload amongst rebels.

Consider setting up a Rebel Mailer email account (eg xr.bristol.communities@... or xr.bristol.relationships@...) to work through the list, keeping track of who's been contacted, who's responded, etc

What to put in the Emails?

The XR Communities groups have each written template letters for Local Groups to send on their behalf. Find the letter [here](#) or on the XR UK website ([Community groups](#)).

When tailoring your emails remember the Four Rules above!

Be respectful

'Dear Sir or Madam, I am writing to you from the XR Brighton Communities Team. Find below a letter written by Educators which we think you might find interesting.'

Localise it

Be sure to mention your local area, make it clear that the Local Group is contacting them as well as the XR Community Group. Locational and Ideological commonalities.

Make sure they know how to make contact

'For further information about XR Brighton follow this link. Love & courage, Sophie, XR Brighton Communities Team'

Sign off with your name

You are a real human!

Continue the conversation

If they reply, invite them to something or offer them resources – it could be an informal meeting or Zoom call or the next community assembly, or offer to host the HfE talk or linking them with community specific resources.

Next Steps

Get in contact with your Regional Communities Coordinator, if you have one, or connect with other Local groups nearby to see how they are doing it! Remember to share your successes across your region! xr.connectioncommunities@gmail.com



6. POST REBELLION

How to care for our Rebels and map out next steps as we create our better world

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!

It is best to have solid plans in place before the Rebellion for how you are going to support your tired rebels; legally, emotionally, and socially. As well as how you are going to welcome new rebels into your group.

New Rebels are Joining us!

A Rebellion has always been one of our most successful forms of outreach. It’s the moment we hit national media, it’s when we get the public talking about the Climate and Ecological Emergency, and it’s the time we get the biggest influx of new rebels! So let’s be prepared!

We know from past experiences that to onboard new rebels we need to be welcoming, we need to be open and we need things for them to get cracking with. We'll have more on this in Version 2 of this Doc in a couple of weeks, but to start let's consider:

First Contact

Think about how your group can identify and welcome new rebels, this may be through open Zoom meetings, drop-in sessions or Welcome Calls to name a few.

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 with buddy systems, drop-in social spaces, integration into working groups or forming new affinity groups. Top tip: host a Rebel Ringing party with your new recruits and your more established Rebels.

First things New Rebels can do

So the rebellion has ended but there are still many things that need doing, from sorting out kit and lost property to maintaining pressure on local power centres, or mountains of admin tasks. So how can a brand new rebel help, and what systems need to be in place for them to be able to? Such as someone coordinating a list of tasks.

Some people just don't want the Rebellion to end!

Just because we are leaving the streets doesn't mean that rebellion is over! If you have new or old rebels still up for some civil disobedience then point them towards our sister Rebellions:

Money Rebellion

Get in touch: MoneyRebellion@protonmail.com

Give or receive the Money Rebellion talk: theMRtalk@gmail.com

Instagram: moneyrebellion

Twitter: @money_rebellion

HS2 Rebellion

Check out HS2 Rebellion on their [website](#) or on Twitter @HS2Rebellion

Digital Rebellion

Join the [Rebellion Broadcast](#) to get involved in the conversation.

Rebellion may leave you feeling drained

Taking Care of yourself

On the frontline of activism we are confronted with many feelings. The impacts of the events, both positive and negative, can have long-lasting and wide-reaching effects on the individuals involved.

The action doesn't end when you leave the site and go home; there could be social implications with court cases with rebels requiring

legal support, and the impact on family or work. Simultaneously, the emotional journey can unfold in subtle ways. A crash in adrenaline can make people feel isolated, alienated or estranged, filled with self-doubt or even shame. The extent of the impact may not be apparent in the immediate aftermath of the action, and often can build over time if it is ignored. Make sure to check out the [Activist Resilience Guide](#).

Make sure to have support structures in place for your rebels in the days and weeks after rebellion. Drop-in lunch hours, full debriefs, making sure every rebel gets a phone call to check in, all these things and more!

Have a look at our [Practical Guide to Post Rebellion Regeneration](#).

Post Rebellion Support for Arrestees

We have a collective and personal responsibility to support our arrestees. In doing so we are both extending care and compassion to each other, and sustaining our movement.

Post Arrest Liaisons (PALs) can provide signposting to the [Arrestee Support resources](#) and also offers a sympathetic ear through telephone contact. Let all rebels know that they can request a PAL by writing to xr-arrestwelfare@protonmail.com with 'PAL Request' in the subject heading.

Start a Rebel Ringing campaign to check in on all of our brave and inspiring Rebels

The Rebel Ringers will be offering a campaign to look out for our exhausted, brave and inspiring Rebels. You can request the campaign by following the links in our [Starter Pack](#) and ask your newly recruited Rebels to tackle it. Their new energy is put to use straight away and your tired Rebels get a caring ear to help them decompress after the Rebellion. Wins all round.

Trust the People

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.

