

Nonviolent Direct Action (NVDA)

We choose to practice NVDA out of principle and because it is proven to be more successful in creating a stable transition than other kinds of resistance. NVDA is also more inclusive, attracting people from wider segments of society. Nonviolence makes it harder for the state to respond with violent oppression. NVDA is beautiful - learn more...

- [How the training works](#)
- [Where to find the training](#)
- [Where NVDA training fits in with your rebel journey.](#)
- [Follow up information for people who have completed the NVDA course](#)
- [What to do if you registered but were unable to join the NVDA session](#)
- [Are you interesting in training people in NonviolentDirect Action?](#)

How the training works

NVDA training will teach you about our demands, the history of NVDA and why it works.

Through the use of discussion and break out exercises you will explore nonviolence, civil resistance, the action cycle and you will learn skills of de-escalation and basic decision making.

The focus of this training is you - we recognise that everyone is different and we will help you to explore how you feel about taking part in an action and how to stretch your personal comfort zones.

You will leave with a new level of understanding of how XR works and lots of ideas about what to do next.

Where to find the training

NVDA online training is available twice monthly on a Sunday morning. It is advertised in the [movement broadcast](#) and on the [XRUK website- events](#)

In person training may be available and there is a short street version for basic skills at an action.

Where NVDA training fits in with your rebel journey.

Heading for Extinction (and what to do about it), Welcome to XR and NVDA are a good way to start your rebel journey.

We also offer a Foundation Programme (in a light and full version) for people who are looking for a place for their skills within XR.

Heading for Extinction

This brand new updated version of “Heading for Extinction” talk will kickstart your journey. We’ll explain the science of the climate and ecological emergency to help you to understand the enormity of the situation we are facing.

Then we will introduce Extinction Rebellion’s approach to bringing about the change we need.

This twice monthly online course is held on a Wednesday at 7-8.30pm. It is a recommended introduction to the most pressing issue facing every human on the planet.

☕ Bring a friend and a cup of tea for this 1-hour event! (+ extra time for questions!)

Register [here](#):

Welcome to XR

Want to do something that makes a difference in the biggest crisis humankind has ever faced?

Then join this introductory session where you can learn about what Extinction Rebellion is, what we do and how you can get involved.

Register [here](#)

The Foundation Programme

This is an inspiring, rigorous, and intelligent 4-week course designed to give you a thorough grounding in who we are, how we work and how you can get involved in XRUK.

[Click here](#) to sign up.

Follow up information for people who have completed the NVDA course

N.B. This information is for you if you have attended one of the twice monthly online NVDA talks.

We will have referred to follow up information at key stages in the session.

Hello Rebels!

Thank you so much for coming to the Non Violent Direct Action training. It is one of the foundations that you need to be a part of XR and we hope that you found it informative and thought provoking.

As promised, here is a list of all the information mentioned throughout the training, plus some more resources.

We mentioned in the training session that this is a very comprehensive resource; please take your time working through it. Or you can find the element that intrigues you and dive right in.

Training Material.

Slides for participants- to follow...

Script Sections for Participants- to follow...

Here's what we aim to do in XR UK in 2023-2024. [What next?](#)

Upcoming [Events](#)

[Information](#) on campaigns, events, local groups, community groups and resources.

Sign up [here](#) for the latest XR news.

Or just scroll down to the bottom of the page of any of the links above to sign up to our newsletter.

We often use Telegram which is a phone and desktop app. To download the Telegram app - go to either the App Store (iPhones) or the Play store (Androids) and search for Telegram, download it

and create your account. You will then be able to click on the links below and join the suggested groups.

For questions and chatting to other [newrebels](#)

For key UK-wide messages on actions and rebellions. [Rebellion Broadcast](#)

For key UK-wide messages on talks, training & workshops, and internal information. [Movement Broadcast](#)

If you want to [rebel online](#)

Affinity Groups.

What are Affinity Groups, how do they work and how do I join one? AG's make XR - get yourself into one!

[Affinity group Video](#) shared in the session.

Key reading.

How Things Change-[readings videos and resources](#)

Extended non-cooperation. Want to [learn more](#)

Extinction Rebellion's relationship with police

Find out about the UK legal risks and implications of protests from [informed dissent](#) and [green and black cross](#).

For Scotland see [SCALP](#)

Further talks, training & workshops mentioned in the session.

Please visit the XR UK Website [Events page](#) to find out about all talks and training sessions.

Talks and trainings may also be provided by local groups. They are advertised in many places online so keep an eye on XR Regional websites and XR Facebook pages.

There is also training on [YouTube](#).

If you cannot make it to any of the zoom sessions check out our [Rebellion Academy](#) for on-demand, interactive content on everything to do with XR.

Know Your Rights This video has been developed by people with a background in the law and related to the new Public Order Act 2023 . **It is essential watching for anyone taking part in an action, whether or not they plan to risk arrest.** You can watch it in sections and there are links to written resources.

For training reflecting the law in Scotland see SCALP above..

When online Q & A sessions or Legal Briefings are organised, they are usually advertised on XR UK Events page (see link above).

De-escalation training. Non-violence is one of the core principles of XR and being able to de-escalate situations and maintain non-violent protests is essential. Check out the Facebook page for upcoming events or the [events page](#).

Oppression, movement building and our relationship as activists. [OMBRA](#) is an online, interactive workshop exploring how movements can be divided when oppression is not addressed. It offers practical tools to heal these divisions when they affect our relationships as activists. See our main event page for more information.

Self-Organising System. In XR we use a [Self-Organising Systems approach](#). It allows us to co-ordinate at any scale in a highly organised way without anyone being in charge. It also allows us to be autonomous while remaining accountable and not taking power over others. It is designed to survive the upheavals of changing circumstances and government intervention. How does SOS work? How are decisions made? Keep an eye on the XR UK Website Events page (see link above) or your regional channels for SOS workshops.

We thank you from the bottom of our hearts for choosing to rebel with us, and we hope to see you on the streets sometime soon.

We wish you well on your rebel journey.

In love and rage

The NVDA team

What to do if you registered but were unable to join the NVDA session

Sorry that you were unable to come to our Non Violent Direct Action training session.

NVDA is one of the foundation blocks for your rebel pathway and our training sessions are very interactive, enjoyable and include regular breaks.

We always strive to be accessible and inclusive and we understand that there are many reasons why people might not have been able to make it to a planned training session. Here are some options for you to consider-

If you are new to XR

First of all, you can [re-book](#) a place at a future NVDA session' or look on Facebook [here](#)

You can attend one of our **Welcome to XR sessions**

You can [visit our Rebellion Academy](#) and learn what kind of rebel you are and follow learning suggestions from there.

Not sure how to Help? Here's a Way to [Find Your Place](#) in our **Foundation Programme**

If you want to know **what's going on in your region** or where your local group is [check out this map](#)

And you can sign up to the XR email newsletter by signing the form at the bottom of the above linked pages

If you are already a rebel.

You can [rebook](#) a place at one of our twice monthly NVDA online sessions. Or you can look on [Facebook](#). Your region may also have a Facebook training and events page.

If you find yourself at an action before you have managed to do the NVDA training, look out for a **Street Speaker** who will be giving an abridged version. Also look out for people giving out bustcards.

If you want to ask us questions about the NVDA training, or if we can make it easy to get to a future event please contact us at eventsxr@gmail.com

We hope to see you at one of our future sessions.

Love and Rage

NVDA Trainers crew

Are you interesting in training people in NonviolentDirect Action?

We are always on the look out for people who can offer NVDA training

Learning about NVDA is one of the foundation stones for being a rebel and there is always demand for the training..

If you are interested, we will give you support, an oportunity to shadow a trainer, or help to develop your training skills.

We will also teach you how to manage the zoom session and break out rooms.

But we always run the sessions in pairs so don't feel that you need skills in everything.

As well as online course there are in-person training scripts and short 'Street scripts' for people who want to give a taster session at an event.

The way that we offer NVDA training is evolving and our audience is widening, so why not contact us and find out more at eventsxr@gmail.com