

NVDA Street Script

[Accessibility Guide - please read beforehand](#)

Please note: this is a **very** reduced version of the full NVDA training designed to be used for on-the-ground (e.g. street) training. Trainers, please ensure your participants are aware that they should still aim to attend a full **NVDA** training, as well as **Know Your Rights** training. Signpost trainees to relevant training on the Rebellion Academy and XRUK website Events page. Advise seeking support from their Internal Coordinator.

Designed to be given:

- by any rebel
- With no prior speaker training
- with minimal preparation; simply read this document out
- for a group of listeners - public and / or rebels
- within a regenerative approach, so there may be pauses to breathe and allow absorption in this text, like this: [**Pause. Breathe.**]
- [**Guidance for you will be bold blue text like this, enclosed in square brackets**]

Remember, this talk could be people's first experience with XR.

Be open. Encourage responses and dialogue with participants. Make participants feel welcome in our Rebellion. At the end: engage people with next steps, appropriate to the place where you are giving the talk. Eg:

- Is there an action nearby to join / an **Intro to XR** talk happening / Other training?
- Can you sign participants up to our mailing list ?
- Can listeners make a donation? (QR code sheet at the end of the doc for an easy way to do that from a phone.)

Get one or two buddies to help with outreach, such as rounding up the crowd, circulating sign up forms, QR code sheets, etc. Rebels shouldn't be on the streets alone. This talk is best given to a group that has been brought together to hear it.

Outline

1. Welcome 2 minutes
2. Part 1: Strategic Thinking 10 minutes
3. Part 2: The Action 10 minutes
4. Key Points 3 minutes
5. Next Steps / Signposting 5 minutes

Welcome [2 mins]

Check-ins

- [Invitation to the group to break into pairs.] Can each person speak for around 30 seconds to the person next to them? Please introduce yourself, then give one word for how you're feeling at the start of this session.

Housekeeping

- Signpost to toilets, First Aid, etc.
- Access requirements: e.g. is anyone hard of hearing, has language difficulties or mobility issues? Encourage people to speak up if struggling and allow for room to be made for anyone needing this.
- Hand signals: **One Finger** or hand to ask a question; **Letter 'C'** for a clarification question; **Silent Giraffe**: Closed fingers, horizontal in the air, until others copy and the group quietens; **Wrap up**: steady circular hand movement.

Do Your Research!

- We have condensed a lot of what is in this training to fit into our brief allotted time. We have tried to include as much as possible of what we think are the vital bits to know. There is always more to learn, however, so please check in for relevant information at the end.
- It is **your** responsibility to go away and read more about what you learn today, to take more care of yourself and those around you, be that friends, rebels, the public and yes, the Police.
- Please attend a full **NVDA, Know Your Rights or De-escalation Training** to ensure you are fully equipped and feel confident however you choose to become involved.

The Thinking: Part 1 - XR Strategy

NVDA and Civil Disobedience [4 mins]

Extinction Rebellion is an international mass movement that uses nonviolent direct-action and civil disobedience to demand that governments around the world take action on our climate and ecological crises, to minimise our risk of social collapse that will come if sufficiently urgent action is not taken. Even our Armed Forces are planning for this...

Non-Violent Direct Action (NVDA) and Civil Disobedience are complex and overlapping. If you'd like to learn more about their particular meanings, please talk to a trainer afterwards [if one is available, ask them to raise their hand] or attend our full **NVDA** training. More on that later.

XR's understanding of NVDA and Civil Disobedience is that the following four elements are essential:

- **Respect:** shown towards other activists, the wider public, police, politicians, corporate spokespeople
- **Disruption:** so that we cannot be ignored and force the necessary conversations
- **Sacrifice:** we demonstrate our commitment to face the seriousness of issues impacting us all and take individual responsibility for consequences
- **Dilemma:** we put the ball in the court of the State, creating difficult situations that force them to take a side, whether they tolerate XR's disruptive actions, or crackdown, this movement creates those responses

Nonviolence [2 mins]

Violence vs nonviolence

- XR practices 'nonviolence' for tactical, strategic, **pragmatic** reasons, as well as on principle
- This does not mean that everyone in XR **is or needs to be** a principled pacifist
- This does not mean XR cannot stand in solidarity with people in other struggles who use physical force in self-defence and out of necessity e.g. Kurdish revolutionaries fighting ISIS in Rojava [**Pronounced: Row - the J as in Bonjour - ava**]
- We recognise our privilege of our relative safety from State violence as activists in the Global North and the UK particularly. We also acknowledge that movements in much more oppressive circumstances than our own have courageously used nonviolence to great effect. We are grateful that we can stand on the shoulders of giants, such as Mahatma Gandhi, Martin Luther King, the Suffragettes and many more models of civil disobedience in history and around the world.

Nonviolence only describes our **behaviour and actions**, not all situations, however. Be aware...

- We cannot control others, only ourselves. Behaviour of the wider public, police, security guards, etc. isn't under our control. Only **our reactions** to any escalation or violence are.
- We practise de-escalation to mitigate negative reactions. However, we train to prepare for the possibility that situations can turn dark.

Police [4 mins]

Unjust criminalisation is a fundamental reality of our oppressive system.

- People from marginalised groups are consistently treated worse by the police, courts, prison and other bodies; people of colour, migrants, refugees, LGBT+ people, and other people with differences to perceived norms.
- Being aware of our and others' differing kinds of privilege, we collectively work to deepen our understanding of difference, while engaging with and challenging our criminalising systems.
- Acknowledging harm caused by actions through our own ignorance and being willing to learn and support other oppressed groups in their struggles.
- We can appreciate the humanity and decency of individual police officers, but we will not chant "we love you police" out of naivety. We understand that, particularly to certain communities, the police, as an institution, is a violent, oppressive force. We are conscious of the roles police are in and the harms this can cause fellow citizens, particularly in protests.

We are 'non-oppositional' towards the police

- Police officers are not our ultimate enemy, but **they are** the enforcers of a corrupted system that needs to change
- Officers are a diverse group of people, some are mean, some are nice, some are ignorant, some informed. They are human. However, in uniform they sacrifice their individuality and their ability to enact **their own moral judgments**. They enforce laws that are steadily killing us.
- As such, police, being on the frontline, **are** part of our strategy. XR maintain a working relationship with them, albeit, we do not see them as our allies.
- Successful system change will require security forces at least refusing to follow orders to crack down harshly and we can hope, they may even recognise they are even on our side of issues that currently put us at odds
- Until we reach this point, we should not be naive about the fact that currently the police, as the enforcement arm of the State, are working to counter the effectiveness of our movement through the **Police Crime Sentencing and Courts Act** and The **Public Order Act**

We are 'non-cooperative' to the police during protest actions and civil disobedience

- Civil disobedience happens when ordinarily law-abiding citizens take a stand against an injustice, sometimes breaking laws to force changes in laws that create greater injustices
- We push boundaries as rebels because everything else has failed: marches, letters to MPs, individual and community acts to save our planet.
- Civil disobedience is about disobeying, resisting and should rebels choose to, breaking laws, to highlight far more urgent injustices needing government attention right now that are being systematically side-lined, marginalised, ignored or trivialised
- We are respectful, even as we are non-cooperative. We listen to the public's frustrations but stand firm for those bigger disruptions we are now increasingly facing from the climate and ecological breakdown.
- Not cooperating might be frustrating or even seem disrespectful to commuters and lorry drivers for fossil fuel companies. We would rather be home doing something more relaxing and enjoyable, but our greatest respect is for the whole of humanity and the million species now threatened with extinction.
- We are challenging the power of the British State, by disrupting and by non-cooperative resistance towards its enforcers, the police. We take individual responsibility for our actions and accept potentially dire consequences for ourselves.

Part 2 - The Action

During the Action

Security Briefing [4 mins]

Practical Measures to keep everyone safe:

- Don't put others at risk by **calling out names** of fellow rebels or **chat** with the police
- Use **code names** on actions
- Avoid identifying **organisers** or **action planners** openly
- Personal phones contain data. If you can bring a burner phone, do that. If not, **encrypt it!**
- Your smart phone is a potential **listening device**. Be cautious about what you say at all times
- If undertaking **arrestable actions**, pass your phone on to a buddy who is not.
- If ordered or requested to attend a police interview some time after an action, **do not have your phone with you** then either. The police might re-arrest you at the station, and confiscate your phone at this point.
- **Secure Communication channels** are disruptive for the police and security services and slow them down. Use them. If you do not know how, ask someone who does.
- We recommend everyone signs up for a [protonmail \(.com\) account](#), downloads the [Signal \(.org\)](#) and Telegram messaging apps. Use these media channels for XR comms.
- No database is totally secure. Platforms can be **safer** but not entirely **safe**. Extinction Rebellion have safer systems for data transfer eg during messages. We ask you to learn and use them to protect fellow rebels and our continued effectiveness as a civil disobedience group
- If you hear about covert actions, don't openly talk about them. Keep fellow rebels as safe as possible.

De-escalation [2 mins]

Whether dealing with angry members of the public, police, security guards, or workers, effective de-escalation techniques are really important to maintaining **our** nonviolence and keeping situations as safe as possible. Longer **De-escalation Training** is available, but key techniques are:

- Remain calm, confident, and firm in voice and body language
- Control volume and pitch of your voice. Try lowering your centre of gravity to ground you.
- Avoid shouting, speaking harshly or aggressively
- Not gesticulating wildly; this can feel threatening to others
- Empathy before education. Do not try to educate people right there and then; this can feel demeaning and patronising. Instead, show others empathy and understanding of where they are coming from. Engage people in conversation about the wider issues only if they seem genuinely interested in doing so. Do not attempt conversion to the cause! Accept this can feel frustrating, disappointing even disheartening for you.
- Practice **active listening**; don't interrupt; demonstrate understanding by reflecting what people have said back to them. There is training for this available. Learn the skills. They keep you safer.
- Ensure there are some dedicated De-escalators at every action, whenever possible. Call on them, or ask a nearby Marshall for support if you can
- De-escalation is primarily for use in interactions between people in XR and angry, disrupted members of the public. It should **not** be used to unnecessarily **police the tone of fellow rebels' interactions** with the police.
- Unless necessary, it is important not to undermine fellow rebels, e.g. when someone is being aggressive or violent.

Legal Info

This is not comprehensive. The law is currently evolving since the **Police, Crime, Sentencing and Courts Act** and recent **Public Order regulatory changes**

Learn and remember 5 key protections.

No Comment

- Don't answer police questions on the street, at the station or in an interview. If walking away from the police feels uncomfortable, say to an officer: "I am not comfortable talking to you right now, officer." This makes walking away easier.
- What you say can put **yourself** and also **other people** at greater risk, especially rebels seen to be organisers by the Police
- Be confident of your right to stay silent, or say "**No Comment**", to police questions
- Especially in a formal interview, "**No Comment**" to **all** questions, **not just some**. Being inconsistent, answering some questions can give away information in itself, more than you are aware of. It also makes you look guiltier than a total No Comment interview!

No Personal Details

- On the street, don't give the police any of your, and or anyone else's details, especially names, where you're from, what roles people have in an action, etc.
- Wait until at least the police station to give any of your details.
- We recommend giving your **name**, **address** and **date of birth** at the station to shorten our time in custody and as a way of 'owning' our actions
- Answer 'no comment' to **all** other questions to keep you and others safe

Under What Power?

- Ask the police "**Under what power?**", when given instructions by them
- It reminds the police that you know that their power is not limitless
- It checks they actually **understand** the laws they are implementing
- A reminder of being **constrained by legislation** and that **you know you have rights**
- It can put them on the back foot. Individual officers **may not actually know** what their legal justification is for what they are doing. This can be important in the moment **and later**.
- Do not get drawn into an extended legal discussion with police officers; this tactic is used for quick **push-back**, not a lengthy conversation
- Be aware when asking this that **police may lie about what powers they are using and what they mean**. Especially when you're asked to give personal details you should always ask "**Am I legally obliged to?**" Also, be aware, they might still lie about this too.
- There are some situations where you might want to avoid using this tactic, for example when you have heard that a **Section 12** or **14** has been put in place.

No Duty Solicitor

- Do **not** use the **duty solicitor** when you get to the station, even if the Police advise this
- They will not be specifically experts in **protest law**
- This may lead them to give **bad advice**, for example, to answer interview questions, or **accept a caution**
- Contact a recommended firm (these will be found on the Bust cards that will be handed out at large-scale actions, otherwise do some of your own research) - either get a good solicitor to come to support you in the station, or at least speak over the phone.
- If you aren't sure which solicitor to call, then call [ITN](#), [HJA](#), [Birds](#) or [EFBW](#)

No Caution

- If it is a low-level or first offence, you may be offered a Caution, rather than being charged for the offence
- A **Caution is worse than it seems**
- A Caution is an **official admission of guilt**. Once accepted you cannot take it back. This is the easiest **'win'** for the police that is too easy to fall for
- Often the police will offer a Caution when they know they **do not have enough evidence** to get a conviction. Also, **many charges don't ultimately make it to court; cases get dropped**. Accepting a Caution may mean getting a record **you need not have**
- If you took action **as part of a group**, accepting a Caution may undermine the defence of others in your group. Others may be pleading **not Guilty**. By accepting a Caution, you have officially accepted guilt, which sets a benchmark for them to apply your standards to others
- As a general rule, **do not accept a Caution if offered**, especially without advice from a **protest-experienced solicitor**

Stop and Search

- Police officers can search you if they have reasonable grounds to suspect you're carrying drugs, weapons, stolen property, glue, or material to commit a crime. When this happens, ask a nearby rebel to take notes and film the search
- The police are allowed to detain you for the duration of the search, but should not do so for any longer than it takes to search you. If detained, ask under what power you are being detained. As above; this puts the onus on them to demonstrate compliance with the law
- During a search the police officer must:
- Give their name
- Give the reason for the search i.e. what object they're looking for and the reasonable grounds they have for suspecting you; looking for spray cans in your purse isn't OK!
- Make a record of the search, which you're entitled to a copy of
- The key things to remember if you are stopped and searched are to remain calm, ask the officer 'Why are you stopping me?' 'What are you looking for?' 'Under what power?'
- Do not answer any of their questions. Stick to 'no comment'. Do not give any details on the street; you are not legally obliged to. Even when getting a receipt, you do not need to answer their questions.

Arrest and Police Station Support (7 mins)

Arrest process [This can take a long time if you go into detail, so try to keep it concise]

- *If at all possible, *DO NOT* have your personal phone on you in any situation where you may be arrested - they could take this as evidence and keep it for a long time*
- Warning (e.g. 5-step appeal) - not always used and not legally required
- Arrest (“I’m placing you under arrest on suspicion of...”)
- Cutting/De-glueing if relevant
- Handcuffing (potentially)
- Transferred to van (be carried or walk)
- Taken to station / police custody
- Waiting (van/holding area/custody)
- Check-in
- Personal details
- It is recommended that you give your name, address and date of birth and nothing else at the custody desk, but not before you get to the custody desk.
- Belongings
- They will take your belongings from you
- Rights (phone call, phone solicitors, solicitor visit)
- You have the right to have someone informed of where you are, not the right to a phone call, so police will often phone the number you give themselves and on larger actions they may not do this at all.
- Ask for a solicitor from your bustcard. No Duty Solicitor!
- Taken to cell
- Fingerprints/DNA/Photo
- They can take all of this by force if necessary.
- If you are arrested for only Breach of the Peace, you do not have to give your fingerprints or DNA or any of your details, so don’t!
- Interview (potentially)
- No comment
- Release
- Call the back office on 07749 335574
- Email xr-legal@riseup.net

Police Station Support

While the Arrest Support Team tries really hard to cover all stations at mass actions, demand will almost always definitely outstrip capacity during rebellions.

If you or someone you know are considering arrest, please try to organise your own Police Station Support (PSS), or you can volunteer to help out with Arrest Support by joining Police Station Support group chats (keep an eye on Rebellion Broadcast!).

It is a very simple role but requires some preparation:

- PSS volunteers wait at police stations to greet released arrestees. They communicate with and are supported by, the Back Office.
- PSS is essential to arrest welfare - it allows us to check in with arrestees as soon as possible to provide ongoing post-arrest support, and informs XR's legal and arrest support strategies.
- Simply, you can provide PSS to other rebels arrested at the same time as you by just waiting for them in the station - you can ask the officers on duty who else is still inside and if you can stay in the waiting room for them to come out.

After the Action [2 mins]

Post-Arrest Support Debrief

This is part of XR's regenerative culture. A debrief might look something like this:

- Check-ins
- Active Listening exercise
- Discussion/Open feedback (properly facilitated)
- How did you feel during the action?
- How did you feel after the action?
- Did this action make you more/less to carry out direct action in future?
- What do you feel went well/badly?

Post-Arrest Support

- If you were arrested then make sure to inform XR Back Office (ideally when you call them from the Police Station but you can still do it at a later time) so that you can receive the support they are able to offer.
- Also, email xr-legal@riseup.net

Key points to take home from this: [3 mins]

- Challenging the SYSTEM
- In almost every aspect of society we can and should resist the toxic system.
- Practice being civilly disobedient as much as you can, wherever you are, whatever you're doing, to challenge this system.
- This is about empowering YOU to do this
- We all need to evaluate our own comfort zones and stretch them as much as we can - everyone has a different one.
- Be the change as much as possible, nothing will happen if you wait for someone else to do it. Be brave.
- Expect the unexpected
- We cannot predict the outcome, but we can prepare ourselves as much as possible for what we think might happen.
- The world is changing fast, and we need to be prepared.
- We are in it for the long-haul
- We cannot **win**, there is nothing **to** win
- XR is just one part of this whole change, and we must take everyone along with us
- Nothing is going to get easier from now on. We need to let go of the idea of comfort and be there to support each other because we are all we have.
- We are not attached to outcomes, but we are doing this because we know it's the right thing to do.
- Read the Solemn Intention Statement and take a minute to sit in silence with this:
- Let's take a moment, this moment, to consider why we are here. Let's remember our love for this beautiful planet that feeds, nourishes, and sustains us. Let's remember our love for the whole of humanity in all corners of the world. Let's recollect our sincere desire to protect all of this, for ourselves, for all living beings, and for generations to come. As we act today, may we find the courage to bring a sense of peace, love, and appreciation to everyone we encounter, to every word we speak, and to every action we make. We are here for all of us - rooted in love, we are all we need.

Next Steps?! Signposting [1 minute]

We ask you now to step up and join us in whatever way you can. There is something for everyone to do, however limited your circumstances, this movement needs you. Expect some excellent training in many aspects of our work and the support of a crew who really care. Any questions, feel free to grab me for a few minutes before a training starting soon [**Pass round the QR code sheet**]

[It's now **essential** to direct your audience to their next steps before they leave! E.g. join a nearby action / attend **Intro to XR talk**, full **NVDA** or **De-escalation** training . Be sure to circulate sign-up sheets/qr codes. Use this time to engage and bring people in to connect with us! You can also direct to our website with local and community groups they can connect to.]



<p>Sign up to our newsletter! Sign-up to XR Newsletter https://extinctionrebellion.uk/join-us/#sign-up-form</p>	
<p>Donate to support the Rebellion! Donate to XR https://chuffed.org/project/extinction-rebellion-uk-2022</p>	
<p>Copy of this talk (with references) Science [mini HfE] Street Talk Script https://cloud.extinctionrebellion.uk/s/5aDE3Gb5MDnsYPL</p>	

We are facing an unprecedented global emergency. Life on Earth is in crisis: scientists agree we have entered a period of abrupt climate breakdown, and we are in the midst of a mass extinction of our own making.

We are unprepared for the danger our future holds. We face floods, wildfires, extreme weather, crop failure, mass displacement and the breakdown of society. The time for denial is over. **It is time to act.**

Conventional approaches of voting, lobbying, petitions and protest have failed because powerful political and economic interests prevent change. Our strategy is therefore one of non-violent, disruptive civil disobedience – a rebellion.

We need you – whoever you are, however much time you have – to help build a powerful movement. Our vision of change involves mass participation. **Together we're unstoppable.**

XR EMAIL LIST (UK? OR LG NAME) :

DATE :

EVENT :



I give my consent to Extinction Rebellion to get in touch with me using the information I have provided in this form, for the purpose of news, updates, requests for volunteers and donations, and actions and rebellion. I understand it will be processed in accordance with XR UK's Privacy Notice.

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**extinction
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