



**REBELLION WAVE 2020**

# **REGEN COORDINATION ACTION CHEAT SHEET**

**Dear Regen Coordinators,**

With the next Wave of Rebellion about to start we wanted to share with you a short and concise summary of some key considerations and resources might be useful when preparing to support rebels with actions. The Rebellion looks different in each context, so please pick and choose what might be helpful for you.

## **Preparation for Regen/Wellbeing Coordinators**

- Keep in mind the Regenerative Action Cycle (Preparing, Action, Learning/Celebrating, Resting)
- Can we set up a wellbeing/regen/care point for rebels to rest, play, exchange, report concerns, receive regen tips... ?
- Are we planning a good pre- briefing + emotional & tactical debriefing for each action to catch loose ends, learnings and conflicts before they escalate?

- Have we thought through all potential wellbeing needs beforehand? Are there likely injuries, tensions, ... that you could prepare for?
- How many people do we need in the wellbeing / regen team? If there are lock-ons or similar, try to have one support person per locked on person.
- How many people do we need for the de-escalation team? Make sure everyone received a de-escalation training + specific briefing. Do we need flyers or other materials?
- Is there a consensus / strategy for Covid-19 Safety?
- Do we have arrestee support?
- Do we have (enough) people who can provide First Aid?
- Do we have/need legal observers / a police liaison?
- Do we need to bring additional water, snacks, blankets, rain equipment, phone chargers, batteries... ?
- Create a list of support services to call in different situations (emergency numbers, therapy services, counsellors...)

## Prep for Wellbeing & De-escalation Teams

- Make sure everyone got the relevant training / briefings incl. Covid-19 Safety
- Make sure there is a buddy-system, encourage to act & move in pairs
- Decide who to position where, if you have equipment, decide who will carry that - preparing a map can be helpful
- Remind of core de-escalation strategies, trauma-informed calming techniques, nonviolent communication...
- Encourage people to bring their personal talents - games, songs, ...
- Make sure everyone has the right emergency contacts & knows who to contact for what
- Remind everyone to take care of themselves and respect their own boundaries, often Regen people are the first to burn out!
- Schedule a Regen team debriefing

## Wellbeing Briefing for all participants

- Is everybody informed about the Covid-19 Safety Measures?
- Did everybody participating get a briefing incl. legal briefing and decide in what capacity they want to participate (arrestable/non-arrestable)?
- Did everybody participating get nonviolent direct action training?
- Does everybody have a buddy? And an affinity group?
- Does everybody who is arrestable know how to react in case of arrest (ie. know the name/contact of the lawyer / arrestee support who is on duty for this action)?
- Remind everyone to bring water & snacks, sun lotion, clothes that fit the weather...
- Remind everyone of P&Vs and how we agree to treat each other as well as the police & general public

- Encourage people to play games, sing songs, get to know each other, exchange about why they are here, why this specific action matters to them, take care of themselves & each other...
- Remind people that it is okay to leave / take a break from situations that they are not comfortable with
- Encourage people to have a support person that doesn't participate in the action they can call / who keeps checking on them

## Open Regen Calls

If you'd like to connect with other Regen folks, ask questions and exchange experiences, we welcome you warmly to join our [Open Regen Calls!](#)

## Core Resources

Below you can find a collection of relevant resources we received from the global Rebel Community.

### Covid-19

- [AOC Protesting Safely in times of Covid-19](#)
- [Covid 19 prepared XR NYC](#)
- [XR NY Covid 19 Resources](#)

### Action Wellbeing

- [Wellbeing Resources](#)
- [Action Wellbeing Handbook](#)
- [Wellbeing Bundle for Affinity Groups](#)
- [Wellbeing Bundle for AG Wellbeing Coordinators](#)

### De-Escalation

- [Handout PDF: NVC De escalation skills](#) & [Website](#) (Ceri Buckmaster)

### Briefing, Debriefing & Post Rebellion

- [Wellbeing Team Briefing](#)
- [Debrief Template ; Adaption for large groups](#)
- [Post Rebellion Handbook](#)

### Arrestee Support

- [Arrestee Support for Wellbeing Teams](#)

### Rebellion 2020

- XR UK [How to contribute to the 2020 rebellion](#)
- [Calendar of rebellion Wave](#) and [Dates in pad](#)

# SUGGESTED KIT WELLBEING FOR ACTIONS

You can bring these useful items for yourself or others. We are responsible for ourselves but that doesn't mean we can't help keep each other safe.



Find more Regen Resources [here!](#)

## Love and Courage.

Global Support Regenerative Cultures