

GUIDANCE FOR NEW JOINERS

# REBEL STARTER PACK



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

Extinction Rebellion (XR) is a worldwide movement using **nonviolent civil disobedience** to force institutions to act on the crisis.

This pack is your introduction to **Extinction Rebellion UK**. Our goals, the principles we stand for, our ways of working. But most importantly, it's your guide to taking part.



## WHAT IS THE CLIMATE AND ECOLOGICAL EMERGENCY?

Our video '[Heading for Extinction and What to Do About It](#)' explains what the emergency is. (27 mins)



*See further into this booklet for support with climate grief and anxiety*



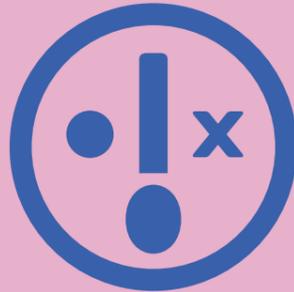
# WHAT DO WE WANT TO ACHIEVE?

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We have **three demands**

## 1. TELL THE TRUTH

Government must tell the truth by declaring a climate and ecological emergency, working with other institutions to communicate the urgency for change.



## 2. ACT NOW

Government must act now to halt biodiversity loss and reduce greenhouse gas emissions to net zero by 2025.



## 3. BEYOND POLITICS

Government must create and be led by the decisions of a Citizens' Assembly on climate and ecological justice.



# WHY DO WE NEED TO REBEL?

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- We have known we are heading for disaster for over 30 years.\*
- In that time, carbon emissions have increased by 60%.\*\*
- In the last 50 years, wildlife populations have decreased by an average of 68%.\*\*\*

**Our governments have not protected us.**

**Conventional campaigning has failed.**

**We are almost out of time to change course.**

Civil disobedience has a history of achieving change where other methods have failed. For example the Suffragettes gained the vote for women by their actions.

We must act now for the sake of all life on earth. We will not be led quietly to extinction by elites and politicians.

\* 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](#)

\*\*\* World Wildlife Fund Living Planet report 2020

# WHAT DO WE USE TO GUIDE US?

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We have **ten principles and values**

## **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 – using ideas 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

# WHAT DO WE USE TO GUIDE US?

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## **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 experiences

## **6. We welcome everyone and every part of everyone**

Working actively to create safer and more accessible spaces

## **7. We actively mitigate for power**

Breaking down hierarchies of power for more equitable participation.

## **8. We avoid blaming and shaming**

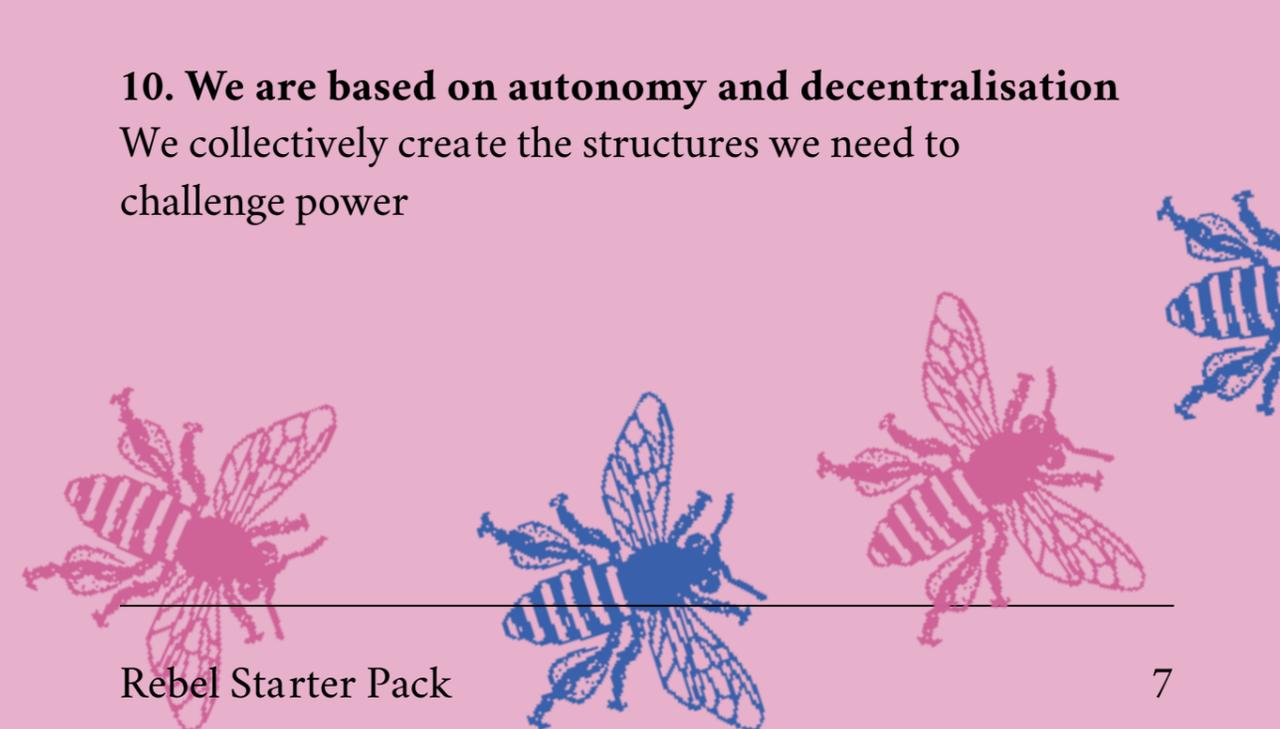
We live in a toxic system, but no one individual is to blame

## **9. We are a non-violent network**

Using non-violent 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



## HOW YOU CAN GET INVOLVED

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- **Take part in actions**

See our events calendar for details of coming actions:  
[extinctionrebellion.uk/act-now/events](https://extinctionrebellion.uk/act-now/events)

- **Get involved in your community**

Connect with other people in your area by joining a **Local Group**. Find the closest one to you here:  
[extinctionrebellion.uk/act-now/local-groups](https://extinctionrebellion.uk/act-now/local-groups)

Connect with communities of shared self-identity (e.g. faith, occupation) by joining a **Community Group**:  
[extinctionrebellion.uk/act-now/resources/communities/community-groups](https://extinctionrebellion.uk/act-now/resources/communities/community-groups)

- **Help organise our movement**

Organise with us at a regional, national or UK level. Apply for available roles or set up an online CV. Contribute your skills to help drive our movement.  
[volunteer.extinctionrebellion.uk](https://volunteer.extinctionrebellion.uk)

- **Support us in another way**

Consider donating. [extinctionrebellion.uk/donate](https://extinctionrebellion.uk/donate)  
Ask your MP to support the Climate and Ecological Emergency bill. [ceebill.uk](https://ceebill.uk)

## HOW YOU CAN LEARN MORE

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Rebellion Academy is a website for both new and existing rebels who want to know more about how to get involved. Once you have created an account you have access to:

- more information about XR
- a quiz to find out what type of rebel you are
- online trainings to help you find and prepare for your ideal role within XR.

[uk.rebellion.academy](https://uk.rebellion.academy)



# HOW WE ORGANISE

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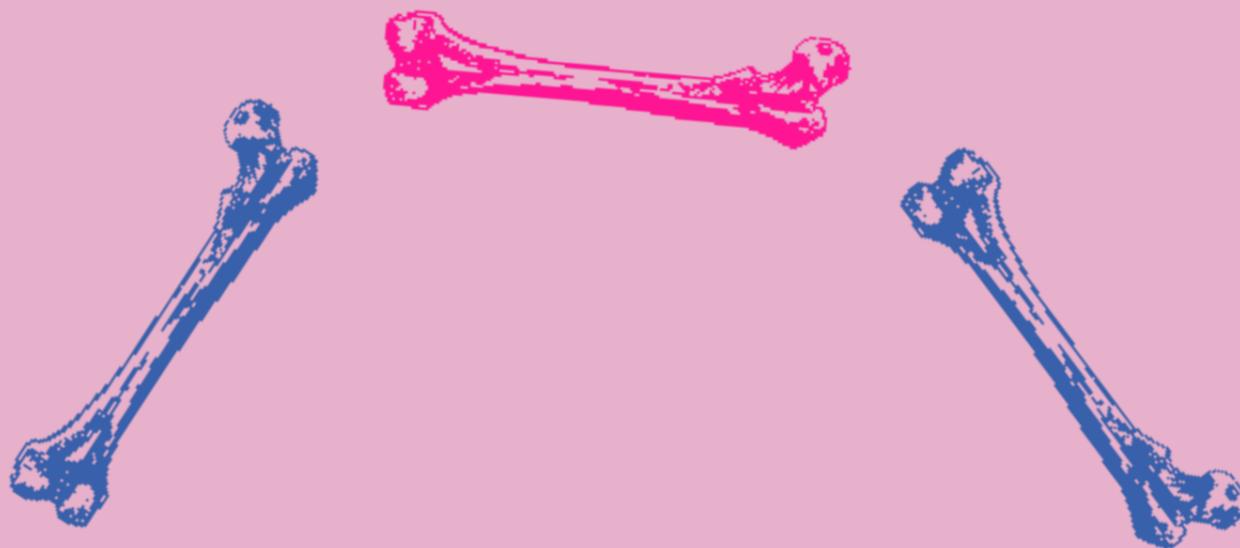
We work in small groups using a **self-organising system** (SOS). Some groups operate at a UK-wide level, others at a regional/national level and others again at a local level.

We are also creating a network of **affinity groups**: small groups of people who work together at actions.

Each role and group within XR has a **mandate**. This tells those in that role or group what they can do and lets others know what they are responsible for.

Any person or group can take action in the name of XR so long as the action fits within our principles and values. There is no need to ask for permission.

We are working to build a movement that is **participatory, decentralised and inclusive**.



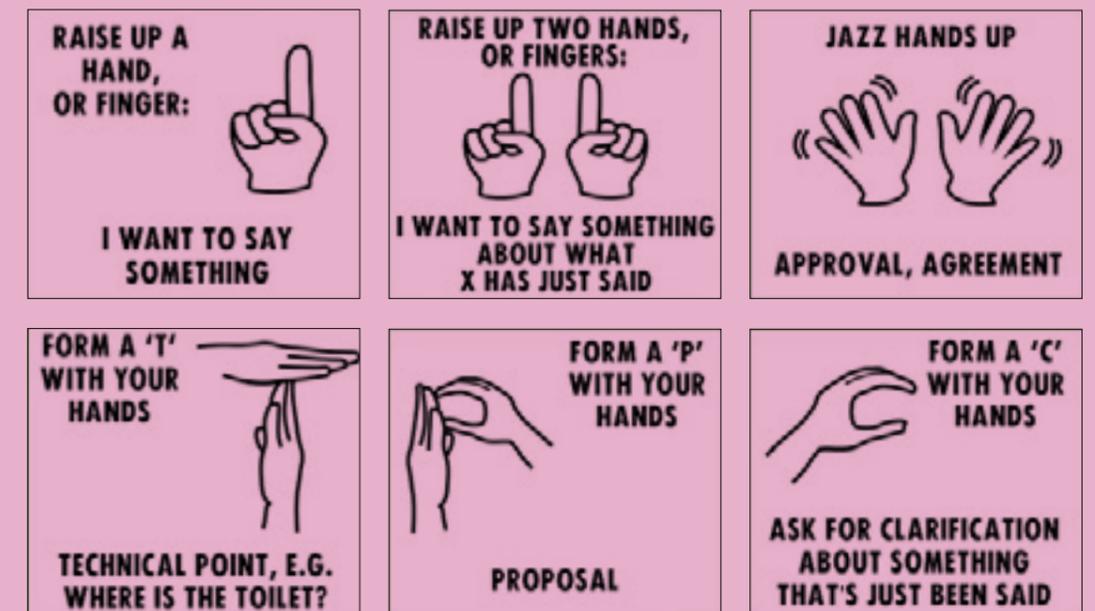
# HOW OUR ONLINE MEETINGS WORK

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Most of our online meetings are by Zoom. You don't need an account to join a meeting, just:

1. Open an internet browser.
2. Go to [zoom.us/join](https://zoom.us/join)
3. Enter your meeting ID (provided by the organiser).
4. Click Join.

We use hand signals in our meetings to avoid talking over one another. These are the most common ones.



# CLIMATE GRIEF AND ANXIETY

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The crisis we find ourselves in can cause us very real and painful emotions such as grief and anxiety. Extinction Rebellion offers:

## Telephone Active Listening

Make a request to speak with a trained and vetted Rebel Active Listener by emailing [Rebel2Rebel@tesn.uk](mailto:Rebel2Rebel@tesn.uk)

*(Please note that this is not a counselling service.)*

Watch [this video](#) to learn more (2 mins)

## Counselling or Psychotherapy

The [Climate Psychology Alliance](#) (CPA) provides a list of Practitioners offering three free sessions of therapeutic support to activists.

*(Please note that the practitioners have not been formally vetted so it is up to you to confirm their suitability.)*

# GLOSSARY

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We do our best but know we can lapse into jargon sometimes! Here are some terms and acronyms we commonly use:

- **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.
- **Community Group**  
A group brought together by identity e.g. faith, culture, occupation or really anything! e.g. XR Grandparents, XR Muslims, XR Doctors etc.
- **Coordinator**  
*Internal Coordinator (IC)*  
Manages the relationships within the group.  
*External Coordinator (EC)*  
Manages the group's relationship with other groups.
- **DNA**  
The things that make us XR. These include our Principles & Values, Self-Organising System, Ways of Working etc. Essentially all the things that we, as XR, fundamentally agree on.
- **Glassfrog**  
The XR UK organisational diagram.
- **Hub**  
A webpage which gives access to our online communications tools:  
*Mattermost (MM)*  
Instant chat, connecting all of XR worldwide

# GLOSSARY

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## *Forums*

Longer discussions on particular topics

## *Cloud*

Storage for documents

- **Non-violent 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 tool for big groups that empowers people to share their ideas and opinions.

- **Rebel**

Anyone who joins us and commits to our principles and values.

- **Rebel Agreement**

Five rules which rebels should 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.

- **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).



**COME AND JOIN US.  
REBEL FOR LIFE.  
FOR THE PLANET.  
FOR OUR CHILDREN.  
THERE IS SO MUCH  
TO BE DONE.**