

# Welcome To Extinction Rebellion [XR]

Resources for the national Welcome to XR talk, including the script, slides and key links.

- [For Speakers: Welcome to XR Scripts & Video](#)
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# For Speakers: Welcome to XR Scripts & Video

Scripts for national delivery and Slides and Support Video for Local Group delivery

For Speakers: Welcome to XR Scripts & Video

# 100 Days Focus

[Google Script](#)

[XRUK Cloud Script](#)

For Speakers: Welcome to XR Scripts & Video

# Welcome to XR Talk: General Focus

Welcome to XR script used for the national Tuesday evening sessions when there isn't a specific focus, i.e. 100 Days/The Big One.

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- [Script - June 2023 - Google version](#)
- [Script - June 2023 - Cloud version](#)
- [Script - June 2023 - PDF version](#)

For Speakers: Welcome to XR Scripts & Video

# Local Groups - Welcome to XR Resources

[How to Run a Welcome to XR Session for Local Groups - slide show](#)

[How to Run a Welcome to XR Session for Local Groups - July 2022 support video](#)

# For Speakers: Key Links Used in the Talk

[Welcome to XR - Overview-Slide-5.jpg](#)

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[Welcome to XR - Slides](#)

# New Members [Rebels] - Resources

## ☐☐ Hello and Welcome to XR

Thank you for stepping up.

You may have been motivated to join XR because you've decided that you must take action now. Or maybe you simply want to find out more about XR and increase your knowledge of the Climate and Ecological Emergency (CEE). Within XR we acknowledge that our increasing awareness of what we're all facing can sometimes lead to feelings of anxiety and sadness and many struggle with these emotions.

This [1.44 minute video](#) made by a new member - Shelley - might help reassure some of you.

For some, making connections with other rebels helps hugely; we are not alone anymore. Joining in, and trying to be part of the solution, is empowering and liberating since 'Action brings hope'.

XR is also a family with lots of support available when it's needed. XR's [Trained Emotional Support Network \[TESN\]](#) offers the Rebel2Rebel active listening service and how to access 3 free sessions with the Climate Psychology Alliance.

There are also XR support groups such as Listening Circles and Empathy Cafes, as well as lots of courses and support from the Regenerative Cultures Team. You can find these in a number of places, such as the XRUK website Events page, Facebook and on a chat app that XR uses called Telegram - a bit like WhatsApp. All the links you need are below.

To see **ALL** XRUK events, including actions, local group activities, training etc.

You can view the [Movement Calendar](#) on a platform called Teamup.

If you prefer to use an app, you can download that from the Playstore or AppStore and then open our Movement Calendar within the app.

☐☐ You can view the whole calendar, or any part(s) of it.

☐☐ Click on the left hand colour bars to show or hide one or more calendars.

☐☐ Use the search box to filter local events that interest you (note that secret actions are not include in public view).

Got an action, event or announcement to bring to the calendar?

✍️ Fill in the [M&M Comms Requests](#) form

**If you're new and want to learn more, these are useful links to help get you started!**

[The Rebel Starter Pack](#)

[Declaration of Rebellion](#)

Read/watch the [XRUK Strategy 2023/24](#)

Read/watch the [XRUK Actions Strategy 2023/24](#)

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**It's recommended that new XR members learn about nonviolent direct action [NVDA], their protest rights and the science driving the climate emergency.**

- [Nonviolent Direct Action workshops](#) (scroll down the list of events to find the NVDA workshops)
- [Know Your Rights \[KYR\] training video | 2023](#) - core training for everyone.
- [Heading for Extinction \[HfE\] live talks](#) (scroll down the list of events to find the HfE talks)
- [Heading for Extinction \[HfE\] \(and what to do about it\) video | Nov '22](#) - version 6 - video  
Or you can watch a **recent shorter version** in two parts | 2023:
  - Part 1 [Heading for Extinction \[HfE\] \(and what to do about it\)](#)
  - Part 2 [Heading for Extinction \[HfE\] \(and what to do about it\)](#)

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#### **The Climate and Ecological Emergency**

If you'd like to learn more about the science and what we're all facing, join a **Heading for Extinction talk** and read [Emergency on Planet Earth](#) - written by Dr Emily Grossman alongside other Scientists for XR.

#### **XR Talks, Training and Workshops**

If you registered for **Welcome to XR** but weren't able to join and would like to join another time, the talk takes place every Tuesday evening from 7-8.30pm and you're warmly invited to stay until 9pm as we allow 30 minutes for questions and discussions after the session.

The Tuesday 'Welcome to XR' sessions, the 'Heading for Extinction' talk, as well as all our talks, training and workshops, can be found using the links below.

- [XRUK website Events](#)
- [XRUK T&T Facebook](#)



- **Foundation Programme** - gives you a thorough grounding in who we are and how we work. You can access all our key talks, training and workshops and be well-supported with how to get involved.

#### Telegram

Download the **Telegram** app for broadcasts and chat. Once you have the Telegram app, open this page **New Rebels - Resources** on a phone and you'll then be able to click on the links below and join the groups.

### Rebellion Broadcast | Movement Broadcast | Digital Rebellion

- **Rebellion Broadcast:** For key UK-wide messages on actions and rebellions.
- **Movement Broadcast:** For key UK-wide messages on talks, training and workshops.
- **Digital Rebellion:** If you want to rebel online.
- There's also the **New Rebels Chat:** For any questions or support requests, and for chatting to other new rebels. Once you've attended a Welcome to XR session, you'll receive a follow-up email from XRUK Communities with the Telegram invite link for the New Rebels chat group.

#### Other Useful Resources:

- **Video recording - Welcome to XR! [10th May 2023]**
- **XRUK website**
- **Join Us** - Local and Community groups map and contact information.
- **Volunteer Website** - apply for a role or create an account to let us know your skills and interests.
- **Rebellion Academy** - for online training in your own time.
- **The Climate Quiz - online or a printable version** - share it with your friends and family. It could be a way to open a conversation about the emergency.
- **I Want a Better Catastophe - Flowchart**
- **How Extinction Rebellion Was Born** - watch and share this 6-minute video on Extinction Rebellion.
- **Welcome to XR - Slides** - slides we use during the Welcome to XR session, some of which contain clickable links.
- **The Rebel Toolkit** - XR's online library of resources - the website you're using right now!
- **An Address to the Nation**
- **The Vision Reminder**

And finally...

Please don't hesitate to ask for support or any questions in the New Rebels Chat Telegram group or email [pathways+w2@extinctionrebellion.uk](mailto:pathways+w2@extinctionrebellion.uk)

Stay safe and look forward to seeing you again.

Love and Courage

The Welcome to XR Team

## Organising Can Cost ALOT

Thank you all so much for reading this.

Extinction Rebellion relies on people like you to keep up the fight and the hope is you choose to become involved with XR in whatever way you can.

We have lots of roles and if you haven't yet found your place in XR, we'll find one that allows you to make the best contribution - check out the [Volunteer website](#) for the roles currently being advertised or you can create an account and add your skills, experience and amount of hours you can volunteer so groups can contact you.

We do have one more thing we'd like to ask you. XR is funded entirely by generosity, and without you all we couldn't do our work.

As you can imagine trying to save the planet is pretty costly. Fossil fuel companies and polluters have their claws deep into government and are spending millions lobbying politicians to fight legislation that will impact their profits. Basically, they want to make sure it stays business as usual. We can't let this happen, so we're asking for your help.

We want you to become an XR regular giver. They are the most important givers as you allow us to make plans and act in ways that are most effective. We're asking for just £5 a week, but it makes such a difference, if you can give a little more even better or you can choose a donation amount that works for you. All you have to do is either scan the QR code below or visit [Donate For Life](#), and it'll take you to the page where you can become a regular giver. You can give for as long as you feel you can, all the details for contacting XR when you feel you've done your bit, is in the email we'll send you and it's so appreciated. So grab your phones, give it a scan and give us the support we need to keep up the fight for the future. Thank you!

[Fundraising QR code.png](#)

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