XR Youth UK National Break Statement

(To be shared internally within the XR(Y) movement)

"Caring for myself is not a self-indulgence, it is self-preservation, and that is an act of political warfare."

—Audre Lorde, *A Burst of Light*

XR Youth UK National Support Team are taking a break from the 29th June until the 27th July.

We hold Regenerative Cultures as an important part of the way we work so deem this break to be essential for the wellbeing of our rebels. Activism is a strong part of all of our lives, and in order to sustain our fight, we must sometimes take time out, acknowledging that regeneration in a destructive culture, is, in itself, an act of rebellion. Furthermore an integral part to activism is the time you give yourself to reflect, learn, rest, read, write, listen and allow growth. Without this we as a network run the risk of growing stagnant and stuck in our ways, inviting burn out and conflict into our work.

The whole national team will be on a break during this time, including the XRY UK representatives who currently sit on the XR UK circles. This means that we will not be on any slack/mattermost channels or in any meetings, and we will not be responding to any documents or giving any feedback. We are asking that XR UK respect this time of regeneration and rest, and not attempt to contact any of us, no matter how "urgent" the request.

"For some people, obviously, it is not a choice to be able to focus on self-care. But if those of us who do have that privilege choose not to take care of ourselves, then we are willingly replicating the violence of systemic oppressions, and we are doing the work of patriarchy and

capitalism on ourselves. We are ultimately decreasing our capacity to fight against injustices."

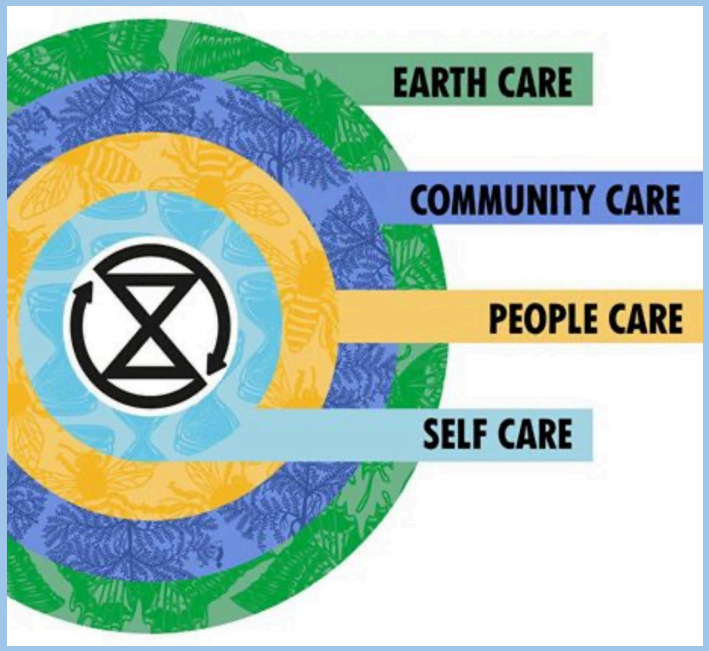
– Sheila Menon

We are also inviting XRY UK local groups to also take a break if they feel necessary, however this is not to be enforced. The local groups will continue to be autonomous and will not be feeding back to the national team during this time, should they decide to continue their activism.

Youth Solidarity has other groups working on separate campaigns and they are leaving it with each group to make their own decisions, as is appropriate in a horizontal structure. These groups may freely make contact with XR UK without the need for XRY UK National to act as a middleman in these dialogues.

Despite not being in meetings, we would urge any decisions made to include the Youth voice and effect on young people as a key factor- if this is proving difficult, we would recommend talking to the young people within Extinction Rebellion UK who are not part of the XRY UK National team to see what their stances are.

We're currently in the process of evaluating our internal and relational structures, and will be implementing changes to these structures on our return, including the possible adjustment of our current relationship with Extinction Rebellion UK and their circles. We will be detailing these changes in a document once they are finalised. We hope to come back from this break with more passion and energy for the cause, and with a structure that works better for our entire movement.



As Octavia Butler says
"..all that you touch, you change, all that you change, changes you, the only lasting truth is change".

Change will not appear unless we give it the room in our lives to become reality, and for that, we must give it time. Individual change is system change, system change is individual change, we must do each part equally.