

# **POST REBELLION PLANNING**

**HOW TO LOOK AFTER YOURSELF;  
HOW TO WELCOME NEW REBELS**

**VERSION 1**



**extinction  
rebellion**

**Rebellion is a powerful  
and beautiful time.**



**We've shown the world our desire for change and  
we've brought new energy into our movement.**

**Our new recruits need welcoming, yet we also  
need to rest. This handbook is designed to help  
us with both of these essential things.**

# **1/ LOOK AFTER YOURSELF AND YOUR GROUP**

## **EMOTIONAL SUPPORT**

Rebellion is intense; so it is important for rebels to take a break afterwards and come back only when ready. These resources may help:

- **Practical guide to post-rebellion regeneration**
- **Trained Emotional Support Network**

Make time to come together to debrief and to celebrate. Share appreciation for what we did, what we saw each other do, and what we'd like to honour. Welcome emotions. When we gather together in celebration, we acknowledge the contribution made by each of us and strengthen our community.

## **DEBRIEF**

### **Why debrief?**

- Process challenging experiences
- Make sense of what actually happened
- Learn and grow as a movement
- Develop conflict resilience

## Simple structure of debrief

- 1/ Roots - what did each person actually see and hear
- 2/ Rose - what went well
- 3/ Thorn - what didn't go so well
- 4/ Bud - suggestions, learnings, opportunities

Creating a map or timeline together can help clarify events. Aim to have a full debrief a few days after the event. Share tensions that might build unless tended to now. Detailed resources: [tinyurl.com/XRDebrief](https://tinyurl.com/XRDebrief)

## ARRESTEE AND LEGAL SUPPORT

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. People from marginalised communities may need extra support and care because of the police's relationship with those communities.

As well as the immediate post-arrest support offered by Police Station Supporters, XR offers longer-term individual and collective support. Rebels who have completed the post-release form, ideally as soon as possible after release, will be contacted routinely by the Arrest Welfare Team. You can always complete this on-line form later, at [arrestwatch.info/pss](https://arrestwatch.info/pss) Arrestee support can take various forms, including individual

help from post-arrest liaison (PAL); listening circles that may be offered on a local or regional basis; written advice on the [Informed Dissent](https://informeddissent.info/) website (supported by XR); moral support when attending court; peer advice from other defendants in chat groups, some supported by members of XR Legal Support; and various options for financial support, such as help with travel costs or funded initial legal advice, allocated by the Legal Funds Working Group. Individual enquiries can be made by e-mail.

## ARRESTEE SUPPORT RESOURCES

- <https://extinctionrebellion.uk/act-now/resources/arrestee-welfare/>
- Informed Dissent: <https://informeddissent.info/>
- XR Arrest Welfare: [xr-arrestwelfare@protonmail.com](mailto:xr-arrestwelfare@protonmail.com)
- XR Legal Support: [xr-legal@riseup.net](mailto:xr-legal@riseup.net)
- XR Legal Funds Working Group: <https://informeddissent.info/access2justice>
- Charged Defendants chat on Telegram: <https://t.me/joinchat/udYhfTybWmQ5ODY8>
- Arrestee and Legal Support Training Timetable: <https://xrb.link/p4794A1UJ>

## GETTING YOUR STUFF BACK

The Police can, and often do, seize and hold on to belongings. This can happen if you are arrested (even if you are released under investigation), if your address is investigated (even if you aren't arrested) or in other circumstances.

Getting stuff back can be difficult, and things like smartphones and laptops could be compromised; so do leave these at home if you can.

To track down property, talk to either your solicitor after arrest or to the Police Liaison team [xrpoliceliaison@protonmail.com](mailto:xrpoliceliaison@protonmail.com).

Have a photo or clear description of what you are looking for. For problems with getting stuff back, e.g. if it's returned damaged, please contact [xr-legal@riseup.net](mailto:xr-legal@riseup.net).

More detail:

<https://informeddissent.info/gettingyourstuffback>



## 2/ PLAN FOR NEW REBELS

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. Let's be prepared!

Ensure that your group has a person or two with capacity and energy in reserve after rebellion to engage with and integrate new rebels while everyone else is having a rest.

### HOW WILL REBELS FIND YOU?

Now is the time to make sure all your contact details and social media accounts are up to date and being monitored. Many rebels come through the **Local Group map** on the UK website; check to see all your group details are correct. Email the team at [map@extinctionrebellion.uk](mailto:map@extinctionrebellion.uk) to make any changes.

If you know you won't have anyone to reply to enquiries right away, set up an email auto reply and holding message on your social media accounts to let rebels know that you are resting but will be back to them soon.

## HOW WILL YOU WELCOME THEM?

The [Integrator handbook](#) is your one-stop shop for guidance on welcoming new rebels. Here is a summary:

**1/ 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. It can be intimidating to be in a space where everyone else seems to know what is going on - consider a break-out space for new rebels if you are holding a whole-group meeting.

**2/ GET TO KNOW THEM.** This can be with [buddy systems](#), drop-in social spaces, integration into working groups or forming new affinity groups. Or they might want to connect with one of our [community groups](#) or [XR Unify](#) (working to connect racial, social and climate justice movements).

You might want to have a simple event or social they can come to after the rebellion. We thrive on connection!

**3/ PAY ATTENTION TO NEEDS.** People from marginalised communities or with a different background from you or your group will bring new strengths, but may need different support. But don't assume that the answer is for them to become 'like you'. Instead, find ways to expand your group's welcome and be generous.

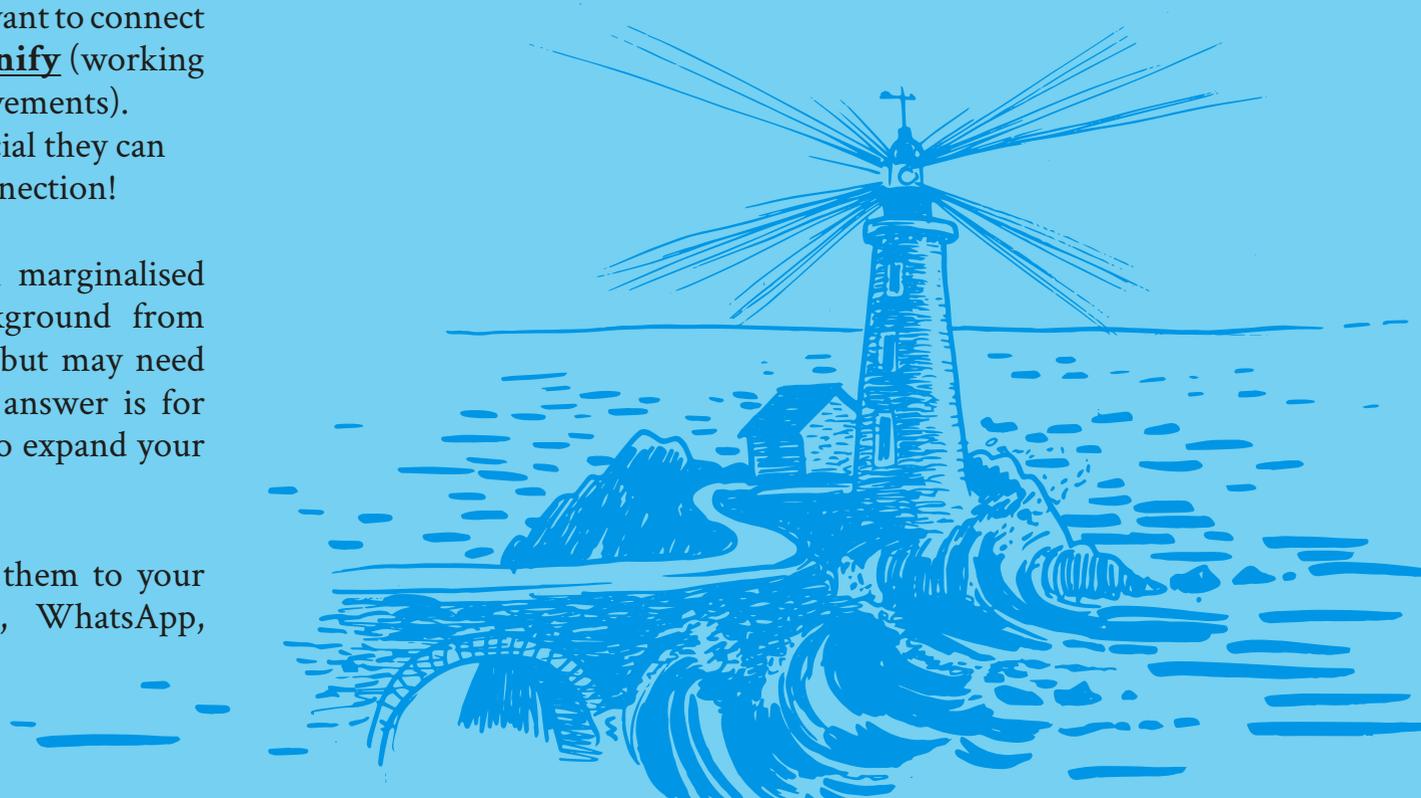
**4/ GET THEM CONNECTED.** Help to connect them to your communication channels (Mattermost, WhatsApp, Signal, Telegram.....)

**5/ ORIENTATE THEM.** Give them the [Rebel Starter Pack](#) to explain the basics of XR. [Welcome to XR](#) zoom sessions are also great for new rebels.

**6/ GET THEM INVOLVED.** Think about what needs doing and how you can get new rebels to help. (See below for a list of suggestions) Joint activities are a particularly good way for newbies to start feeling part of the group.

**7/ TRAINING.** When they are comfortable with the basics give them the [Rebel Next Steps Pack](#)

- Signpost to interactive online trainings at [Rebellion Academy](#).
- Signpost to live trainings listed on the [events page of the UK website](#)



# **IDEAS FOR NEW REBELS TO GET ENGAGED**

**(and some not-so-new ones!)**

- 1/ Help sort out post-rebellion lost property!
- 2/ Plan a group party in the park
- 3/ **Sign up for news** on the XR website
- 4/ Plan a small action (e.g. few banners, placards, patches and flags outside town hall). Send a press release and photo to local newspapers
- 5/ Put a poster in your window / a shop window
- 6/ Wear an XR badge/sticker/patch when you are out
- 7/ Make a **one-off** or regular **donation**
- 8/ Invite 5 friends to watch the **Heading for Extinction talk** or, better still, organise an in-person talk or training session. Find help and advice on how to do this **here**
- 9/ Change your profile picture to an XR symbol / frame
- 10/ Join a **community group** and talk to people in that community outside of XR about the crisis
- 11/ Ask on your FB wall for folk to change their profile to a rebellion symbol
- 12/ Share/retweet XR social media posts and leave enthusiastic comments
- 13/ Share an XR post on social media with the reason for being involved
- 14/ Post a climate news story on social media, with a question eg 'what do you think about this?'
- 15/ Post some flyers or postcards through doors on a local street
- 16/ Knock on the doors of a few flyered houses - what did they think?
- 17/ Be a buddy to a new rebel
- 18/ Make 2 phone calls to fellow rebels
- 19/ Write to a local green / activist group to introduce your group and see if you can collaborate
- 20/ Email or print communities letters to groups in your area
- 21/ Join **https://nextdoor.co.uk/** to connect with neighbours
- 22/ Write to your councillor, MP or local newspaper about the **CEE bill** or climate issue e.g. highlight connections between local issues, say flooding, and climate change
- 23/ Block print some patches to give to new rebels or put on stalls
- 24/ Become a **rebel ringer**
- 25/ Make a 'Stand Up to Climate video' and share on social media
- 26/ Help write your local group newsletter
- 27/ Learn more about XR by taking the **Foundation Programme 'light'** (basic introduction) or the **full-length version** (find your ideal role)
- 28/ Get involved in one of XR's **campaigns**
- 29/ Learn a new skill via a live **online training** session
- 30/ ...or via e-learning - sign up for an account with **Rebellion Academy**
- 31/ Contact a landowner and arrange to plant trees or wildflowers; invite others in the community to join you
- 32/ Join or start a **samba band**
- 33/ Join a storytelling session (e.g. experiences of Rebellion)
- 34/ Arrange or join a **listening space**
- 35/ Get together in a small group to **put up posters**
- 36/ Join a banner-making session for your next action
- 37/ Apply for an **advertised role**

For more resources and ideas see the **Post Rebellion Handbook** from the 2020 Rebellion.



**Rebel Pathway team Aug 2021**