

Preparing for Rebellion

[This book was written for the 2020 rebellion, so please ignore the dates. It has been left here as it still has useful information.]

It's Rebellion time again!

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?

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

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.

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We Want to Live - What you need to know

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!"

We Want to Live - What you need to know

What you need to know

Get Connected

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, the system is failing and rage is growing. The social contract between the government and its citizens is broken.

People know the truth: the Government is failing to keep us safe. They acted too late on the pandemic and they're ignoring warnings from their own official Committee on Climate Change: This negligence could result in billions of deaths, not thousands. The suffering is already being felt most by those in the Global South, indigenous peoples and racially marginalised communities.

The UK Government is guilty of ecocide: they are giving money to destructive industries right now instead of rebuilding our economy to prioritise people and planet. They are racing us to the cliff edge of extinction. We cannot let this happen.

As citizens, we must rise up. It is our duty to raise the alarm as we emerge from the pandemic. People have the power to change this. In everything we do, we raise public support for genuinely democratic action on the Climate and Ecological Emergency (CEE).

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.

This year we are surrounding Parliament. We are coming to Cardiff and Manchester. We come with love and rage. We are offering our Government an invitation to do the right thing, the necessary thing. A Climate and Ecological Emergency Bill has been put together by respected scientists and our Political team. It puts biodiversity devastation alongside the climate crisis and

calls for the UK to take full responsibility for its entire international carbon footprint. We know the Government isn't moving hard or fast enough — the bill would make it law so they have to.

In September, ordinary people, of all ages, races and religions, will stand together to hold Parliament accountable. We are asking everyone who has been betrayed by this Government to join us. 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!"

Regional Rebellion

Rebels are invited to align across the UK in these themes, in beautiful, coordinated, dispersed actions 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: local assemblies, connect, listen, learn

- **Mon 31st Aug**

Permanent Bank 'holiday', finance-focused actions

The planning of actions on these days is decentralised, please contact your local group about what is happening in your area, or plan an action yourself: [How to Action Guide!](#) If you are planning an action that may get national media attention and would like to communicate with our press team or ask advice, please contact the Weavers: rebellionweavers@protonmail.com

Actions on other themes during this time are already being planned too, such as the Million People's March in London. The above are suggested aligned themes but not limiting!

From 1st Sept

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.

We know that party politics isn't great in an emergency and that we all need a hand in the way forward. The Climate and Ecological Emergency Bill could change our course, making the Government act with the urgency we need and calling for a Citizens' Assembly with real bite. If the CEE Bill were made law, the government would have to act fast, accounting for our entire carbon footprint while protecting nature here and overseas. We need our MPs to step up and support the CEE bill.

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 be debated and passed.

In Manchester, we will take and hold space in the centre of the city. Providing a platform to other movements, organisations and individuals to share their struggles with us; so we can better understand how all our battles are really part of the same fight and how we can better fight together.

Following a day of collaboration and disruption in Manchester, we will then turn our attention to Drax power station - the coalburning, tree-burning, single biggest carbon emitter in the UK and absolute kings of greenwash - to demonstrate our power, disgust at the this destructive system, and willingness to face the consequences of checking the power of the ruthlessly profiteering elite in our increasingly unequal society.

Rebels will also gather in Cardiff from the 1st to the 5th September. The main focus of this rebellion will be the CEE Bill but in addition, there will be symbolic actions relating to the Senedd to raise awareness of XR Cymru's campaign to have a Welsh Citizens' Assembly on the post-COVID economic recovery. Those who plan to continue rebelling beyond the 5th September will be able to do so at HS2 sites or in London.

More details on the plans for all three cities are to follow soon.

Challenges

This year will be different to previous rebellions. We are in the middle of a pandemic and we know this will affect our numbers out on the streets. The virus has hit XRUK hard and we are in a weak financial state. We cannot afford to produce the posters, materials and resources we previously had. We are going to be supporting different regions across the UK to bring their own equipment. We won't be able to support campsites. Instead, we will be supporting as many rebels as possible with accommodation and crowdsourcing places to stay such as religious buildings and community centres. For more on the background on XR's situation in the build up to Rebellion, check out

[Rebellion Weaver's June Report.](#)

For any questions, you can email: UK-wide: [rebellionweavers@

protonmail.com](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

What about Covid?

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.

We Want to Live - What you need to know

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.

See also the [Rebel Agreement](#) flyer (PDF 220Kb) on the main Extinction Rebellion UK web site.

We Want to Live - What you need to know

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](#).

Be Prepared! - What to do before Rebellion

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.

Once you have an idea of what you are going to do, focus your attention on getting trained up, on being ready for it and making sure you don't forget anything crucial in the chaos.

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.

We want you! - Contributing 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!