

Welcome to XR [October 23]

[online talk, Tuesdays at 7.00pm]

Zoom.us

log in : zoomeventsxr@proton.me

password : Tr41n1ngs

Preparing for the talk

Before you enter Zoom, open tabs for your [slides](#), [video\(s\)](#), [UK website](#) and script.

When you enter the Zoom meeting, rename yourself on your Zoom window (3 dots) to show your name, preferred pronouns and where you live. Also add 'Welcome to XR!' so attendees know you're hosting. (Participants will need the full name rather than W2XR as they may not know what that means).

Then start the CC/Live Transcript - anyone that's D/deaf or partially deaf will need these running from the start of the meeting. You can always Hide Subtitles if you don't want to see them, or ask once everyone's arrived, if anyone wants them running - if no one says yes, then they can be turned off. You need to be Host to turn CC/Live Transcript on/off.

Monitor the Waiting Room and Admit participants

Once the talk starts, you can disable the W/R so latecomers join right away -

Click on Participants at bottom of screen. Click on the 3 dots bottom right and then untick the Enable Waiting Room option.

Breakout Rooms for Check-Ins [split participants into small groups]

Click on the Breakout Rooms icon on the bottom bar of your Zoom

choose how many people can go into each room [3 or 4 is a good number]

click 'automatically' to let Zoom select participants at random to go into different rooms.

You can also do this manually, allows you to decide who is going to be in which room.

Manual selection is necessary to keep presenter(s) out of the rooms but if attendance is high, do auto and then presenter(s) can simply return to the main room.

Screen sharing on Zoom

How to split screen to see participants and information eg your script

Have your script open on one tab before you open the Zoom session. Click on the “Reduce” icon - two squares superimposed on each other in the top right corner of your screen. This reduces the size of your script.

Click on a new tab to log into the Zoom session and repeat the process as above. This gives you two screens side by side.

How to screen share to show slides, video, website [but you will not be able to see your script] -

Click screen share at the bottom of your own screen

Click on the window with the blue surround and click share. Minimise that window.

Click on the tab for the visual aid you wish to share

For more information on screen sharing and other important pointers about presentation, here's a step-by-step [Speaker Tips Guide](#) with screenshots. [It is actually for the HfE talks but the first four - five pages are useful for W2XR.]

During the talk, remember to -

- keep monitoring the chat box and individual screens for hand signals;
- mute yourself during any video;
- unmute yourself when it is finished

CONTENT

Housekeeping

AIM TO END BY 7.10PM

Hi everybody. It's so good to have you here. Welcome to Extinction Rebellion, or "XR" for short. This session is UK focused but a lot of what we cover is relevant to XR globally.

Our team wants you to get the most out of this talk but we are also very mindful of everyone's personal safety and security. If you want to record this talk, please save it to your own device, not Zoom's cloud. I need to check with everyone that they're happy for the talk to be recorded. You can go off camera and or anonymise your name if you don't want to be recognisable.

Closed captions are running for the talk:

To show or hide them, select the option at the bottom of your Zoom screen. Depending on the kind of Zoom you have, this option will be under the button 'live transcript' or 'Closed Captions' or under the three dots 'More'. If you're on a phone, you may not have that option.

Does anyone have any specific access requirements? We want to make sure our sessions are accessible as possible. If you let me know via the chat option we can try to avoid any barriers to making this talk inclusive. You can share with the group or send me a personal message in chat. [\[explain how to use chat box\]](#) Please let me know now.

SAFE Space: please do not consume alcohol or drugs during this session. If you wish to eat, please switch off your camera. If anyone is triggered by smoking/vaping, please let me know and I'll ask that this is also done off camera.

Timings: This session runs from 7 to 8.30pm with a 5 min break about 7.45pm [\[If anyone asked for 2 breaks, they are at 7.30 and 8.05pm approx\]](#). I'll check with you from time to time, to make sure you're following everything. From 8.30pm we have another 30 mins for questions and chat so if you can keep questions until then, that would be great. If anyone needs to leave sharp at 8.30pm, you can ask first.

[\[Emphasise\]](#) Don't worry about taking notes tonight. You will receive a follow-up email with two links. The first is to W2XR's own chapter in the Rebel Toolkit. That is XR's amazing online library and the chapter has links to everything mentioned in this talk. From now on, I'll refer to this chapter as your Guide Book.

The second link is to New Members [\[Rebels\]](#) Chat on Telegram. That's an app a bit like WhatsApp where you can share info and ask questions. There is no obligation to download it and you should be aware that it is not secure so don't share any sensitive information.

On-Screen Communication Points:

Name / preferred pronouns / where you're based? [**How to change on Zoom**]

Please keep your mics switched off until you need to speak otherwise it can cause the speaker's voice to break up. If you don't have a mic you can use chat to communicate.

We use various hand signals in XR meetings but tonight, if you want to comment or ask any kind of question, just raise one finger.

If you don't have a camera, use the Reactions button to raise a hand. [**explain how to use Reactions and cancel the hand.**]

Overview of the session:

During this session we'll show a few videos and some slides, and take a look at key sections of our website. We will cover how to join in and get support, XR's 3 Demands and 10 Principles & Values – all the very important, basic information you need about XR, to get involved in the movement. There is a lot to take in but don't worry - remember you will have links to everything mentioned in this talk, including the slides that accompany it, in your Guide Book.

ANY QUESTIONS OR COMMENTS?

END BY 7.10PM

CHECK-INS

7.10-7.20pm

[Timing depends on numbers but no more than 10 mins overall. If more than five attendees, use breakout rooms, 3-4 per room for 6 mins in total.]

EXPLAIN WHY WE HAVE THEM. EXPLAIN **ALSO** THAT ATTENDEES DO NOT HAVE TO GO INTO A BREAKOUT ROOM - THEY CAN STAY IN THE MAIN ROOM AND IF THEY HAVE NO MIC, THEY CAN CHECK-IN USING CHAT AND THIS CAN BE READ OUT TO THE OTHER PARTICIPANTS.

Run a demo check-in - **Name, if you have preferred pronouns, what brought you here tonight and how you are feeling? Then hand over to the next person by using their name.** Please remember to keep an eye on the time as you'll only have 1 minute each.

[Go to break-outs. Watch the time!]

Welcome back. Would anyone like to feedback on how that was for them? It can be unnerving to suddenly be in a small room with strangers and share personal info with them.

Emotional Support for climate angst/grief/panic

7.25PM – 7.30PM

Finding out the truth about what is happening to our planet can produce a range of negative emotions usually associated with a bereavement – shock, anger, depression – and they are recognised as **Climate Grief**. Anyone who’s experienced it knows it can be highly stressful and isolating. I can fully empathise with feelings of grief, stress and isolation. For some, making connections with other rebels helps hugely; we aren’t alone any more. Joining in, and working towards being part of the solution, is empowering and liberating - “Action brings hope”. Also, XR is like a wonderful family with lots of support available when it’s needed.

XR’s **Trained Emotional Support Network** offers the Rebel2Rebel active listening service and access to 3 free sessions with the Climate Psychology Alliance. There’s also XR support groups such as Listening Circles and Empathy cafes, and lots of courses and support from the Regenerative Cultures Team. You can find information about these in a number of places e.g. the XRUK website Events page, Facebook and Telegram.

If anyone mentions issues when chatting to family or friends about the CEE -

Try the Climate Crisis Quiz as an icebreaker. The link to the online version is on our Rebel Toolkit page and there’s a link to a printable version on slide #2 of the slide show. Print off page one, turn it over and print page two.

Any questions about emotional support?

WHY XR EXISTS - THE SCIENCE OF GLOBAL HEATING 5-7 MINS **7.20-7.25/27pm**

In October 2018, a group of people gathered outside the Houses of Parliament and read the Declaration of Rebellion. It is a very powerful and emotional statement of intent. It ends with these words:

“We refuse to bequeath a dying planet to future generations by failing to act now. We act in peace, with ferocious love of these lands in our hearts. We act on behalf of life.”

This is why XR came into being - to bring the worldwide climate and ecology emergency to the forefront of everyone's minds.

This is planet earth's sixth mass extinction, which also means that all our global economic, social and political systems will collapse. And human beings are causing this. We recognise that people from different parts of society such as people of colour, disabled people and the working classes are impacted first and worst. In the Global South the impacts are extreme and severe, however even in the UK those who seem to have more comfortable lives are now feeling the effects of global heating. In XR we want the voices of those who are suffering to be heard; we want everyone's voices to be heard and this need to speak out is becoming increasingly urgent.

This is clearly demonstrated in our flagship talk called 'Heading for Extinction and what to do about it'. It's been updated with the latest scientific information so, if you have not heard it, or haven't heard it recently, you can do that in one of two ways:

Join one of the live talks online

Watch it on YouTube

Another excellent and comprehensive source for scientific data is an e-book called 'Emergency on Planet Earth'. That is linked on our XRUK website. It was thoroughly researched and peer reviewed although it is a couple of years old now, so anything that refers to the **worst** or the **highest** or the **hottest** or the **most severe** will have been overtaken by events in the past couple of years.

You will find links to all of these, for the talk and the e-book, in your Guide Book .

For now, let's take a look at a few slides to underline the issue of global heating.

[Screen share slides 'Hockey Stick / Nothing's Worked / Temperature rises in colour - Nos 7 & 8]

This is often called the Hockey Stick graph. Taking the red line backwards through history it remains pretty much flat but, at the Industrial Revolution, it starts to turn up and has been escalating sharply upwards ever since, despite all these international governmental protocols and agreements. **[More slides over /**

Move on to Colour bar slides Nos 9 & 10]

This slide is a powerful projection of temperature rises for the rest of this century if we do not stop burning fossil fuels. In fact, last summer - and for the first time in 135,000 years - the global temperature did breach a 2 degree rise.

To have any effect on slowing down global heating, we need urgent systemic and long-term changes to how we do things. We are facing an existential threat of almost unimaginable dimensions and we need to raise awareness of that.

As we campaign for change, we also need to be mindful of our wellbeing. Dealing with the science, finding out the extent of the problem, can be deeply distressing so XR offers various forms of support. Before I move on to that, and to XR's chosen campaigning method - Nonviolent Direct Action - **does anyone have any comments or questions on the science of global heating?**

Emotional Support for climate angst/grief/panic 3-5 mins 7.25PM – 7.30PM

Finding out the truth about what is happening to our planet can produce a range of negative emotions usually associated with a bereavement – shock, anger, depression – and they are recognised as **Climate Grief**. Anyone who's experienced it knows it can be highly stressful and isolating, especially if you have no-one to talk to about it. I can fully empathise with these feelings of grief, stress and isolation. For some people, making connections with others can help hugely; we aren't alone any more. Joining in, and working towards being part of the solution, is empowering and liberating – “Action brings hope”.

XR is like a wonderful family with lots of support available when it's needed. The **Trained Emotional Support Network** offers the Rebel2Rebel active listening service and access to 3 free sessions with the Climate Psychology Alliance. There's also XR support groups such as Listening Circles and Empathy Cafes, and lots of courses and support from the Regenerative Cultures Team. You can find information about these in a number of places e.g. the XRUK website Events page, Facebook and Telegram.

If anyone mentions issues when chatting to family or friends about the CEE -

Try the Climate Crisis Quiz as an icebreaker. In your Guide Book, there's a link to an online version and a printable one. Print off page one, turn it over and print page two.

Any questions about emotional support?

END AT 7.30PM

[If 2 breaks are needed, take 5 mins here and add 5 mins to running total]

NVDA

7.30 - 7.35pm

Back in 2018, when XR declared itself in rebellion against our government, it chose to do so through Nonviolent Direct Action - we call this NVDA for short. You may already have seen or taken part in a local action or even a national one. This video shows highlights from **The Impossible Rebellion in 2021**

<https://www.youtube.com/watch?v=FGZJTYIGdEI>

Would anyone like to offer comments on what you've just seen?

[Hopefully someone will mention road blocks or arrests! If not, raise the issue.]

XR UK adopted NVDA for strategic, tactical and ethical reasons. Ethically, nonviolent action fits well with our Principles & Values. Its tactical and strategic use, and its success throughout history, has been thoroughly researched by leading civil resistance scholars. In the 20th C, examples of mass NVDA that brought about huge social change include the Suffrage Movement [although the Suffragettes set fire to things, whereas Suffragists were more in line with XR's approach!], the Indian salt marches, US Civil Rights Movement, Women's Liberation, the Gay Rights Movement of the 1960s, and Anti-Apartheid. Smaller campaigns have also had major impacts. XR UK has a Disabled Rebels Network and it is entirely due to wheelchair users who chained themselves to bus and train doors that they now have access ramps!

[\[Disabled People's Self-Organisation\]](#)

Of course, what is or is not "violent" can be a matter of personal perception and this is explored in some detail in the training that XR offers.

If you feel you'd like to explore NVDA further, or if you plan to attend any kind of action, we recommend that you first join one of the comprehensive, interactive, online workshops where you can discuss issues in depth in small groups and with the presenters. Your Guide Book has a link to register.

If you cannot manage to attend a live talk, you can do a study module on Rebellion Academy [a bit like an e-college] and there is also a link to this in your Guide Book. If you plan to take part in any kind of action, you should also **Know Your Rights [KYR]**. There is a link to **Information on your rights under Westminster law** in the Guide Book. If you plan to join a big action in England or Wales, that law will apply. If you plan to join an action in your own country, e.g. Scotland or Ireland, your local or regional or national group should be able to tell you about the relevant law, and point you to appropriate training.

Any questions or comments on NVDA?

RUNNING TOTAL 35 MINS

HERE COMES EVERYONE! 10 MINS

7.35-7.45pm

Since XR began, we have not seen any urgent, meaningful, long-term action plans adopted by our own governments or many others around the world. This government inaction led XR UK to adopt an Immediate Demand:

End the Fossil Fuel Economy, end subsidies, stop new investment, stop issuing licences.

XR also emphasises the need to make proper financial reparations [like compensation] to those countries that have been exploited for their resources for centuries, and are now suffering the worst impacts of global heating that we initially created in the UK through the Industrial Revolution.

XR's Third Demand is for the immediate establishment of a Citizens' Assembly to formulate the changes needed to avert the worst consequences of a planet wide systems failure. This emergency affects everyone, not equally, but in a few short years the entire global population will feel the impacts of global heating.

To reinforce these demands and keep the climate and nature crisis in public view, XR UK changed its tactics during 2023. Acts of disobeying continue but the targets are now institutions and government. This move away from public disruption was a key factor in helping to build relationships with many diverse groups and organisations at the UK level in the run up to a mass action in April 2023. XR UK continues to work with all those groups and organisations to devise actions that can be broadly supported. [Links to [XRUK Strategy 2023-24](#) and [Action Strategy 2023-24 Phase 1](#)]

At the same time, local groups are being encouraged to grow their numbers, to build their own relationships with a variety of other groups, to join with them and plan their own actions in line with XR strategy and "the movement of movements" I mentioned earlier.

Local groups are also being supported to run Community Assemblies, to increase public awareness of this strong form of democracy, and encourage support for XR's Third Demand - for a Citizens' Assembly. We cannot wait for governments to catch up with growing public awareness of global heating. Every voice needs to be heard if we are to mitigate the worst of what is to come for our planet.

In the next section, we'll look at ways you can join XR to make your voice heard. For now, let's watch a short video of actions from around the UK during 2023.

[Show '[Here Comes Everyone](#)' video - nearly 5 mins]

ANY QUESTIONS OR COMMENTS?

AIM TO END BY 7.45PM

[If only one 5 min break is needed, take it now.]

[copy and paste the link into chat <https://extinctionrebellion.uk/>]

In this section, I'll signpost places on XRUK's website where you can find key information about the movement and how you can join in. The link is now in chat. If you want to open the link to follow along and help familiarise yourself with the site, please do so.

We know the website is hard to read for those with dyslexia and we are investigating whether it can be made more accessible. You can change the font by clicking top right, which makes the text easier to read.

How to join us

XR runs on "people power" and that power is dispersed as much as possible. XR is based on a self-organising system, aptly shortened to SOS! Our self-organising system helps information flow around the movement.

We use chat apps to communicate. XR uses Telegram for broadcasting messages across the movement and I've already mentioned the New Members [Rebels] Chat on Telegram. **Just remember not to share sensitive info as it's not secure.**

We use two other chat apps for sharing secure information. Mattermost is XR's dedicated chat app which belongs to us and is used globally. We also use Signal. Some groups still use WhatsApp for historical reasons but we encourage groups to use Mattermost or Signal as they're the most secure.

There are a lot of different groups in XR working on specific tasks and you can join any that interest you. Everyone has something to bring and, by getting involved, you'll find your place as you get more familiar with the groups. Starting off can be a bit overwhelming so don't take on too much. You'll soon get the hang of it and a group will sometimes have an integrator to ease the process for you.

Broadly speaking, there are three sorts of groups:

[Explain how to contact them at each point.]

You will find the first two by clicking Join Us. Scroll down a little and click on:

Join or Start a Local Group - [Share and explain how to use the map]

Local Groups are based on geography so they can meet in person as well as online. Most people get involved in their local group as a first step. You can be with other people who 'get it' and who will support you to become more involved. Local groups do things like talks, outreach, local actions and getting organised for bigger UK actions.

[Now scroll back to the banner header and click on Community Groups.]

These groups are based on self-identification e.g. belonging to a faith group or sharing a similar profession or interest. Community Groups unite for local, regional or national actions and they can be a great way to make connections with the public e.g. the expertise and experience of 'Health for XR - a group made up of doctors, nurses and other health professionals' may make people listen more to them on the health implications of the CEE; the faith groups may be able to connect with others in their faith because of their shared beliefs. Any local or Community group can devise an action focused on a particular subject such as the decline in insects and specifically bees - and these types of actions are a great way to engage people of all ages.

The third kind of group is our UK national Working Groups. At the bottom of every page on the website there are lists of email addresses. Under MORE, click on Contact and scroll down to find the Working Groups. You can take part in these groups from home as the majority of their meetings are online.

[Screen share home page of the Volunteer Website].

There's another way to find a role within XR using the Volunteer website. The newest roles get priority on the home page. Click on All Roles to find everything else. The list always starts with details of our Foundation Programme - an open ended, flexible course that brings all XR's key training into one place.

ANY QUESTIONS OR COMMENTS?

AIM TO END BY 8.05PM

[If 2 breaks are needed, take 5 mins here and add 5 mins to running total]

[allowing 15 mins, as P&Vs can take time but that section can also be made shorter if necessary]

[Share screen to main page]

Up front on the main page are our Three Demands. I'll come back to them. For now, in the top right corner of every page, you will see the Donate button.

Fundraising is an essential act of support to keep Extinction Rebellion UK rebelling. It's entirely thanks to small donations from individuals like you that we can continue to demand change. If you know someone who'd like to support XRUK, please point them in the direction of this donate button. Thank you.

Next up, on the banner header, click **Tell the Truth**.

You'll see the link here to "Emergency on Planet Earth", an excellent e-book packed with facts on the CEE. It was extensively peer reviewed by non XR scientists but it was written in 2020, so any data on hottest day/month/year has been surpassed by those in 2023.

Now click **Our Demands**:

Tell the Truth

Act Now

[For Demands 1 and 2, a recent example of government actually doing something could be Covid. If you have time to spare, you can use this text -

The Covid pandemic was a global emergency. Politicians (mostly) listened to the scientists and followed their advice. Laws were enacted for public safety. Any government suspected of masking the extent of Covid in their country was vilified. Public announcements and headline media articles appeared daily. Covid and how to protect ourselves from it were at the forefront of everyone's minds. We are now on the knife edge of a far worse emergency. Does it feel like that to you?]

Decide Together

- using a Citizen's Assembly. For the past fifty years, the politicians elected to represent us, the people, have failed to take meaningful action on this emergency. We know the usual methods of protest - letters, petitions, lobbying MPs - are not working. We know the current political system is broken and we know we must find a truly democratic way of making decisions to mitigate the worst of what is to come. Luckily, it already exists in the form of a Citizens' Assembly.

[Use the TEMPERATURE CHECK to see HOW MUCH you know about Citizens' Assemblies – 'a lot' or 'not much' or 'nothing really']

Click on the small banner at the bottom of the page to find lots of information about CAs. Meantime, let's watch a short video. You'll find this if you click on **Decide Together**. Scroll down a little and there it is.

[screen share and show CA vid]

So a Citizens' Assembly would make those important recommendations about when and how to end the fossil fuel economy; when and how to make proper reparations to countries that are suffering "first and worst" and yet have contributed **the least** to creating global warming.

XR's call for a Citizens' Assembly links with our call for MASS action and involvement in campaigning. We believe the UK government can be forced to establish a CA, to adopt its recommendations as law, and to ensure those laws are not revoked, but it will need the greatest possible public pressure.

Let me emphasise that XR is ONLY calling for a CA. It should be independently run, and that means independent of us too. If you want to learn more about them, there is a slide dedicated to CAs in the slide show. There is a link to that in your Guide Book.

ANY QUESTIONS OR COMMENTS?

P&Vs

Going back to the banner header, click on About Us and scroll down a bit to find XR's ten Principles & Values. They are woven into the fabric of XR, visible in every decision and every action. As long as you follow them you can act in the name of XR.

[Ask attendees to read out the main heading and comment, then show the drop down boxes. If running behind time, have a quick glance through but emphasise importance of reading them for themselves.]

ANY QUESTIONS or COMMENTS?

AIM TO END BY 8.20PM

IMPORTANT - ASK ATTENDEES TO COMPLETE THE QUICK FORM - I ATTENDED - TO RECEIVE THE FOLLOW-UP EMAIL WITH RESOURCES

That's the key information covered. There are a few others bits to share but, first, please could you complete the 'I Attended' form. It only asks for your email address and to select which talk you've attended - in this case Welcome to XR. Those who registered but weren't able to attend will get sign-posted to upcoming talks. It's

important that you fill in this form so you get the email with the link to your Guide Book and all the information about XR that you can read in your own time.

[Share the link in chat]

<https://actionnetwork.org/forms/i-attended>

Other Useful Info:

AIM TO END BY 8.25PM

Online Resources

Since you have got this far on your journey into XR, you must be aware of some of the facts about the global crisis we are living in. For more details, let me remind you about-

the e-book, “Emergency on Planet Earth”. I showed you the link on the website;

our key scientific resource and flagship talk, “Heading for Extinction ... and what to do about it”.

Links to both these resources are in your Guide Book .

Just a reminder about emotional support – after listening to a HfE talk or starting to read Emergency on Planet Earth, you may find that you’ll experience difficult emotions so don’t forget about XR’s Trained Emotional Support Network [TESN], the Rebel2Rebel listening service and the 3 free sessions with the Climate Psychology Alliance.

Our other online resources are [explain each briefly]

1. Foundation Programme
2. Rebellion Broadcast [for information on actions around the UK];
3. Movement Broadcast [for information on talks, training etc.]
4. Rebellion Academy

Links to all of these are in your Guide Book, which is in the Rebel Toolkit and you can freely access the rest of the Rebel Toolkit for all sorts of resources.

Summary

You’ve been presented with a lot of information in this talk. I hope you’ve found it interesting and useful but don’t worry if most of it went past you! You can use the links in your Guide Book to learn about XR UK at your own pace.

There's even a link to the slides I've used this evening. That is a great way to review the Welcome to XR talk itself.

There's also a recording of the talk, although that does need to be updated a bit.

If I might suggest, the Rebel Starter is a good place to begin; it also has active links to further useful information.

If you still have questions, you can ask about all things XR UK by replying directly to your follow-up email.

That is the end of the main talk. Thank you so much for being here. Let's do checkouts now, in case some of you prefer not to stay for the Q&A session. To check out, I'd love to hear if you were surprised by anything you've heard tonight.

[For more than 4 attendees - use the chat. If less, do individual checkouts]

[If necessary, explain how to save the chat - it will save to your device, and your device only, usually in a folder named Zoom which you'll find in your Documents folder. You can't save chat if using a phone.]

Open the discussion