

# XR Youth

Are you curious about who these XR Youth are?

Have you decided to join XR Youth but aren't sure where to start?

Are you an experienced young rebel but need some support?

The world of XR Youth can be a daunting one with lots of new terms and groups and ways of communicating. This book aims to simplify all of that.

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# What is XR Youth

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# Background

XR Youth began in February 2019, out of a need to create a platform within XR and the wider world for the young persons voice. The youth of today are often told that their future matters but what the current system fails to realise is that the youth have a voice of their own.

Something crucial we understand is that there are young people within XR but this does not necessarily make you an XR Youth. If you are in XR Youth, you are in it because you see and know the integral part that youth play in bringing about change and you understand that the youth voice needs to be centre to all conversations in relation to climate justice.

What is XR Youth

# How old do I have to be?

XR Youth consists of those born in the last 30 years, all of whom are part of a generation that has never experienced a stable climate and who's lives will be wholly affected by the climate and ecological crisis.

If you are aged 11 or under, it will probably be best to be a part of [XR families](#) instead of XR Youth.

What is XR Youth

# Demands

Just like XR, XR Youth also has 3 demands. The XR Youth demands are based off XR's however have **more emphasis on the role of youth**. Our demands are as follows:

## Tell the Truth

The UK Government and all institutions, particularly those in education, must tell the truth by declaring a climate and ecological emergency. This doesn't just mean acknowledging the emergency but also proactively educating about the implications the climate crisis will have during the youth of today's lifetime

## Act Now

Every part of government and society must act now to halt biodiversity loss and reduce greenhouse gas emissions to net-zero by 2025.

## Go Beyond Politics

Every level of government must create and be led by the decisions of a Citizen's Assembly on climate and ecological justice. These conversations need to include and amplify the youth voice from all backgrounds.

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For more information on Citizens Assemblies please attend an [\\_Introduction to XR Youth Training\\_](#) or read up on the [XR Website](#)

Some XR Youth groups, particularly in the US, have adopted a fourth demand. This is to: *demand a just transition that prioritises the most vulnerable people and indigenous sovereignty.*

There were conversations happening within XRY UK about also adopting this demand however these were put on pause due to the Covid-19 pandemic.

# Principles and Values

We have 10 Principles and Values. These underpin all of the work we do and are the fundamental pieces around which our activism is formed! Just like with our demands, these are based of the principles and values from XR but have been adapted to better represent the views and needs of the XR Youth movement

## 1) We recognise the urgent need for societal change:

Creating a world that caters for the youth of today so that there can be those who come after us.

## 2) We know that our mission is necessary:

We are uncompromising in our aims, and understand the importance of success. Mobilising 3.5% of the youth population to achieve system change and 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 whilst also avoiding burn-out and addressing mental health issues that can arise as a result of the climate crisis.

## 4) We openly challenge ourselves and this toxic system:

Leaving the comfort zone of denial to act for change.

## 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 own experience.

## 6) We welcome everyone and every part of everyone:

Working actively to create more equitable and safer spaces. Whilst we welcome all individuals, we do not welcome individuals or organisations that cause harm or inflict suffering on others.

## 7) We actively challenge power:

Promoting a truly representative voice of young people in a world built for and biased towards adults.

## 8) We avoid blaming and shaming:

We all live in a toxic system; no one is free of its bias and socialisation.

## 9) We are a non-violent network:

Using our non-violent strategy and recognising that non-violent tactics are the most effective way to bring about change.

## 10) We are based on self-organisation and responsibility:

Things will only happen if we make them happen individually and as collective groups of young people.

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Anyone who follows these core principles and values can take action in the name of XR Youth.

Any activist found to breaking these principles and values may be asked to undergo a process of transformative justice or could be removed from XR Youth.