

# DON'T PANIC

A pocket guide of tips and advice to help  
Rebels through moments of uncertainty



**extinction**  
**rebellion**

## DON'T PANIC

This book aims to provide guidance to help you start thinking about dealing with challenging situations.

It is packed full of scenarios for when you are feeling panicked and not sure of what to do.

Please note that this guide was made over a month before the October 2019 Rebellion and that as Extinction Rebellion is a self-organising organism, our body of knowledge will grow as we learn from new experiences and new members.

*"It is an important and popular fact that things are not always what they seem."*

Douglas Adams, *The Hitchhiker's Guide to the Galaxy*

Therefore, bear in mind that advice may change, not just between now and October, but also as the Rebellion proceeds after that.

Always approach problems with others and use the knowledge and skills that each person brings.

The Don't Panic team advise you to avoid working alone.

If it's an emergency, Stop, Breathe, Check & please call an ambulance or the police if needed.

We are all responsible for ourselves and hope to support others.

### Useful Numbers

Emergency Service: 999

Health Advice Line: 111

NSPCC (National Society for the Prevention of Cruelty to Children)  
Helpline: 0808 800 5000

Childline: 0800 1111

Samaritans: 116 123

Mind Helpline: 0300 123 3393

Frank Drugs Helpline: 0300 123 660

Email [XR.dontpanic@protonmail.com](mailto:XR.dontpanic@protonmail.com) for further support.

## 24/7 Mental Health Crisis Lines in London

There are lots of different phone numbers to call in a mental health emergency. You need to know what London Borough you are in, if you don't know ask people around you, the police or look at street signs!

Here are the numbers to match the London Borough or Group of Boroughs

- **Westminster, (K&C) Kensington and Chelsea**, Hillingdon, Brent & Harrow = 0800 0234 650
- **City of London & Hackney** = 0208 432 8020
- **Camden & Islington** = 0203 317 6777
- **Southwark, Lambeth**, Lewisham & Croydon = 0800 731 2864
- (H&F) Hammersmith and Fulham, Ealing & Hounslow = 0300 1234 244
- Newham = 0207 540 6782
- Tower Hamlets = 0207 771 5807
- Kingston upon Thames, Merton, Richmond upon Thames, Sutton & Wandsworth = 0800 028 800
- Barking and Dagenham, Havering, Redbridge & Waltham Forest = 0300 555 1000
- Barnet = 0208 702 4040
- Enfield = 0208 702 3800
- Haringey = 0208 702 3800
- Bromley, Bexley & Greenwich = 0800 330 8590



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## Pre-Action Advice

Before you attend an Action, feel free to look through some tips to make your time safer and more enjoyable.

### Families attending an action

XR really wants to see all ages attending the Rebellion, sending the message that everyone cares.

#### Don't Panic:

- Please check the weather forecast and bring appropriate clothes, especially for children. There may not always be sheltered areas. Make sure you bring spare layers and a bag to keep unneeded items of clothing if it warms up!
- Please write your contact details on your child's arm or a child in your care, with a permanent marker.
- You could also put it on a sticker and put it in their shoe.
- Please look up the site you are attending and choose a spot to meet should you get separated. Visit that spot with your child or advise them not to move from the spot where you were separated.
- Think through how you might go about explaining the key points about climate change, biodiversity loss and the three XR demands. It's a good idea to discuss this with your friends, partner other parents. Then aim to have this talk with your kids before coming to the Rebellion.

Extinction Rebellion Families Facebook:  
[Facebook.com/ExtinctionRebellionFamilies](https://www.facebook.com/ExtinctionRebellionFamilies)  
Email: [Xr.families@protonmail.com](mailto:Xr.families@protonmail.com)

## Disability access before an action

You may feel overwhelmed while thinking of how you will manage whilst on the busy streets of London. Our aim is to support each other and to help you find the access you may need.

### Don't Panic:

- Please join the “XR Disabled Rebels Facebook Group”. This is a community of disabled rebels with both physical, mental and neuro divergent conditions. It is a closed group in which there are many discussions about how to plan for attending the October Rebellion and all the ways you can get involved. Please send a message on Facebook.
- Many of the Rebellion Sites will have Disability Stewards, in addition to the XR Stewards (yellow high-vis jackets) who can help with general advice, such as where the nearest toilets are!
- Many disabled rebels may have wellness and recovery action plans. We hope to have special hubs on sites, in addition to Wellness Hubs, where we can offer space for time out.
- Also look out for on the webpage for charging points for motorised wheelchairs. Please be mindful that the points will likely get very busy and so its best to come to the Rebellion fully charged. Also, Disabled Toilets with a hoist will be available to both physically disabled rebels and those with invisible disabilities. These will be stewarded at all times. If you have an invisible disability then please just tell the stewards who will not question you and will allow you to use the facilities.
- All the information that you need to prepare for disabled camping and accommodation can be found on our webpage.
- We also have a bank of BSL interpreters who are involved with the teams to provide access for our deaf and hard of

hearing community. If you wish to give time to the rebellion interpreting then please get in touch with us via our webpage.

- We are hoping to form disabled affinity groups and we are busy liaising with all areas of the rebellion planning team to make this an accessible experience, but we need volunteers to support this work prior to the rebellion so please get in touch or join the group.

Extinction Rebellion Disabled Rebels

<https://m.facebook.com/xrdisabledrebels>

## Stair Free Access on London Transport

There are several tube maps showing step-free-access and wheelchair-access that can be picked up at any tube station and also accessed here:

[tfl.gov.uk/transport-accessibility/wheelchair-access-and-avoiding-stairs](http://tfl.gov.uk/transport-accessibility/wheelchair-access-and-avoiding-stairs)

[content.tfl.gov.uk/step-free-tube-guide-map.pdf](http://content.tfl.gov.uk/step-free-tube-guide-map.pdf)

See below for information on Zone 1-2

Symbol Key to the right

### Step between platform and train


- 0 - 50mm (0 - 2 inches)
- 51 - 120mm (2 - 4.7 inches)
- Over 120mm (4.7 inches)

### Gap between platform and train

- A 0 - 85mm (0 - 3.3 inches)
- B 86 - 180mm (3.3 - 7 inches)
- C Over 180mm (7 inches)

● Internal interchange

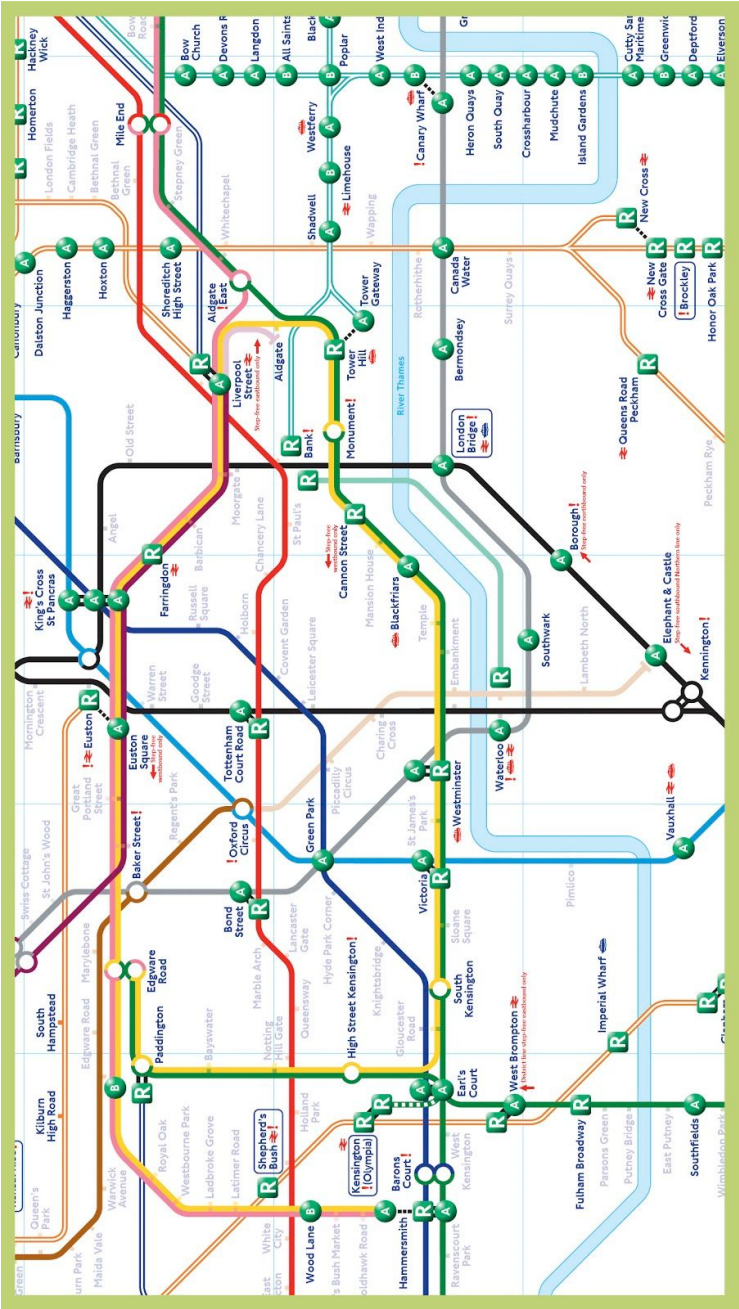
● Under a 10 minute walk between stations

 Platforms with designated level access boarding points. Step/gap measurements at these stations are when boarding train at these points only

**R** Access from platform to train by manual boarding ramp

 Access via lift(s). Limited capacity (8 - 12 persons) indicated by 'small'

 Some step-free connections with National Rail services. Please check with National Rail Enquiries (03457 48 49 50) for information



## Rebels attending an action

### Don't Panic:

Before attending an Action, or upon arriving at an Action Site for the first time, please try to attend our Non Violent Direct Action training for detailed information on how to protest peacefully.

There is training about Non Violent Direct Action (NVDA) which can be accessed before actions, and on sites during actions. Make sure that you attend and if someone you know wants to get arrested, encourage them strongly to attend with you.

We also recommend attending other trainings (this is not a complete list):

- Know Your Rights
- RISE CWUP (practical, emotional and legal preparation)

Most trainings and/or links can be found on the XR website, Facebook and Basecamp.

Think about what you are going to wear and the weather conditions.

If you know you are going on an action, think about what documentation you need to bring with you: if you don't need it, leave it at home. If your documentation has different names on, or if the name or title on documentation is associated with a gender different from how you present, the police might argue that you have stolen your own stuff. If you're heading out on a protest, make sure you have a copy of the latest bust card. The one in this guide was correct at printing but it's your responsibility to check that all the numbers are still working. We suggest that you take a note of the back office number and of a criminal solicitor with protest experience. Write them down on something the police will struggle to take from you, such as an arm or a leg.

## Action Scenarios

In this section you will find some common, and some less common scenarios that rebels may encounter at actions.

**Don't Panic!** We have you covered...

### A rebel appears to be in a vulnerable situation

Everyone can feel vulnerable or become vulnerable depending on who we are, our history, our personal characteristics and the situation in which we find ourselves at any one time. If you notice someone who appears to be confused, distressed, having difficulty communicating or in physical distress then you might be able to help.

#### Don't panic :

- It is important to respond sensitively to someone in such a position and take your time. Try to avoid rushing them or pushing them to speak, respond or act as you may think they need to.
- If you are worried about someone's well being then it is okay to ask them; it is good to have someone with you so that you can talk, and another person who can listen. Its best to speak calmly and clearly.
- It is useful to do this in a quieter area if possible and that they should be enabled to decide for themselves what they need.
- It may be appropriate to ask them if they have parents, guardians, carers or other trusted friends that you can contact for them.
- It is important to recognise that the police have been trained to extend help to those in vulnerable situations and it is possible if approached they could provide support. Check

with the person you are supporting first that they would feel comfortable with this.

## Feeling panicked and surrounded by big crowds

Our Rebellion has grown out of feelings of grief, anger and a whole mixture of other emotions that spring up once we learn about the climate emergency and the 6th great extinction. Therefore, when you arrive at an action or action site, the power and energy of a big group of people feeling these intense feelings can hit some of us in surprising ways. Some may feel very excited, others very sad, perhaps just highly charged with energy. This may shift as well over time moving from excitement to sadness or even terror. These feelings and shifts in feelings can cause us to feel panicked.

### Don't panic :

It's easy to say "Don't panic"! It's harder to find a way to calm down. Here's some simple things to do:

- Firstly, tell a friend or group member who is nearby "I'm feeling overwhelmed, can you help me please?"
- Get yourself (with your friend) to a quieter, safe spot, perhaps a side street.
- Take some deep breaths, count each one. When you get to 10 start again. With each breath feel the muscles in your arms and legs, try to notice the tension. You can try tensing and releasing each muscle or muscle group.
- Talk to your friends about how you are feeling. Don't go back to the crowded area until you feel ready, perhaps go get coffee or tea (don't drink alcohol) or some food to have a full break.

## Consent

Help! Someone has crossed your personal boundaries, violated your consent, or sexually assaulted you.

### Don't Panic:

- First of all, try to get away from the person/people that you don't feel safe around.
- In some cases, you may wish to immediately call a crisis helpline. You could try 0808 802 9999 or [rapecrisis.org.uk](https://rapecrisis.org.uk) and/or you may wish to call the police 999.
- Seek support! You may wish to reach out to people who are immediately around you, or you may wish to try to find a specific person/friend who you know will support you. Alternatively, head to an XR Wellbeing Hub or Regenerative Culture space/tent. Also look out for the Consent Awareness Teams. Find more info and the *Sexual Assault and Harassment in XR Spaces* policy at [rebellion.earth/consent](https://rebellion.earth/consent)
- Once you've found someone with whom you feel safer, let them know that you are in need of support. Only share with them what you want to share. They might offer to take you to a quieter, more private, or more supportive space, yet only go with them if that feels good for you – alternatively you may want the comfort of many people being around.



- An XR Wellbeing person will hopefully be able to put you in touch with a person in a Consent Awareness Team. We will try to support you in the ways that you need and desire.

You can also reach us directly at [xr-consent@protonmail.ch](mailto:xr-consent@protonmail.ch)

## Am I burnt out?

The main signs of burnout are;

- physical and emotional exhaustion
- cynicism and detachment
- feelings of ineffectiveness and lack of accomplishment

XR aims to Tell the Truth and Act Like the Truth is Real. Learning The Truth brings with it all sorts of extreme feelings including hopelessness, fear, sadness, anger and even guilt and shame. Lots of people have found joining XR helped make them feel less hopeless and it has been very helpful to be amongst people who think and feel the same way about our unpredictable and fraught future. However, sometimes very uncomfortable feelings can still overwhelm us, they may build up so that we experience fear.

A common, natural human response to fear is to avoid the thing making us afraid. During a Rebellion this might include avoiding talking about the way climate and ecological realities make us feel and instead directing our energy towards practical activities or problem solving. In XR this might mean taking on lots of tasks, organising lots of different activities or actions and spending long hours on-site, in stressful situations. While this may help reduce our fear (e.g. "I'm doing something useful!") actually the thing making us afraid is still there and so we might take on even more tasks or more responsibility.

Our bodies need rest and recuperation, pushing our bodies and minds constantly will lead to exhaustion both physically, mentally

and emotionally. This can make it harder to make decisions and cause us to make mistakes or take longer over tasks. In this way we start to feel ineffectual. Being emotionally exhausted means that we can lose a sense of perspective on what we can realistically expect of ourselves and others. For instance a very critical part of ourselves may start telling us off for not doing enough or not being quick or good enough. When this happens it can also lead to us thinking the same about others around us or the whole of XR or even of society. In this way, the very thing we were afraid of to start with then can come back much more fiercely.

### Don't panic :

- It is good to regularly check in with yourself as to how you are feeling physically and emotionally. This takes time and practice. Having a daily ritual or activity that encourages you to do this, such as meditation, walking (without distraction of music or radio) or spending time in green spaces can be a very useful habit for this. Whilst on Rebellion, take time every day to get off site to a quiet place to do this.
- It is also good to regularly check in with other rebels, friends and family, talking about how things are going, how you are feeling. Use these conversations to review how much responsibility you are carrying and if your goals are realistic and fair. Have you factored in time to rest and restore. Do you have a daily activity that is just for you? Talking to others will help keep perspective on what is "good enough" for one human being to give.
- An important aspect to XR is Regenerative Culture. Whatever our human future brings we will only cope and survive if we work together as a community. This means everyone contributing. Your contribution is valuable, but it is not the only one. Learning to be in a community means also letting the community support you by learning to trust that others are also carrying this mission. You are not

responsible for the whole, we all are. Trusting in this is the real transformation that needs to happen within us modern Western humans.

## You are scared

The Rebellion is going to be HUGE! Lots of people, lots of noise, lots of crowded places. It's going to be exciting, but excitement - that feeling of butterflies in your tummy - is very similar to feeling frightened. It's not unusual for great feelings to spill over into feeling scared, however old you are!

### Don't Panic:

- Take some deep slow breaths
- Tell you parent/carer/buddy or a Wellbeing member (blue sash) if you are starting to feel scared and ask for some 'time out'.
- Have a big hug or cuddle with your parent/carer/buddy.
- Move away from the demonstration into a park or café etc.
- Quite often just talking about a scary thing will make it feel less scary.

## You are lost

Losing your friends and family can happen when there are lots of crowds and movement going on.

### Don't Panic:

- Stay where you are and call your parent/carer's name loudly – they will look for you in the last place they saw you first. Phone them if you have a phone.
- If you can't find your parent/carer look for someone with a Wellbeing sash (blue) or Families sash (green)

or a steward (yellow high-vis jacket). Let them know you are lost. They will help you or take you to a safe place (the Wellbeing hub).

- Let the volunteers know your parent/carer's contact details
- If XR volunteers can't find your parents, we will ask the police for help – don't worry you are not in trouble it's just the police are VERY good at finding people.

### I can't get hold of my family/friend support

#### Don't panic :

- Please find a Wellbeing team member (blue sash). They should be able to find you support.
- It may be that your group has been arrested while you were away, in which case rebels nearby may have also seen something. Don't be shy and ask.
- If you are completely alone and cannot find anyone then the Stewarding tent may be able to help.

### A rebel in your group can't be found

If you cannot get a hold of a rebel by phone or find them in a pre-arranged meeting or camping spot.

#### Don't panic :

- Try to reach others within your affinity/local group and/or group of friends.
- It is possible that the rebel has gotten involved with an action or activity elsewhere and lost track of time.
- Use your knowledge of the person, and consider other variables like time of day, their age etc. to consider whether you think they are at risk of coming to harm.

- Discuss this with others who know the person (including any non XR pals).
- It may be simply that they have been arrested in which case someone may know which Police Station they have been taken to. It would be great in this case if you went to support them after their arrest.
- Speak with an XR team member (sashes and high-vis jackets) -- they can connect with Rebel Support and you maybe able to help identify the rebel and you maybe able to support them after their arrest.
- After these steps, if you are concerned ideally find someone who knows the rebel and ask them to stay at the location you last saw the rebel, or where you were due to meet up or camp.
- If your concern for their safety is increasing then report your concerns to the police nearby or by 999.

## You have lost your child

This is a very frightening situation for any parent or carer. You will be worrying about your child being frightened as well as the danger of being crushed and 'stranger danger'.

### Don't Panic:

- Retrace your steps and make sure you keep checking your phone.
- Look for XR volunteers; Wellbeing (blue) or families sash (green) or a steward (yellow high-viz jacket)
- The welfare, stewards and family teams are briefed on what to do with lost children.
- After giving parents time to retrace their steps, they will take any lost children to the nearest welfare hub – looking for their parents on the way.
- If in doubt speak to a Police Officer.

## You have found a lost child

The child will most certainly be frightened and upset. They might have been taught by their parents/carers not to talk to strangers. Therefore be calm and patient in helping the child.

### Don't panic :

- Ideally you should not approach to help a child alone. If you have no colleagues around, ask a passer-by to assist you.
- Please do not attempt to take the child anywhere. This act risks being misinterpreted. Instead stay where you are.
- Encourage the child to be calm and stay in one place. Find out the parents/carers names and ask the child if they have some contact details written on their arm in pen. If there is no phone number on the child's arm, call the names given out loud.
- If no parent/carer has come forwards after a few minutes of calling, then send a colleague or passer-by immediately to find and bring an XR steward (wearing yellow high-vis jackets) or a Wellbeing (blue sash) or Families team volunteer (green sash) who have systems in place to reunite separated children with their parents/carers.
- Stay put, make sure the person comes back if they can't find a volunteer
- If no XR volunteers cannot be found then consider approaching a member of the police (if there are any nearby) or calling 999.
- If you become aware that a child under 16 may be at risk of harm from others please do not try to deal with this alone. Find another rebel or passer-by to accompany you as you talk to this young person. Encourage them to contact their parents or guardians and ask to speak to them too. Express your concerns clearly and hopefully the situation can be resolved through their relationship.
- If you are unable to resolve the situation and continue to be concerned please use the helplines; NSPCC: 0808 800 5000

and Childline: 0800 1111 for advice. As a last resort consider taking the child to A&E, calling 999 or asking a police officer to intervene.

### Children finding out “The Truth”

There will be adults ‘talking loudly’ about ‘the truth about climate change and the failure of the government’. This may be information your children have not been exposed to before and may distress them.

#### Don't panic :

- If your child(ren) do become distressed while at an action or action site (or better yet before they become upset) look for the XR families hub. The team will be running lots of activities designed to engage children with the issues in an age appropriate way.

### You are age 16 years or under

It's really important to be signed up with a group and/or creating an affinity. If you are under 16 years of age do not stay overnight at a site solo. If you are 12 years of age it is not safe for you to be at an action solo.

#### Don't panic :

- If you are 12 years of age or younger at an action please contact a parent or career, or a friend whose 16 years old or older to accompany you. It is not safe for you to be at the action alone.

- If you are 12 years of age or younger and don't have a phone, approach an XR Steward (wearing yellow high-vis jackets) or a Wellbeing (wearing blue sashes) or Families team volunteer (wearing green sashes) they will support you in a pair. Do not go anywhere alone or off sight, with a stranger.
- If you are 8-12 years old and planning to come or have sorted out someone to accompany you, please ask your parents to sign you up to XR Kids. If you are aged 12-30 years old you can sign up to XR Youth. If your under 8 years of age you'll probably already be signed up to XR Families.

### Help! I need the Toilet

London does have various public toilets dotted around, including in some underground tube stations. However, not all of these are free. London is a big place so it is hard to provide a map of all toilets here. If you have a smartphone, the links and apps below can be used quickly and easily. If you do not have a smartphone then as soon as you arrive at a site find out where the nearest Pret-a-manger sandwich shop and/or McDonalds are. Stewards (in yellow high-viz jackets) and Wellbeing team members (wearing blue sashes) at the Wellbeing hub on sites will be able to assist you.

[www.toiletmap.org.uk/](http://www.toiletmap.org.uk/)

Search Aps: "Flush" and "Toilet Finder".

Also look up where the nearest McDonalds and Pret-a-Mangers are on your phone-map as they all have toilets that can be used by the public.

### Should you speak to the media ?

Sometimes the media will contact you and sometimes you will want to share your story and seek it out. If you'd like to reach out to the



media or need advice or support handling the press, please contact Zoe from the XR Press Team on [zoeblackler@gmail.com](mailto:zoeblackler@gmail.com) or the more general email [press@risingup.org.uk](mailto:press@risingup.org.uk).

Be sure to weigh up the consequences when thinking about media attention. It is of course part and parcel of a campaign to draw further media attention and whether you wish to speak to them is an individual decision for you.

It is important to think about the timing of sharing your story, speak to an experienced protest solicitor (see numbers on bust cards) as it might be better to have coverage after a trial has concluded in order not to compromise your case. And also consider potential local attention it might bring at whatever time you do decide to share it. You should be aware that media comments can be reviewed by the prosecution and used in court – particularly if the comments are inconsistent with anything you say in a trial.

To read more about media:

<https://greenandblackcross.org/guides/live-been-arrested/8-media/>

Read more about social media dos and donts here:

<https://greenandblackcross.org/guides/live-been-arrested/4-social-media/>

If you do want to speak to the media then solicitors recommend not talking about the 'particulars of your case' before the conclusion of your trial. You can talk in general terms 'It is important for me to take part in protests/take action...' rather than 'It was important to stand on Waterloo bridge...'. Some may be more relaxed about potential consequences but whatever your personal stance it's important that you go into any media interactions from an informed position.'

**What is a Legal Observer?**

**Legal observers are trained volunteers who support the legal rights of activists. They provide basic legal guidance and are independent witnesses of police behaviour at protests.**

Legal observers are independent from the protest and do not participate as activists. They support protesters by:

- Distributing bust cards and briefing activists about their rights.
- Keeping notes about the actions of the police on protests, which may be later used to challenge the police on their behaviour.
- Monitoring arrests, including collecting witnesses and helping to connect the arrestee with support in the police station.

Legal observers can be identified on actions by their orange hi-vis vests that say “Legal Observer”.

Legal observers have no official legal status or privilege, but the police are often aware of the role, and legal observers may act as a deterrent to police wrongdoing.

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## Legal Information

Being on an action can be a new landscape for people and people with prior experience will know that the landscape of even a single action can be changing around them.

Whilst we advise being prepared before an action and attending NVDA, RISE CWUP, Arrestwatch and Know Your Rights trainings to explore practical, emotional and legal pre-arrest preparation we know this won't always be possible or that new questions will arise from new surroundings and experiences. Being on an action can

raise lots of questions and getting good information can go a very long way Remember no one size fits all when it comes to legal info and so your individual reading is key. We are currently producing videos and so if reading is hard for you email [xr-legal@riseup.net](mailto:xr-legal@riseup.net) and we'll share links with you when they are online.

## Don't panic :

### Before an action

You can print out booklets and other information to take with you. Most questions are answered by combining the following printable resources. Don't feel like you have to know them back to front, there is a lot of information and having them with you for reference could add a lot of reassurance as well as making more sense when in context.

- XR Legal Info/Briefing  
[tinyurl.com/legbrief](http://tinyurl.com/legbrief)
- GBC Know Your Rights plus amendment -  
[tinyurl.com/GBCKYR](http://tinyurl.com/GBCKYR)
- GBC Website  
[Greenandblackcross.org](http://Greenandblackcross.org)

This is a really great website and worth saving as a bookmark on your phone before heading out.

### At a site

- If you don't have printed legal information with you already we'll try to make sure that the above materials are available at welfare tents for folks in particular need.
- Also do remember you can access the Arrest Interactive Infographic anytime [tinyurl.com/arrestprep1](http://tinyurl.com/arrestprep1) - it's interactive and can make finding out more info fun!
  - GBC Website

[greenandblackcross.org](http://greenandblackcross.org)

This is a really great website and great for answering specific questions as well as being a good starting point for someone new to protest.

- You can try calling the GBC phone line on 07946 541511. We don't know what capacity there will be during busy action times.
- And finally you can try emailing [xr-legal@riseup.net](mailto:xr-legal@riseup.net) and make sure to put 'Urgent' in the subject heading. Again we don't know what the capacity to reply to emails will be and so can't give guarantees.

**If the Police are trying to arrest you** then please be aware of the following KEY MESSAGES:

- **No Comment** You do not need to answer police questions, so don't. Know that anything said in friendly chit chat with police can be used as evidence.
- **No Personal Details** You don't have to give details when you are arrested. Typically people give their details when being checked in at the custody desk at the police station.
- **No Duty Solicitor** Use a recommended solicitor with protest experience
- **No Caution** Cautions are an admission of guilt.
- **Under What Power?** Ask "What power?" to challenge a police officer to act lawfully.

**If you witness an arrest** then you can ring the Legal Support Back Office, number on bust card. They will talk you through what they would like to know.

**You/ another rebel suddenly want to get arrested**

Please think this through, there is always another time. We encourage attending NVDA training first.

Being arrested could have implications you haven't thought of. We recommend that you attend RISE CWUP and Arrestwatch trainings to explore practical, emotional and legal pre-arrest preparation.

If you want to take action ahead of the next training opportunities then weigh up some of the potential consequences by looking at the Arrest Interactive Infographic [tinyurl.com/arrestprep1](http://tinyurl.com/arrestprep1). Click on any points on the first page that apply to you or where you have particular concerns and you'll be taken to more info.

Also consider some practical implications:

- You could be in a cell for up to 24 hours (or longer in certain circumstances).
- It could be cold in the cell. If you can, bring something warm to wear or wrap around.
- Many police cells are not fully accessible for physically disabled rebels. You may not be able to leave your wheelchair for the duration of your incarceration.

Don't panic :

- Do you have the bust card? (Find it at the back of this book in "Useful Stuff" section.)
- Consider writing with a permanent marker on your arm the details of the solicitor you would like to represent you. **Don't** use the duty solicitor. One of the recommended solicitors will be experienced in protest law and represent you for free at the police station.
- Make sure that you have some unopened medication with you and that this is labelled from the pharmacy with your name and dosage. And also ideally have a prescription with

you. This won't guarantee you access to the meds at a police station, but will give you the best chance.

- Due to sensory and communication difficulties, the distress of being arrested is likely to be much greater for autistic people and for those with mental health conditions so you may choose to disclose this. The Police should make adjustments to accommodate you.
- If you are a child or young person (aged 10 to 17) and you are detained or interviewed, then the Police must inform an appropriate adult as soon as is practicable to ask them to attend.
- Please consider that the police may access your phone and gain access to chat conversations and details. You may want to take a temporary dedicated phone and sim or if you have your normal phone leave it or belongings with a buddy or someone you know and trust when taking part in a higher risk action.

### I am a “low risk arrestable” and worried I’ll get arrested

If you're on site at an action you could potentially be arrested. There are many roles you could take up, like Action Wellbeing Anchor or Police Station Support that are not at actions.

At a site or on an action there is always a risk of being arrested - although this can be low. It is up to you to assess your own response to that risk and act accordingly.

#### Don't panic :

- To minimise the risk of arrest do what the police tell you and move when warned.
- To reduce the likelihood of arrest for aggravated trespass or obstruction: move when asked by a police officer. How

quickly and how far you move is up to your assessment of the situation at the time.

- To reduce the likelihood of arrest for criminal damage: don't damage or deface anything. Also don't carry anything that might be used for such: no marker pens, no chalk, no sprays etc
- To reduce the likelihood of arrest for public nuisance: leave an action if police are present; don't take a role where you look like you are organising; as a group, try to be seen to minimise the impact on the public. If swarming you can always watch from a safe distance until the coast is clear and then rejoin.
- Always be aware of what's going on around you. In general, move away from any confrontation.
- Prepare yourself ahead of an action by attending RISE CWUP, Arrestwatch and Know Your Rights trainings. If you are at an action and haven't had them then stewards should be able to point you towards them.
- Having good information is a great way to counteract worry. If you need information now then look at the Arrest Interactive Infographic [tinyurl.com/arrestprep1](https://tinyurl.com/arrestprep1) and if you are interested in more in depth information then XR Legal Briefing is at [tinyurl.com/legbrief](https://tinyurl.com/legbrief).

**I don't know if I want to get arrested is there something else I can do?**

**Don't panic :**

If you're on site at an action you could potentially be arrested. There are many roles you could take up, like Action Wellbeing Anchor or Police Station Support that are not on site. However if it is very important to you to be at a site you can ask around about jobs and activities that require more volunteers. There will be a lower risk of arrest for volunteers on site, but there isn't a guarantee that you

won't get arrested. But consider joining a back office or Police Station Support . Your experience could be a huge benefit.

## I've been arrested is there something else I can do ?

### Don't panic :

If you've been informed by the police to not return to site - make sure you know the exact geographical restrictions before you leave the police station - if you don't understand you can ask questions and ask them to write their responses down, though they won't always have time to comply. There are other roles you could take up, like Action Wellbeing Anchor or Police Station Support but do please check that doesn't involve you unknowingly going into an area that is restricted to you.. You could also consider joining a back office. Your experience could be a huge benefit.

If you want to risk arrest again and intentionally break restrictions then please read 'Multiple arrests - Is it different if I've already been arrested, charged or convicted?' on page 13 of [tinyurl.com/legbrief](http://tinyurl.com/legbrief) and [http://ldmg.org.uk/files/Should\\_you\\_ignore\\_police\\_bail\\_conditions.pdf](http://ldmg.org.uk/files/Should_you_ignore_police_bail_conditions.pdf)

## Prepare for conflict

### Don't Panic:

- Conflict is inevitable. It is not conflict that is dangerous but how we have learned to interpret and respond to it.



- As you are going to be in high pressure situations with other people it is a great idea to **discuss what you will do when conflict arises**. Below we suggest some ways you may be inspired to do this.

*'There are three ways of dealing with difference:  
domination,  
compromise,  
and integration.*

*By domination only one side gets what it wants;  
by compromise neither side gets what it wants;  
by integration we find a way by which both sides may get what they wish.'*

Mary Parker Follett

## **Preparation - Purpose - Priority**

### **Preparation**

Explore conflict in your group.

- *What does 'conflict' mean to you?*
- *How do you recognise you're in conflict?*
- *What do you experience physiologically and/or psychologically?*
- *What are the main situations that could arise?*
- *What are you going to do when one person gets annoyed with another person?*
- It can be helpful to have a neutral **third party (3P)**
- *Can you agree that it is good to have a neutral third party?*
- *When the conflict arises, have the person stepping into the third party role voice their intention to hold space and obtain consent from the people in conflict.*

### **Purpose**

Explore what led you to become Rebels.

- *What is your individual purpose for being a rebel?*
- *Celebrate the differences and similarities in your stories.*
- Create a shared purpose for being here.
- *Use this reminder when conflict arises. It is easy to forget that **we all share a vision and purpose** when things get a bit sticky and tense*
- *Don't let our systems tactics of 'othering' or 'us and them' divide this movement*

### **Prioritise Listening**

As you are sharing it is suggested that you focus on understanding what is important to them and how they are feeling as well as sharing what is important to you.

- Use empathic listening
- *Building good listening skills is a great way to prevent communication breakdown.*
- *Practice letting one person speak for 2-4 minutes on the above questions whilst the rest of the group listen.*
- *Check you understand: "Am I hearing you say...?"*

*If you find yourself stuck in conflict, please speak to the on-site point person for NVC/De-Escalation/Conflict who may be able to act as a third party, or email [conflict@rebellion.earth](mailto:conflict@rebellion.earth) with your name, contact number and an overview and someone from the Conflict Team will call you back.*

## A rebel is drinking and/or taking drugs

It is against the rebel code and if it is safe to do so, the rebel could be reminded of this. You can always ask another rebel to support you. Do not engage if you feel at risk.

### Don't panic :

- If they are not responsive they may be unconscious. Call 999 IMMEDIATELY for an ambulance. Do not leave the person, this can be a very dangerous situation for their health.

If this is not the case:

- Find the site Steward (yellow high viz- jacket) and offer to support him/her. The Stewards have had training in how to deal with this situation, please follow their instructions. If you can't find a steward ask another rebel to join you.
- Depending upon how intoxicated the person is you may ask them to stop, leave the site until sober, or, you may feel that it is not safe to approach at all (for instance if it is a large crowd or they are being aggressive). Please consider your own safety first.

- If you are worried for your safety and the safety of others speak to the Police. It is not appropriate to engage with someone if they are aggressive and intoxicated.

### A rebel is being abusive

The rebel code is centred around non-violence, respect and care for each other, which is also one of XR's principles and values. We welcome everyone and every part of everyone, but we do not welcome all behaviours. Sometimes people can act in a manner that others find unacceptable. If the speech or behaviour of another rebel is upsetting you, this can be challenged. It is not okay to do this if the rebel is having an autistic meltdown or displaying some other behaviour that is outside of their control and empathy should be used at all times.

#### Don't panic :

- If you are worried for your safety please do not attempt to approach someone and caution should be used. If no one is around you could ask nearby police for help.
- If you do feel safe, speak to this person calmly and clearly, you can ask another rebel for support.
- It's important that they feel heard.
- Encourage them to move to a quieter area. Work with the person to contact and locate friends/trusted others who can help.
- Try to find out what is happening from their point of view in a non-judgemental way. See if things can be resolved. There may be a reasoned explanation of why they are behaving this way.

### A rebel is being violent

This is highly unusual; The rebel code is centred around non-violence, respect and care for each other. We welcome

everyone and every part of everyone, but we do not welcome all behaviours.

### Don't panic :

- This is a clear breach of the Rebel Code.
- If you are with a group of rebels or can get a group of rebels together and feel safe. Try the Storm Grannies technique:
- All slowly approach humming.
- With hands out.
- Give the rebel space to leave, if they wish
- Sit around and chant "We are non-violent, How about you ?"
- The police could be contacted by calling 999, if there is a **genuine** fear of safety
- Get help in attending to any physical injuries; XR First Aider or if needed an ambulance.
- Try to write down what you recall of the incident as soon as possible because details can be quickly forgotten, even within a few hours.
- Do not try to deal with this situation alone, get other rebels support and do not place yourself in an unsafe position (such as physically between the violent rebel and a door they wish to exit).
- If this member is part of a UK working group, or after exhausting all other options you may wish to speak with the Conflict team. Details are in the handbook.

### You believe someone is committing a crime

Stop, breathe and check that you have seen a crime being committed. Actions can be very stressful and put us all on high alert. If you **have** seen a crime...

### Don't panic :

- Find an XR team member (sashes and high-vis jackets) and tell them what you have seen and why you think a crime may be in progress.

- If there is any risk to a person, call 999 as you would in any other situation.

## A rebel is behaving in an unusual way

Their behaviour could be a sign that the person is suffering and in distress.

Examples of the sort of behaviours you might see are;

Wandering in traffic, taking their clothes off, shouting at (or even attacking) strangers in an unprovoked way, talking in a way that makes no sense for example very fast and jumping around from topic to topic so they can't be understood. Talking about things that are distressing to you or others and don't fit with the circumstances of what others know about this person or what is going on around them, they might be laughing or talking to themselves in a way that is distressing to them and others.

The rebel might also be doing things that make you worry they are going to harm themselves. This might include, cutting themselves with a sharp object, taking lots of prescribed (or illegal) drugs all in one go and becoming drowsy or sick. They may be telling you or others that they want to die.

### Don't panic :

- Do not deal with this situation alone if at all possible. If the person is an immediate risk of harm to themselves or harm to others people dial 999 or call an ambulance if a person says they have taken an overdose.
- It may be okay to ask if there are friends or relatives that can be contacted to ask for advice on whether the person has shown this level of distress before
- If a person tells you they feel suicidal then you should believe this is true and not minimise their feelings, try to encourage them to attend Accident and Emergency or to call the nearest Mental Health Crisis line, in the useful numbers

section of the guide. You need to know what London Borough you are in.

- You can listen and stay with them until they get help. If you are on a large action there may be First Aiders (green hi-vis jackets) and Stewards (yellow high-vis jackets) who can assist.

## Disabled access requirements

XR believes in Radical Inclusion because we want to build a community of the future, to survive whatever happens in the coming decades. Therefore, we try to make actions accessible to everyone. However, we are still learning and as the Rebellion develops and sites move or change quickly, accessibility might be impaired. This could make things less accessible for people with physical disabilities, hearing loss, visual impairments, for rebels who identify as being neurodivergent, learning disabled or with mental health conditions.

We need to understand that disabled people do not believe they are disabled by their condition, rather, society disables them by not providing people with the means to overcome social and environmental factors.

### Don't panic :

- It is okay to approach someone who appears to be struggling. You may find that some disabled people are grateful for help and some are not.
- See if you can find a Disabled Hub or if not a Wellbeing Hub
- A Steward (yellow high-vis jackets) or Wellbeing (Blue sash) may be able to help.

## A rebel is homeless

If a rebel tells you they are homeless then it may be possible to offer help. By talking to the rebel it may become clear what it is that they want. It is not okay to talk to the Police, Social Services or homeless hostels without their consent. Their right to dignity and privacy should be maintained at all times even if it appears to contradict what you yourself would want.

The only time that it would be okay to override their expressed wishes would be if you felt that they were immediately unsafe and in this case it is okay to talk to the Police.

### Don't panic :

- If the person is hungry or cold then these are barriers that can quickly be overcome. It may be that a hot meal and a warm space is all that they are requesting.
- If they do want help then it would be okay to help them to call the local council and ask to speak to homeless services. Do not speak for them as this removes a person's autonomy to act for themselves.

### A rebel is emotionally low

Learning about and then living with the reality of climate change and the 6th great extinction is a cause of great anxiety, grief, anger, maybe even guilt and shame for all of us. With a myriad of other feelings also coming into play and getting jumbled up. These can also get mixed up with feelings about other losses in our lives and other ways in which we feel lonely. We can then start to feel stuck, despondent, helpless. This is normal and natural and is a sign of how deeply we love our mother earth.

If you or someone you care about, is starting to make plans for how and when exactly they will take their life then this is a tragedy and can be a sign that someone is losing touch with the feelings of grief and slipping into something cut-off and lost. She needs us all, every one of us!

## Don't panic :

- Please talk to someone
- You can call the Samaritans helpline 116 123 or a 24/7 Mental Health Crisis Line for advice and support. You'll need to know which borough you're in (back page of this book)
- You can look for a Wellbeing member (blue sash)
- Please attend debrief sessions and grief circles
- You can contact CPA The climate Psychology Alliance for a non emergency and further support

## A rebel is physically exhausted

Physical sensations and emotions are linked. It's so important that you have a break and come back fed and rested.

## Don't panic :

- You might notice your tearing up more than usual or getting irritated. This could be a sign you're tired.
- Being on an action, with the busy-ness and excitement/anxiety, it's really important to have a break. Camping with bright lights and noise could also mean that you are not getting much sleep.
- Take A Break! Have a few days away. The entire Rebellion will not fall apart without you; equally, it needs you fit and healthy for the full duration.
- Eat, Sleep, Disrupt and Repeat.
- We recommend a rota e.g. two days on and two days off ... and repeat ;-)

## A rebel is injured

XR aims to have First Aiders at every action site.



### Don't panic :

- See if there is a First Aider (green high-vis jacket) or look for a Wellbeing member (blue sash) as they can call a First Aider to you.
- Is the person awake? Is the person breathing? If the answer to either of these is NO call 999 IMMEDIATELY for an ambulance. Follow instructions, get colleagues or passers-by to help. Do not deal with this situation alone.
- If the person is able to stand and walk (maybe with your help) get to a safe, quiet spot, or go to the first aiders tent if available.
- Do not work alone, get colleagues or passers-by to help.

### A new rebel and not sure how to get involved

If you have turned up at the Rebellion and don't know what to do, then there are plenty of ways that you can get involved.

### Don't panic :

- The best way to find out what is happening is to approach the Stewarding team (yellow high-vis jackets) or Wellbeing (blue sash) and they can help direct you.
- Ask another rebel. We are all very open and friendly and someone will make you feel welcome. We are all crew.
- Another way to get involved is to offer to help. There are lots of roles that you can help with as a brand new rebel! Like printing, catering and washing up. Helping each other is vital to the running of the rebellion. Any hub will be super happy, so please don't feel shy, it would be amazing. Volunteering with a particular skill is also a great way to help, meet people and get involved.

### I've turned up for my rota & no one's at the tent

### Don't panic :

- Chill and wait a bit. Someone will probably show up.
- If you're part of Wellbeing, look for anyone with a blue sash and they can probably help.
- Call Rebel Support and let them know you are on your own.
- Ask rebels on site if anyone is trained in Wellbeing, or understand the role, and is willing to stand in while your team or substitutes get there. Some of our best Wellbeing people have stepped up in the moment and feel empowered and given validation by being asked to take on the role.

### You can't find your tent and/or belongings

### Don't panic :

- If you have left your tent to go on an action and it is not there when you return, find a Steward (yellow high-vis jacket) or Wellbeing person (blue sash) and check whether there has been any police action to clear the space.
- It is possible that any belongings left unattended in a space that is not a designated XR site with agreement from the council could be removed.
- If you are leaving a tent and/or belongings in this situation, you need to be aware of the risk.
- If at all possible, fellow rebels will take anything that looks at risk of seizure from the site and it will go to a designated lost property area where you will be able to find it later. There will be information on the website about how you can be reunited with your gear.

### You're alone and the last rebel/rebels at a site

### Don't panic :

- Check in with your Buddy or Affinity Group.
- If you are feeling isolated or vulnerable, find a place where there are other people or go to the designated safe space near that site.
- If there is gear still on site that you don't want to abandon, gazebos or marquees, leaflets etc, find an XR team member (sash or high-viz jacket) and they can call Rebel Support and ask for someone to get there to help you.
- If you would like to know if the samba band can come, find an XR team member (sash or high-viz jacket) so that they could put a call out on Signal or Rebel Support.
- If you would like to see if more rebels can come, find an XR team member (sash or high-viz jacket) so that they could put a call out on Signal or Rebel Support.
- There will be Rebel Riders and/or Wellbeing crew whose job it is to be back up in situations where a rebel or rebels are needing support. We are all crew. Ask for what you need.

### The kitchen has run out of food

#### Don't panic :

- There are places where free food is available for anyone in need. At each site there will be a list of soup kitchens and other options for any rebels who are hungry and in need.
- The Hare Krishna bike may be round during the day with a hot meal. If it is late at night you may need to access the emergency fund and buy supplies to get through until there is a delivery.
- Find other XR team members (sashes and high-vis jackets) if you need help with this or to contact Rebel Support.

### Bad weather

In October the weather can be very cold and wet. This can impact us all. It's important to keep warm. Especially children whose smaller frames mean it's harder to regulate their temperature,

causing distress. Be aware that there will be only minimal shelter available at action sites.

### Don't panic :

- Make sure you, any children and the group you are with have dressed for the weather. Be prepared for changes, up or down, to temperature and make sure you have brought extra layers and a way to carry around unneeded items of clothing.
- On most sites the Wellbeing team (blue sash) will have limited sheltered areas. On some sites there will also be Family Hubs also with some limited shelter. If you are in Central London you should be able to find large shops or cafes nearby to dry off or warm up in. You could also consider looking for a large NHS hospital nearby. They tend to have large, cheap canteens open to anyone.
- Wellbeing (blue sash) may have blankets and hand warmers to help!

### It's raining and the tents are leaking

### Don't panic :

- At each site there will be tarpaulins to help reduce any leakage into the tent. These are only for the hubs and not to be given out for general use. Make sure you know where the bag of tarpaulins is if there is any chance of rain.
- Look out for a Steward (yellow high-vis jacket) see if they can help you locate them or find another XR team member (sashes & high-vis jackets) to help you if your personal tent is leaking. They may have tent glue or help locate another tent.

### Another protest group has popped up

### Don't panic :

- We hope we can work together.
- If conflicts are arising seek out a rebel whose had deescalation training.
- A Police Liaison Team member or a Steward may also be able to advise you.
- If you can't find one, find any XR team member (sashes and high-vis jackets) they can contact Rebel Support.

### Setting up a new action and need support

Setting up a new action is always great! But, when you start to look at details... it tends to be a bigger task than earlier thought.

### Don't panic :

- XR is decentralised, so you are free to do your own action, as long as it goes along with the XR principles and values.
- If you are already in an established XR group, great! Skip to the link below.
- If your not in an established XR group, then you can look on the XR Website, Basecamp or Facebook and see if there is already an XR group in your area, if so, you can join them, and take your action plan to them, and they can support you.
- If there aren't any local XR groups, and you'd like to form one for your action, then you can gather people, have a meeting about your first steps in organising, and who should take which roles, and then you can put yourself on the map.
- For more info on what to do next, go to rebellion.earth, then click on "act now", then "resources", then select "action group" -- there you have more resources!

### I'm coordinating and have no first aider on site

### Don't panic :

- Call Rebel Support to find out if there is a First Aider on shift who is on their way and if not, ask for one of the roaming team to cover your site.
- If a rebel requests see '**If a rebel has an injury**'.
- If the injury is not serious, take the person to the Wellbeing tent where there will be a place to sit quietly and there will be some supplies such as plasters and eye wash available. Help the person to apply their own first aid where possible.
- If there is an immediate need for first aid, and a person has a serious injury, keep the person as safe and calm as possible and call for an ambulance. The police also have first aiders and a duty of care.

### I'm coordinating a shift and don't have kit

### Don't panic :

- Check with Rebel Support if any message has been left by the previous co-ordinator.
- If there has not been a hand over, you will not be aware of the reason kit has been moved off site. There will be Rebel Riders and peripatetic Wellbeing coordinators who can bring kit supplies when they are needed.

### I'm coordinating a shift and no one has shown up

### Don't panic :

- Check with Rebel Support, who is on the rota and if they have called in to say they cannot get to the site. Ask for back up.
- There will be rebels who can get to you when you need them.

- If you are the only Wellbeing person on site, ask one or two rebels on site to volunteer to take on the role of Wellbeing temporarily while you wait for your team members or substitutes to arrive.

## Meetings, Trainings & Office Scenarios

Sometimes challenging situations find us when we are planning an action, around a meeting, or during training. Some of the information overlaps with Action Scenarios, but just incase, we are re-covering some relevant bits here:

### Help, I'm panicked ! Am I burning out?

The main signs of burnout are;

- physical and emotional exhaustion
- cynicism and detachment
- feelings of ineffectiveness and lack of accomplishment

XR aims to Tell the Truth and Act Like the Truth is Real. Learning The Truth brings with it all sorts of extreme feelings including hopelessness, fear, sadness, anger and even guilt and shame. Lots of people have found joining XR helped make them feel less hopeless and it has been very helpful to be amongst people who think and feel the same way about our unpredictable and fraught future. However, sometimes very uncomfortable feelings can still threaten to overwhelm us, they may build up so that we may experience fear and even terror. A common, natural human response to fear is to avoid the thing making us afraid. When

working within XR this might include avoiding talking about the way climate and ecological realities make us feel and instead directing our energy towards practical activities or problem solving. In XR this might mean taking on lots of tasks, projects, meetings and working long hours every day. While this may help reduce our fear (e.g. “I’m doing something useful!”) actually the thing making us afraid is still there and so over time we might take on more work and even longer hours.

Our bodies need rest and recuperation, pushing our bodies and minds constantly will lead to exhaustion both physically, mentally and emotionally. This can make it harder to make decisions and cause us to make mistakes or take longer over tasks. In this way we start to feel ineffectual. Being emotionally exhausted means that we can lose a sense of perspective on what we can realistically expect of ourselves and others. For instance a very critical part of ourselves may start telling us off for not doing enough or not being quick or good enough. When this happens it can also lead to us thinking the same about others around us or the whole of XR or even of society. In this way, the very thing we were afraid of to start with then can come back much more fiercely.

Don't panic :

- It is good to regularly check in with yourself as to how you are feeling physically and emotionally. This takes time and practice. Having a daily ritual or activity that encourages you to do this, such as meditation, walking (without distraction of music or radio) or spending time in green spaces can be a very useful habit for this.
- It is also to regularly check in with other rebels, friends and family, talking about how things are going, how you are feeling. Use these conversations to review how much work you are doing and if your goals are realistic and fair. Have you factored in time to rest and restore? Do you have a daily activity that is just for you? Talking to others will help keep



perspective on what is “good enough” for one human being to give. You may therefore need to start saying “no” or limiting the aims of certain projects.

**An important aspect to XR is Regenerative Culture, which raises the philosophical viewpoint that whatever our human future brings we will only cope and survive if we work together as a community. This means everyone contributing. Your contribution is therefore valuable, but it is not the only one. Learning to be in a community means also letting the community support you by learning to trust that others are also carrying this mission. You are not responsible for the whole, we all are. Trusting in this is a major transformation that needs to happen within the modern Western human.**

### Feeling angry or upset after a meeting

It can be triggering talking about the serious situation we are in facing climate crisis. Not everyone will deal with this in the same way and maybe it has been upsetting that not everyone expresses their fears in a way you understand or relate to. This may provoke anger or grief or frustration, or any one or more of a range of negative emotions that you don't want to feel when you are trying to be practical and efficient.

Don't panic :

- Talk to someone you feel safe to share negative emotions with.
- If you feel upset by the way one particular person has behaved in a meeting, it can be helpful to reflect on what it was they said or did that had that effect on you.
- Then be curious about why that behaviour touched you in such a negative way.

- We practice a non-blameful non shaming culture; reflecting on our own feelings can help to work through negative feelings we feel towards another person and take responsibility for feelings we may experience to a fellow rebel or their behaviour .

## Concerned about disability access

XR is still learning what we need to do so that everybody has their access needs met and you may come across meetings that are not suitable for disabled people.

### Don't panic :

- It is okay to check in advance and ask what the accessibility at a meeting is like. It is also okay to point out to coordinators that you have particular access requirements and that these are not being met.
- Many facilitators are not experienced at checking with the group if someone has needs prior to trainings and meetings. These can include needs that relate to communication, mental and physical health. Many disabled people have invisible conditions and we would like everyone to be welcome to take part. So please do ask the before or email if you have had any problems, so we can work together to bring more awareness.

## A rebel is being aggressive

The rebel code is centred around non-violence, respect and care for each other. We welcome everyone and every part of everyone, but we do not welcome all behaviours. Sometimes people can act in a manner that others find unacceptable. If the speech or behaviour of another rebel is upsetting you this should be challenged.

## Don't panic :

- Please look at the Conflict section in this guide.
- Remind the person that their behaviour is a breach of the Rebel Code (in guide).
- If you feel safe, speak to this person calmly and clearly.
- Seek help from other rebels.
- Ask them to make the choice to leave the space as behaving aggressively is against the Rebel Code.
- The building may also have its own rules on behaviour.
- It is not okay to do this if the rebel is having an autistic meltdown or displaying some other behaviour that is outside of their control and empathy should be used at all times.
- For further assistance email [XR.dontpanic@protonmail.com](mailto:XR.dontpanic@protonmail.com)
- If there is an emergency call the police 999.

## Worried about police infiltrators

Although we have nothing to hide from police, sometimes they may want to know what we are up to.

## Don't panic :

- If you're scared about police infiltration its okay because our movement is open and transparent.
- How you respond to this is up to you. You might want to act more privately or it might not impact you.
- We are all nonviolent and compassionate
- Check-in with yourself
- It maybe that you have been doing loads and/or holding a lot
- Think of self soothing activities
- Talk to a friend, or contact XR TESN, [XR-TESN@protonmail.com](mailto:XR-TESN@protonmail.com), for an automated email, with further support.

## Abusive trolling on online trainings

Trolling on public facing training has been reported. Typically the trolls turn off their camera & post unpleasant, abusive messages to the facilitator and other participants.

### Don't panic :

- Prior to a zoom training please be prepared for the possibility that a troll might attend. It can be shocking and distressing. Consider doing the following;
  - When planning your training have two trainers; so that one can operate the technical aspects of the training.
  - When creating a zoom session set it up through the website [www.zoom.us](http://www.zoom.us)
  - There is an option to choose that you want the session to have prior registration
- Or**
- Consider creating an Eventbrite event for your zoom training
  - At the start of a training session warn the group that trolls have been reported & anyone being privately messaged with inappropriate or abusive messages should let the facilitator know immediately.
  - The co-facilitator should immediately remove any trolls from the session.
  - The co-facilitator can then close off the zoom training to any new entrants, so that the troll(s) is/are unable to re-enter the training.
  - If there has been an incident, ask your participants if they need any further support outside of the meeting, as there may not be time to address it immediately or they may not wish to discuss it in a group.

## I want to start a group

If you do not have a group locally and wish to start your own then this is a fantastic idea.

Don't panic :

You can find all the information you need on our website:

<https://rebellion.earth/>

You can download the rebel starter pack here:

<https://rebellion.earth/wp-content/uploads/2019/09/Rebel-Starter-Pack-4-September-2019.pdf>

And all the information you need to start a local group is here:<https://rebellion.earth/wp-content/uploads/2019/04/How-to-start-a-local-Extinction-Rebellion-group.pdf>

Are you under 30 and want to start your own youth lead group? Go to the XRYouth Instagram page to sign up and receive a starter pack to help you get set up!

Instagram handle: @xr\_youth

## Where do I find my local group

There are now 100's of Local groups throughout the UK and the world!

Don't panic :

Most groups are now to be found on the online map;

<https://rebellion.earth/act-now/local-groups/>

Not all local groups are listed, many groups have Facebook pages and can be found by a search - include the borough/county you live in and “XR” or “Extinction Rebellion”. If you are still struggling to find the group, you could try looking for a group in a neighbouring area who may know contact details for a group in your area. After all of this, if there is no local group in your borough/district/town/village etc. then perhaps you might like to set one up? There is useful information on how to go about this on [www.rebellion.earth](http://www.rebellion.earth)

For XRYouth groups, have a look at our online map or go to our Instagram page and use the highlights to find a group near you. Not all groups are listed on the map and Instagram, please use the method above using “XRY” or “Extinction Rebellion Youth” instead.

### Your group is receiving threats after an action

Don't panic :

- It does happen
- Really don't panic
- Don't respond
- You can always email us [Xr.dontpanic@protonmail.com](mailto:Xr.dontpanic@protonmail.com)

### Useful Stuff

### Who's who at an Action

**Action Site:** A physical site that has been occupied by XR rebels as part of our growing Non-Violent Civil Disobedience Rebellion

**Local Group:** A group of people in a geographical area (e.g. XR Bristol, XR Kensington & Chelsea) who come together to organise actions, talks, leafleting etc. (lots of creative non-violent acts) in their area. During the Rebellion many of these groups are going to be running action sites, or joining forces with other local groups in their part of the UK to run action sites (e.g. XR South East Region).

**Affinity Group:** A group of rebels who get together to carry out an act of Non Violent civil disobedience, such as a roadblock.

**Stewards:** Provide 24/7 help and assistance for the smooth and safe running of an action site. Can be found wearing yellow high-viz jackets.

**Action Wellbeing:** Ensuring on the ground physical and emotional support is provided for people on the front line of an action. Can offer basic supplies and try to assist people in not taking on too much leading to burn out. Can be found at the Wellbeing Hubs on action sites wearing blue sashes.

**First Aiders:** Unfortunately our volunteers are not all clinically trained personnel and can only offer very simple equipment and resources. However, they can act as eyes on the ground to call for emergency services if necessary.

**Disability Network:** A group of people working to ensure access for all during the lead up to and during the Rebellion itself. They aim to provide lots of important facilities on as many sites as possible including such items as electric chair charging points, disabled toilets and a bank of BSL signers.

**Police Liaison:** make relationship links with the police to aid communication between rebels and authorities. Can be a point of communication for the police.

**Legal Observer:** Legal observers are trained volunteers who support the legal rights of activists. They provide basic legal

guidance and are independent witnesses of police behaviour at protests.

Legal observers are independent from the protest and do not participate as activists. They support protesters by:

- Distributing bust cards and briefing activists about their rights.
- Keeping notes about the actions of the police on protests, which may be later used to challenge the police on their behaviour.
- Monitoring arrests, including collecting witnesses and helping to connect the arrestee with support in the police station.

Legal observers can be identified on actions by their orange hi-vis vests that say “Legal Observer”.

Legal observers have no official legal status or privilege, but the police are often aware of the role, and legal observers may act as a deterrent to police wrongdoing.

**Non-Violent Direct Action and De-escalation Trainers:** As soon as you arrive on site you should find out when the NVDA and De-escalation training is next happening and join in!

**Arrestee:** A person who has been arrested. They also may have an Action Wellbeing role or other roles. They may have attended NVDA and hopefully pre-arrest training, and have carefully weighed up the pros and cons of risking arrest. Maybe then joining an affinity group and plan a Non-Violent act of Civil Disobedience.

**Arrestee Support:** Facilitates the creation of a regenerative arrest culture on site, advocates for arrestee wellbeing (both physical and emotional), coordinates and delivers training, and ensures that there is an adequate supply of materials and resources available on site.



**Police Station Supporter:** Attends police stations following arrests in order to greet arrestees on their release. Arrestees can be released at any time of the day or night, so a 24 hour rota is organised. There is a WhatsApp group which makes call outs to Supporters and they can offer times that they would be available. If you are interested in being available for this task, email XR-ArrestWelfare@protonmail.com

**Post Arrest Liaison:** A volunteer who contacts arrestees after release from the police station and in the lead up to court appearance to offer practical and moral support. As this is phone contact, the role can be carried out from anywhere in the country! If you are interested in being available for this task, email XR-ArrestWelfare@protonmail.com

**Court Support:** A volunteer who attends court to offer moral support to arrestees/defendants on the day of a plea hearing and/or trial. They are also then able to collect information about the outcome so that XR has an overview of numbers, charges and outcomes of arrests for each Uprising and the Rebellion overall. If you are interested in being available for this task, email XR-ArrestWelfare@protonmail.com

**XR Families:** Provide activities and support to families with young children. This is a fun and safe space to learn about the environment. The team also have training and policies around safeguarding for children. Find them at the Families Hubs on some action sites.

**Consent Awareness Teams:** teams of volunteers moving around each of the sites to help spread positive consent-based behaviours in XR, and to respond to incidents where consent was not sought, misinterpreted or deliberately violated.

**Leafleting & Outreach:** What it says on the tin! Please consider volunteering to do this, ask your site steward.

**Rebel Riders:** Cycling related roles, including logistics; communications; rapid response; critical mass swarms: [xrcyclists@protonmail.com](mailto:xrcyclists@protonmail.com)

**Debrief:** Volunteers who can facilitate discussion groups after an action, or series of actions, to help review the emotional impact as well as what went well and what can be learnt.

**Rebellion Support Office:** Each physical Rebellion site will have a co-ordinator who will be in regular contact with the Support office. The Office is then able to aid communication between sites so that sites can work closely together, sharing resources and helping the Rebellion grow overall in an organised way.

## XR Youth Community Care Guidelines

A core part of sustaining Rebellion is to make sure we take care of ourselves, one another and our environment. These community care guidelines have been designed to ensure safety for all during the Rebellion. These guidelines are advisory and should be used alongside the rest of the Don't panic booklet.

If you need more support, please contact XRY Regenerative Cultures team [@xr.youth@gmail.com](mailto:@xr.youth@gmail.com) with the subject 'Regen Culture'!

- During the Rebellion, we ask young people under the age of 12 to be accompanied by a responsible 16+ years old.
- We recommend that you pair yourself with a buddy. You and your buddy should aim to support each other during actions. Write your buddies number on your arm in permanent marker as an emergency contact. If you are under 18 please make sure you have the number of your parents, or a responsible 18+ person in addition.

- If you see an incident that looks like it may turn violent, please refer to the de-escalation training from your induction. If there isn't enough people to perform de-escalation please do not get involved and call a well-being member or steward.
- This Rebellion is an alcohol and illicit drug free area. This allows us to be more inclusive and accessible, we ask rebels to respect this as it's a crucial part of the Rebellion.
- As we are decentralised we encourage groups to take action. Whilst planning the action we do ask for you to ask your group whether the action is safe for everyone involved and affected, whether it's in line with our core principles and values and find out what are the legal consequences of the action.
- We do not advise rebels under 18 to take part in action which could incur prison time.
- We encourage rebels to use their discretion and make choices that are fitting to them.

## **BUST CARD**

**The details were accurate at the time of print. It is your responsibility to check that they are still correct.**

### **LEGAL ADVICE - ARREST**

**Say “NO COMMENT” to all questions from police, even during interviews and casual chats.**

**At the police station you may wish to give your name, address, and date of birth to ensure your release. You may also wish to say that you are of sound mind. Don't answer any other questions.**

**You have the right to free legal advice at the police station. Duty solicitors are often not protest specialists, we recommend you ask the police to contact, if you are London based:**

**Hodge Jones and Allen 08448 480 222**

**ITN 020 3909 8100**

**Birds 07966234994**

**Birnberg Peirce 020 7911 0170**

**You have the right to have someone informed of your arrest. You may want to inform your back office supporter or welfare lead. You can contact the action day back office on:**

**Legal Support Back Office 07749 335 574**

**You are also entitled to an interpreter if English is not your first language.**

**If you appear under 18, an appropriate adult should be called.**

### **LEGAL ADVICE**

## **STOP & SEARCH**

**Before a search you must be told the name and station of the searching officer, the reason you are being searched, and what power you are being searched under.**

**You do not have to give your name and address or answer questions under any stop and search power.**

**You are entitled to a receipt of the search.**

**Legal Observers are independent volunteers who gather evidence on behalf of anyone arrested and act to counter police intimidation and misbehaviour.**

**For protest related legal guidance:**

**[www.greenandblackcross.org](http://www.greenandblackcross.org)**

**For info re arrest: [www.tinyurl.com/arrestprep1](http://www.tinyurl.com/arrestprep1)**

**For arrestee support: [xr-legal@riseup.net](mailto:xr-legal@riseup.net)**

## **Rebel Code**

All Rebels are asked to follow our basic agreements. They provide a basis for trust so that both Rebels and the public know what we can expect from each other.

1. We show respect to everyone - to each other, the general public and to the government and police.
2. We engage in no violence, physical or verbal, and carry no weapons.
3. We hold ourselves accountable for our actions and do not hide from the legal consequences.
4. We bring no alcohol or illegal drugs.
5. We take responsibility for ourselves; we are all crew. We are here together until the Government acts on our three demands for necessary action on the climate and ecological emergency. This code aims to help us attract the many people we need to make this movement effective. Anyone breaking these Agreements may be asked to leave.

## **XR Contact Details**

### **General Enquiries and Working Sub-group Contacts**

Regenerative Culture: [XR.regenerativeculture@gmail.com](mailto:XR.regenerativeculture@gmail.com)

**RisingUp! enquiries:** [info@risingup.org.uk](mailto:info@risingup.org.uk)

Action Wellbeing: [action.xrregen@protonmail.com](mailto:action.xrregen@protonmail.com)

Arrestee Support: [XR-arrestwelfare@protonmail.com](mailto:XR-arrestwelfare@protonmail.com)

Conflict Resilience: [Conflict@rebellion.earth](mailto:Conflict@rebellion.earth)

Consent: [XR-consent@protonmail.ch](mailto:XR-consent@protonmail.ch)

Emotional Support: Please contact for an automated email containing further support (It will be continually updated):  
[Xr-TESN@protonmail.com](mailto:Xr-TESN@protonmail.com)

XR Legal Support: [XR-legal@riseup.net](mailto:XR-legal@riseup.net)

Don't Panic: [XR.dontpanic@protonmail.com](mailto:XR.dontpanic@protonmail.com)

### **Media contacts**

Press: [press@risingup.org.uk](mailto:press@risingup.org.uk)

**Video enquiries:** [xrvideos@protonmail.com](mailto:xrvideos@protonmail.com)

Extinction Rebellion Youth Contact Details:

General enquiries: [xryouth@gmail.com](mailto:xryouth@gmail.com) (please put the working group you wish to receive the email in the subject of the email)

XRY Media Team: [xryouth.media@gmail.com](mailto:xryouth.media@gmail.com)

Also feel free to DM our Instagram page. Instagram handle: @xr.youth

## Recommended XR Trainings

This is **NOT** a complete list:

- Oppression Training
- NVDA Training
- RISE CWUP
- Know Your Rights
- Action Wellbeing
- Arrestee Support Overview and PAL training for Ongoing Arrest Support
- De-Escalation Training;
- Non-Violent Communication NVC
- Non-Violent Culture NVC
- Arrestwatch

These can be accessed via local group webpages and also on the main Extinction Rebellion webpage, Facebook and Basecamp.

You can watch the Heading For Extinction talk online here: <https://www.youtube.com/watch?v=b2VkC4SnwY0>

The events page may have a list of up to date training <https://rebellion.earth/act-now/events/>



It is recommended that everyone attend Non Violent Direct Action Training and if you cannot access this through your local group before the October Rebellion, then ask at the Stewarding Tents as this will be accessible during the Rebellion.

Thank you to everyone who has collaborated on this guidebook.

XR and XR Youth collaboration Don't Panic booklet.