

Thinking Box session on Introducing Extinction Rebellion

Session title: Heading for extinction

Session overview:

This session is a general introduction to Extinction Rebellion using an independent discussion process called Thinking Box. TB is a many to many discussion process that cultivates independent critical thinking, participation, expression and most importantly respect and understanding of all views. We are in effect a mini citizens' assembly when all views can be heard, deliberated and integrated.

Blurb for the invitation

This session is a chance to hear what a new movement called Extinction Rebellion is doing to help tackle ecological breakdown and climate change. We will watch a video summarising the science and why XR think civil disobedience is now required. We encourage you to come with an open mind to find out what they are saying and express your reaction to it. Our process will allow for all views to be shared. The session will include small group and plenary discussion and an anonymous survey.

Preparation

It isn't imperative to watch the videos before you host a session but it is recommended. It will help you introduce the topics more effectively and prepare you for the kind of responses likely in the discussions. You can also report briefly how you responded to the videos and this can help set an open tone for the session.

Facilitator tips

You do not have to have any experience to run a good Thinking Box session. The videos and the questions go a long way to engaging people and getting them talking. As a host you can help by being genuinely interested in your guests and what they think about the topics you present to them. The preparation above will help with this and a little introduction to each video is useful.

Small group discussions

- We only have one 'rule' in Thinking Box and that is that small groups should be no more than 3 people. The intro video gives some of the reasons for this but please trust that it does make a difference. It is best to make this clear in advance but if larger groups do form simply politely ask for them to split before the discussions begin.
- Always take part yourself in one of the small groups.
- Keep an eye on time and bring the group back together after 15-20 mins

Plenary discussion

- Facilitating the plenary discussion is by far the most exciting part of the role and the one where you will be most awake, alive and present. It can be exhilarating to be able to host a conversation with many people and you will also have a unique perspective on the views of different guests. If you are interested in the video content, thinking and answering social questions of importance, you will naturally be curious and enthusiastic about what others think. So look forward to finding out the range of views in your group.
- As host, try to simply ask questions and reflect comments made back to the group, this is not the session to add your own thoughts (although this is not forbidden – you are a member of the group too).
- Listen to the points being made and move the conversation onto another question if you feel it is time to.
- Try to hear from a range of people and avoid any guest from dominating.
- Keep an eye on time and conclude the session with the final short heart warmer video.

Timing

A full double session typically needs 2.5 hours, so just over an hour for each half plus time for breaks and general organising. Adjust timing to suit session and participant needs.

Programme, notes and links

Description	Speaker and title	Link	Length	Notes
Introductory video	How the session works	https://vimeo.com/170187359	1.51	Generic session intro. Based on shorter videos but the rest applies.
Feature 1A	Extinction Rebellion – Heading for extinction	https://www.youtube.com/watch?v=b2Vkc4SnwY0	50.52	Advise of 2 mins silence (in middle) in advance
	Discussion questions			Download ppt file
	Discussions in 2-3s		15-20 mins	Pairs or 3's only (important for safety and avoiding group think) Adjust time to suit
Survey and break		Provide a link to the survey if you want to use this part (optional) https://bit.ly/tber1	5 mins	Complete at the end of the small group discussions on mobile phones. It is possible* to show the results after the break.
Break			15 mins	Provide teas coffees and biscuits if possible
Plenary discussion			25 mins	Adjust time to suit
Summary		End the discussion and summarise if you can		
Closing Heart warmer	Classroom greeter	https://www.youtube.com/watch?v=Pum938T14Hs	0.55	We always end on a fun/moving video

*To see the results of previous submissions there are two options:

a) Follow this link

https://docs.google.com/forms/d/1hLPIqUXbTj1ADSN87givgDEiWuhoohx_Q9ZHcjrBEbc/viewanalytics

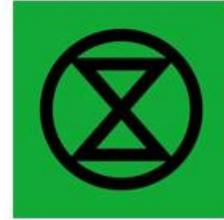
or

b) individuals can view previous responses immediately after submitting a survey response, by following the appropriate link.

Extinction Rebellion

- Deeper into a climate breakdown than is being reported?
- Heading towards a mass extinction?
- Are we doing enough to tackle climate change?
- Are solutions technologically possible?

- Is the barrier political will?
- Do you believe a few people can make a big difference?
- Is civil disobedience appropriate/effective?
 - What is/isn't acceptable in your view?
 - Where would you draw the line?
- Would you ever be prepared to be arrested for a cause?
- What can shift the Overton window?
- XR manifesto?



1. Govt tell truth
2. Zero carbon by 2025
3. Citizens' assembly

Survey

The survey is a chance to gauge the overall position in the room after the small group discussions. It can form the basis of what you talk about in the sharing plenary

Survey questions

- How do you feel about climate change
 - Not very to very concerned

Rate the following statements – Part 1 The problem

- We are deeper into a climate breakdown than is being reported in the mainstream
- We are heading towards a mass extinction
- We are not doing enough to tackle climate change

Rate the following statements – Part 2 The solutions

- Solutions are technologically possible
- Lack of political will is a key barrier
- A few people can make a big difference
- I consider myself to be an 'up-stander'
- Civil disobedience is an acceptable catalyst for change
- I would be prepared to be arrested for a given cause important to me
- I would consider supporting Extinction Rebellion