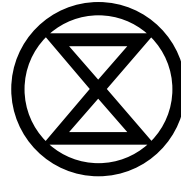


Action wellbeing checklist



**extinction
rebellion
BRIGHTON**

This is a list of things you might want to remember, check, or pop in your bag before going on any action. We have prepared this with social distancing and health and safety in mind.

It is important to remember that we, as individuals and in our affinity groups, need to be more self sufficient than we might have been before COVID-19.

Essential training for all rebels

- NVDA** (Non Violent Direct Action)
- De-escalation**
- First aid** (try to designate one member of your affinity group to take this role and hold a first aid kit)
- Know Your Rights**
- RISE CWUP** (Pre-action/arrest preparation) Emotional and practical preparation for NVDA, particularly arrest. This training aims to realign us with our motivations for acting, to strengthen our communities and to address our concerns together, and to create more resilient activists.
- Witnessing an arrest**

There are links to all these trainings:

- On the website: <https://xrbrighton.earth>
- On Facebook: www.facebook.com/nepocide
- In the weekly newsletter

Support network

Try to go to the action with members of your affinity group, or a buddy, and ensure that in spite of social distancing you stay in touch with each other. Even when the risk of arrest is low, it can be tiring and stressful out on the streets and there's nothing like a friendly face to boost morale and energy. This is particularly important if you are planning on being arrested! Have someone close by who you can give your possessions to, someone who can note where you're being taken and other details of the arrest.

Be as self sufficient as possible

- Bring your own water, snacks, sunscreen, mask, gloves and hand sanitiser.
- Ensure your phone is charged.
- Have enough money or a planned way to get home.
- Bring a bust card with details of a solicitor and write any important numbers on your arm, so that you've always got them with you.

And be prepared for plans to change – you might be out longer than expected, or even home sooner.

Be prepared, stay safe x