BLUE SANDFORD

CHALLENGE EVERYTHING

THE extinction rebellion YOUTH GUIDE TO SAVING THE PLANET

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Advance uncorrected sampler

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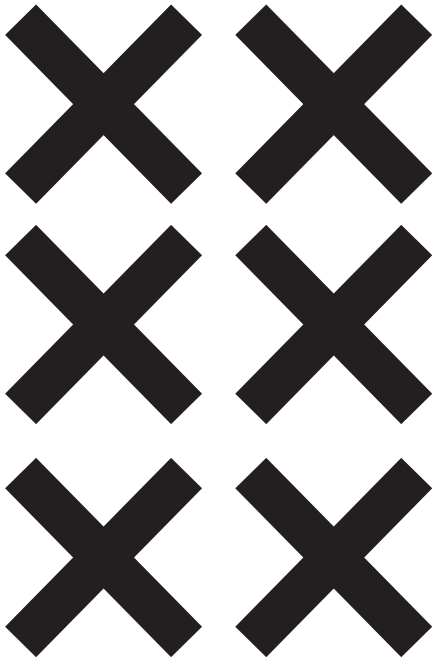
INTRODUCTION

When my publishers first approached me about writing this book, I had to think carefully. The world does not need yet another case of 'greenwashing' or 'virtue signalling': phrases that mean appearing to make efforts to cut your carbon footprint without actually achieving anything. In my research, I came across so many awful examples of this; one of the most ridiculous being a blog the recommended the use of e-tickets for airplane flights so as not to waste paper, as if this could somehow balance out the pollution of the flight itself! It made me laugh and then want to cry. So I was worried that this book might go the same way: that parents would feel they'd 'done their bit' just by buying it for their kids and that readers would feel the same way just because they've read it, without anyone have really changed their behaviour. In this way, it felt like it could even do more harm than good.

Often, greenwashing is unintentional. People put all their efforts into small well-known changes like recycling, whereas they're actually overlooking different changes that wouldn't take much more effort but would have a much bigger impact. Of course, every little helps and I don't want to be dismissive about anything at all that's a step in the right direction.

Recycle, compost, bring your own bag, cycle, walk, don't take cabs, make eco bricks (if you don't know about these, look them up!), turn down the heating and air conditioning, turn off the lights, turn off the tap, use a refillable water bottle, use a menstrual cup, don't fill up the kettle, use ecosia as your search engine, buy local etc etc. All these things are important, especially if we all do them. But although they are important, they can sometimes just absolve guilt, and give people a justification to carry on living carbon intensive lives without really challenging themselves.

After a lot of thought, I decided that I can't take responsibility for whether people read this book and then do nothing. That responsibility lies with you. While every small, personal choice we make can add up to an army of people making the same decisions, what I would also encourage you to do, is think about the action that will get the biggest and best results. And don't take things for granted – challenge everything. That means challenging big business and your government and, most of all, challenging yourself to act now and save the planet.



NO MORE GREEN-WASHING

CHALLENGE YOURSELF

If there's one thing I want you to take from this book, it's this:

YOU ARE RESPONSIBLE FOR YOUR OWN ACTIONS

You can't just hide behind adults and blame them for everything, because not everything is their fault. We've all contributed to the climate and ecological crisis, knowingly or unknowingly. Every time you take an uber, go on holiday on a plane, buy new trainers, even turn on the lights and heating, you're contributing to climate and ecological collapse; you're indirectly destroying rainforests and wildernesses.

You don't have to do anything that I talk about in this book, but there is no escaping the stone cold fact that you are responsible for a part of what is happening in the world, and you will make things worse if you don't stop to think about what you're doing and cut down on what you're consuming.

The fact that almost everything you do is destroying something is a thing I'm really struggling with, and I know other young people are too. We've been thrust into this toxic society; adults tell us that we can do whatever we want and don't need to worry about anything, but that's not true. If I was given the choice right now to not know about climate change, I think I would take it. I don't want to be consumed by this, protesting and disrupting people and getting arrested. But I do know about it and I can't give up and do nothing. That's the burden of our generation – we have to live with the guilt, the knowledge of what our actions are doing to the world. And we have to fight.

We can't have the same complicity as those adults who think nothing can be done and therefore do nothing, ignoring science and the suffering of millions of people just to carry on normal lives – that's not an option for us. Though in the UK we're not yet dealing with the effects of climate change like those in the global south, we will. Something has to be done to prevent the future wars, genocide and starvation that we'll all be caught in; we have to give ourselves the chance to survive. If we carry on as we are now, we don't have any chance and we're condemning innocents: animals and future children along with us. We all have to change how we're living, but more than that we have to change how we're thinking.

You have to change your mindset, you have to start listening to evidence and caring about other people, educating yourself and reconnecting with the world around you, before it's too late and it's all gone – and even then, if you survive you'll need to be able to fend for yourself, and build a new world.

FASHION

There's been enough in the news about sweatshops and throwaway 'fast' fashion for it to be generally accepted that there's something wrong with the way the industry works. Fashion itself can be art – clothes and the way they are worn can be beautiful and meaningful, they can help you express who you are or want to be, and so make you more comfortable and confident. But much of the industry around fashion isn't about empowerment or art – just profit: how the most money can be made for the least investment.

!STOP!

Trends are a massive part of the industry, creating constant pressure for people to buy new things and then throw them away in an endless cycle. Although trends are nothing new, today they move much faster because there are so many different influences on fashion, from influencers themselves to catwalks and brands, and they're each trying to make their own mark.

Fashion companies sponsor influencers and advertise on social media, ensuring that you will see their products being worn and talked about by people you follow. It's so easy – you can just click a link to get the exact same thing in your size. Video-sharing platforms are full of toxic clips of people buying huge hauls of clothing, alongside others of wardrobe clear-outs: people throwing out piles of barely-worn clothing, just to buy more. And fashion mass-producers are constantly churning out new items as cheaply as possible, cutting out workers' rights and destroying local environments so they can provide ever-cheaper clothes.

But – good news! – the fast-moving production lines can be easily disrupted if we just – STOP. You can make a real impact and attract serious attention through boycotting unsustainable fast fashion companies. You could single out a specific practice, like paying workers below minimum wage or polluting rivers with dye-runoff from factories, and be really vocal about why you're boycotting companies that use it, the harm they're causing.

Thrifting and second-hand shopping is being popularised by influencer figures like Emma Chamberlain. This practice is much better than buying things first-hand – but even charity shops can have a negative impact. Anything with holes, stains or that even just needs washing will probably be thrown away and end up in landfill – as will most of the stuff that isn't bought within a couple of months. There are other ways to get rid of your old clothes, on Depop or eBay; as presents or in clothes swaps with friends or organisations and apps like Swancy and reGAIN. Websites like the RealReal are also good, offering really affordable second-hand designer and luxury clothes made using textiles that have been responsibly produced and put together by craftspeople who are properly paid for their work.

Or try mending your clothes instead of getting rid of them, or repurposing them as rag rugs, blankets and curtains – the internet is full of tutorials on how to do this.

If you have to buy new, try to find ethical brands like Patagonia and The North Face, which offer warranties and will repair any damage to their products. Even though these companies are more expensive, in the long run you'll save money because the stuff lasts for so long. But be wary of brands that claim to be ethical and, for instance, recycle clothes. Recycling textiles is a largely untapped industry, with start-ups like Evrnu in America trying out new technologies and trying to combat the problems with waste. Generally though, not enough progress is being made to actually make this an economical choice for a lot of companies – so it's likely that any claim they'll recycle your old clothes is just greenwashing; an easy way to improve their image without changing the real issue of their toxic production line.

Fast fashion has been talked about a lot in the media and environmental organisations already – there are a lot of pledges and groups and stuff that you can join in with. For example, XR has created a fashion boycott – xrboycottfashion.com – where you can pledge to not buy any new clothing at all for 52 weeks. This can be interpreted in different ways – from not buying anything first hand – because even if they're sustainable shops they're still making new things that we don't need – to not buying anything at all.

Instead of getting new stuff, you can save your money and be creative, figuring out new ways to wear things, and DIY-ing old things. Take care of your wardrobe, don't wash your clothes every time you wear them – you really don't need to unless they smell. It fades and wears them out really fast; and it's a waste of energy and water. Learn to sew, patch and darn – visible patches can be beautiful, and make the clothes way cooler too.

Whatever you do, try to be aware of what you're buying and what you're throwing away. When you start to really notice what you're consuming, you'll be able to tell what you need, what you'll actually wear, and whether you're really in buying whatever it is that you want.



FLIGHTS

By now everyone knows that planes have a really awful impact on the environment. Taking one flight, even short haul (which means any flight of 3 hours or less), generates as much carbon as some people's total output over a whole year. But the demand's actually growing, with record breaking numbers of flights to and from the UK every year.

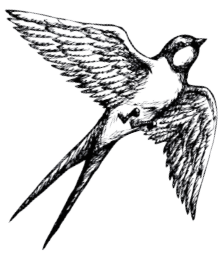
People come up with all sorts of justifications and self-greenwashing excuses, so that they can carry on flying everywhere without feeling bad about it. It's a mass self-delusional exercise, helped along by the media, publishing articles and promoting ads talking about 'the perfect holiday', which generally require two long haul flights. The articles and ads are often accompanied by ways to supposedly cut your carbon footprint – like the e-tickets example (in Introduction); the same website also recommends going to the loo before you fly, as the additional weight of your pee will apparently make the plane use significantly more fuel. Attitudes like this are ridiculous, blatantly ignoring how bad flying is, and the measures that we really need to take to make a difference. And seriously – if the weight of your pee causes so much environmental destruction that it needs to be flagged up, think of the damage your whole body is doing every time you take a plane.

Everyone feels they deserve a holiday, and when you're constantly hit with travel pics on Instagram, and people raving about how amazing their trip was, to be the one who makes the sacrifice when you know others won't is really annoying. Sometimes it isn't even about the holiday – my mom's from America, and her whole family still live there. We used to go visit them loads when I was little, but we stopped going when I was a toddler, because we couldn't afford it. A few Christmases ago though we went to Texas, because I didn't remember my granny. I was willing to sacrifice a flight's worth of carbon to meet her, and I would probably make the same decision now. It's really hard to make these judgement calls, 'cause you can end up just justifying everything. The truth is that we can't afford to carry on flying – we need to cut it out completely, and we can't keep making excuses to do whatever we want regardless of the impact. 70% of the flights from Great Britain are taken by 15% of the population. A lot of people who can't even afford it don't even get to make a choice – the emissions from your flight will affect them no matter what. This isn't fair.

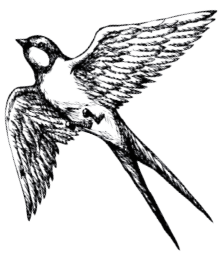
People quickly become immune to arguments like these about flying, because there aren't really good alternatives and so they don't want to listen. A lot of charities and NGOs are trying to develop creative ways to stop people flying, to approach the problem from different angles. For instance, a classic reason to fly is that no one wants to waste precious days of their holiday on travel. One organisation – 'Possible' – works on persuading companies to extend their employees' holidays so they can take the time to travel more slowly on boats or trains to their destination. A new Swedish campaign has persuaded 10,000 people to pledge not to fly for a year – the idea being that the hardest part is to break the habit, and after a year of not flying you'll realise that you don't need to go on holiday abroad to be happy or satisfied with your life. Others focus on carbon offset, offering to plant trees which will counteract the amount of carbon that your flight has put into the atmosphere. This is great in theory, but offsetting isn't enough. We've built up such a backlog of carbon that even if we cancelled our emissions to zero right now, we would still have to be planting all the trees we can, just to start to get rid of the stuff we've already released. Offsetting can't be used as a free pass to release more greenhouse gases into the atmosphere, because it isn't.

If you decide to give up flying, you might meet with a lot of resistance. Your family might not agree with you at first, they might want to carry on flying everywhere, but if you stay firm and tell them why you don't want to fly they'll probably come around. At the very least, they can't force you onto the plane.

Ask them to take the train or the boat instead (though be careful here, cause a lot of cruises have more embodied carbon than the flight would – it's not all black and white, you've got to research your options). Ask them to go somewhere closer to home, like the countryside or seaside. Most of all, research the impacts of flying, and tell people what you find. Everyone has to give it up if we really want to combat climate change. We can't afford to carry on jet-setting everywhere without a care for the consequences.



WE CAN'T AFFORD TO CARRY ON FLYING



RECLAIM, REWILD, RECONNECT

Communities are much harder to create without somewhere to meet and it's hard to find a place that's free – or at least cheap enough. But actually there are so many places in every city that aren't being used, old buildings, abandoned pubs; hotels and churches, that you can claim and squat – or if you're very lucky you might be able to find the owner and convince them to let you use the space until they develop it.

Sometimes supposedly community spaces aren't actually being used – like the little green squares in fancy neighbourhoods that you never see anyone in. Kids used to play football and basketball in the streets, before there were so many cars and motorbikes going past. In the XR April Rebellion one of my favourite moments was when we played football in the street in Marble Arch in London; usually choked with traffic. Also on Waterloo Bridge, where we had stages for music and poetry and a kitchen, and a beautiful garden of trees and flowers. There was music and dancing in the street at all the sites and I really saw how much space is being taken up by roads, and what we could do if there weren't any cars.

Reclaiming space isn't just about squatting or occupying it for yourself; it's finding a use for it for the whole community; planting trees to make it green and holding events for everyone. Start guerilla gardening in your neighbourhood – plant herbs and veg wherever you see space, or if you want, you can talk to the council and see if they'll approve you doing it. They might even give you a grant – the people on my street got permission to have trees all the way down the pavement, and we all got together and planted them with flowers around the base of them.

This is all part of starting to rewild places, planting things and letting them take root and spread, taking back the city for the wild.

I've grown up in some of the wildest and most remote countryside in Scotland, so I've been in nature for a lot of my childhood, but I've also had the counterpoint of living in one of the busiest cities in the world, so I've really seen how the two have interacted in my life.

When I started getting involved in XR, and all of the climate change facts suddenly got real for me, I started to break down. I couldn't deal with all the grief and pain and guilt. It seemed like there was nothing I could do; and I could feel myself sinking into a hole of depression and fear. I was really homesick, something that I'd never really felt up till then. I went on a Reclaim the Power camp (look it up!) and on one of the days I ended up just being alone in the countryside. It was the happiest day I'd had for a long time. All the problems and walls that we're facing seemed less important, and I could just be there; climb a tree to pick some plums; go swimming in a lake; chat to some dog walkers. I felt like a massive weight had been lifted – I needed to be out of the city, in nature.

When you're in a city, you're disconnected from nature and the countryside. You can't see what we're destroying and you become blinded by consumerism, ads and stores and people telling us that we need this or that product, that that's what'll make us happy and fulfilled. The truth is we don't need any of this crap – we'd be much happier and fulfilled with genuine interactions, relationships, and the freedom and peace of the wild.

So get out of the city or town and go somewhere quiet and peaceful; without buildings and people; where you feel that freedom. Go for a walk, climb a tree, go swimming. Look at what we're destroying if we carry on as we are, and what we stand to lose.



CHALLENGE BIG BUSINESS

A lot of environmental devastation can be traced back to corporations not caring about sustainability or the pollution from factories and power stations. These businesses aren't being held accountable for the damage they're doing to our planet.

Big businesses have a lot of power, because much of our world runs according to whoever has the most money... and they have a lot. This power could be used to change things for the better, both from the inside – becoming more ethical and eco-friendly in their production processes and practices – and also in the influence they have with politicians, the media and other big companies.

So how can you make big businesses want to wield their power in the right direction? You could begin by writing to the owner or main decision-maker, the Chief Executive Officer (CEO – you can find out who they are and contact details online), explaining the dangers of the climate crisis and the role their business has in it. You could ask whether they are parents and highlight how much their children will suffer just as much as the rest of our generation. You could communicate with the workers about the dangers of the climate crisis and ask them to put pressure on the company from the inside. It's possible that, by understanding that their customers care about the climate crisis, businesses will make them want to do something about it, even if only to make sure that people will like their image and carry on buying things from them.

But while these things would be great, they're hard to accomplish and take a lot of effort. The simplest way to get businesses to change their behaviour is to disrupt their sales – and therefore their profits – and the easiest (and most legal) way to do this, is by boycotting them. Single out a whole brand or a specific product and refuse to buy it.

Boycotting has a long and successful history in a lot of social movements, most famously in the civil rights movements of the USA. In the Montgomery bus boycott of 1955 and '56, African American people (including Rosa Parks) refused to use the city's buses, because of their segregated seating for blacks and whites. The boycott lasted for 381 days and attracted so much interest all over the country that eventually the case was taken to court and the civil rights movement won.

Boycotting is effective, and it's also something easy that you can persuade others to do; your friends; your class; even the school. What's more, it's a really media-friendly story that'll show you in a good light. You're the good guy, taking a stand, and you're not disrupting or inconveniencing anyone, you're just choosing not to buy something. Be vocal about why you're not buying it – maybe it's environmentally degrading or unethical – and what the company needs to change to make it better. If you're a kid or a teenager, people will stop to listen. They'll be really interested in why you're boycotting, and they'll want to be on your side to feel like they're making a difference too. This helps the word spread far and wide, adding more pressure on the company to change its ways to avoid more negative publicity and so lose even more profits. Every news article, interview and social media post will inspire more people to join the boycott – especially if it looks like fun.

As a young person, you make a great 'human interest' story. Adults are always shocked by children and young people being informed and proactive and the story (small, helpless, innocent child vs. big, powerful corporation) is bread and butter to a journalist. Call the local paper and tell them why you and your friends refuse to shop at wherever. Make it easy for the journalist – give them a photo opportunity by letting them know you'll be holding a demonstration outside whatever shop or HQ



next Saturday. Then be there, with as many friends as you can persuade to come, and make sure you're clear about your message, and friendly and inviting so other people will want to join in.

Boycotting is an extremely effective tool in pushing companies and organisations to change their practices, but that's not the only reason to do it. We all have some responsibility for this crisis, however small, and we need to question and examine our conscience in everything we consume. Could it have been made by sweatshop workers? Did trees need to be cleared in the rainforest to enable its production? One person refusing to buy a product with palm oil in it may not make a big dent in the company profits (though loads of people doing it will), but it will make a huge difference to your own responsibility for the crisis the planet is in. Once you've stopped benefiting from something (in this case buying a product), you'll see much more clearly the harm that it's doing, because you no longer have to justify it or pretend to yourself that it's not that bad so you don't feel guilty.

I'm going to talk about some of the main things that stand out to me that you should think about boycotting or at least getting more sustainably, like clothes and palm oil, but I can't cover everything that has a negative impact. Once you start thinking about where everything is from and its cost and carbon footprint, you'll figure where you can make changes to better things and what you want to stop consuming altogether. This is just a rough guide to some of the major things that have the greatest impact, that people are already talking about and campaigning against.

HOW TO START A MASS BOYCOTT

Boycotting as an individual is easy in a practical sense, since it involves only you and your decision to stop buying or engaging with something. However, for that same reason, it can be hard following it through, and you may wonder how much impact you're making. Rallying other people and challenging in a more public way will make more impact and can actually be surprisingly easy.

There may already be a mass boycott campaign going on for something you want to challenge – like XR's fashion boycott – in which case you can combine your forces and work on getting their message to as many people as possible. However, you might not agree with the messaging of the campaigns that already exist, or maybe you want to focus on a different part of the problem, or a different audience.

So I have a few tips for starting or growing a boycott.



The most important thing is publicity – you can't get people to join you if they don't know about you. Put pressure on well-known companies by naming and shaming, and organize protests with banners and slogans, either outside their headquarters or in really public and busy places. Remember though, if you choose an individual problematic brand to focus on, it's the company you're objecting to; the people who work for these companies have families and lives outside of their jobs and no one deserves to be publicly abused.

Create a Facebook event and blast it out on all the other social media platforms. Call the local newspaper and tell them what you're doing; if you can get an interview, you get your message out to so many more people. Write articles about the negative impacts of whatever you're boycotting, publish them wherever you can, even if it's just online on a website you've made, and tell EVERYONE you know about what's happening.

Be really clear about:
- what you're saying,
- why you're saying it,
- and what people should do about it.

Start a pledge to boycott whatever you're focusing on and get signatures! Don't be afraid to canvas on the street, even if it's scary the first time. You might get a climate change denier – I did my first time, and I tried to talk to him for about a minute before I just decided it was a lost cause, crossed the street and started canvassing there. It's a learning curve – it's nowhere near as scary the second time, and you don't need to get it right every time. Just don't be fake with the people you're stopping, try to engage them and have a real interaction with them. You might make them stop and really hear what you're saying and inspire them to change their behaviour too.

Give people a really clear message, backed up by science and facts but stay friendly or they'll just become hostile and won't listen to you anymore. You can't force people to change; all you can do is show them the facts and let them know the impacts of their actions.

You could try to come up with original content – make a meme, something that's funny, that'll grab people and make them share it even if they don't fully understand the message behind it yet or even agree with it! The point is to go viral!

Even – or especially – if you're starting a new boycott, ally yourself with people who are already fighting. Even if you don't agree with their whole message, they may be able to give you a lot of advice and help, and we're all in the same fight, we all basically want the same things. The environmental community can be a really supportive and amazing space to be in; you can learn a lot. Being in XR, surrounded by people who know what's happening to the world and are actually doing something about it has been really good for me – especially in XR youth where we're all going through the same climate grief and we can support each other.

It doesn't matter if you get something wrong as you can always start again, try a different tactic, or ask someone for help. The point is that you keep on trying, and whatever change you make, even as small as causing one other person to go vegan, will make a difference to the world.

CHALLENGE GOVERNMENT

Activism is inherently political. By saying that there's something wrong with the world and no one is doing enough to fix it, you're by extension saying that there's something wrong with the system and the way that the government is handling whatever crisis is happening. People in power want to stay in power, so they don't like it when someone suggests that they aren't doing their job properly, especially in a voting country where they can easily be ousted if the voters turn against them.

A lot of the last section about business comes back to corruption, and governments enabling companies by giving them a free reign on extremely environmentally degrading practices like fracking. Fracking is super polluting to both air and water among other dangers; yet the UK government only put a moratorium on it in 2019 – a temporary ban so that the politicians can look like they're doing something by greenwashing and pretending that they're really eco-friendly and on our side. If governments were actually on our side the climate and ecological crisis could already be solved, with environmental laws and restrictions on businesses and carbon intensive practices; but we haven't seen anything that will really make a significant change from most governments and ruling bodies. This is disappointing because making them understand the situation we're in and successfully lobbying them to actually do something about it could be the only chance for our survival, as they have a lot more power for immediate change and to broadcast what is happening.

But this would be very hard to truly effect right now and will probably only happen too late for them to do anything about climate and ecological collapse. Also, as young people we don't have a lot of political or financial power with which to lobby them. We do however have a particular brand of emotive power. We're going to grow up in the world that adults make for us now, and we can hold them accountable for the world they're creating, and what they're doing to our future.

Also, pretty soon we're going to be the voters, or the revolutionaries: the people putting and keeping them in power. We need to show them that we know what we want and we won't stand for anything else, so that they'll change their policies and align with us, and we can make sure that we and our children will survive this crisis.



NVDA – NON-VIOLENT DIRECT ACTION

NVDA is a way of using your body to demand change, with actions like sit-ins and occupations, road blockades, hunger strikes and strikes from school or work. XR uses a specific form called civil disobedience – purposefully breaking laws because you think they are unjust to make it impossible for people to carry on and ignore you.

NVDA – and especially civil disobedience – gets results. In February 2019 there was a climate debate in the UK parliament after the school strikes and barely anyone showed up; just a handful of Members of Parliament were there. Then, in April, XR held the world-wide International Rebellion which saw activists all over the world demonstrating and closing down streets in major cities, getting news airtime and the support of the public. All this was done peacefully, using the guidelines of XR, to treat others with respect, help the emergency services and create a good, happy and supportive community environment. By May, just three months after the underwhelming 'debate', the UK government had ramped it right up and declared a climate emergency.

In May 2019 I was involved in the UK's first XR youth action. I and six other activists 'locked on' (chaining ourselves to railings) at a fracking conference. The UK Commissioner for one of the gas companies involved in fracking resigned a few weeks later saying that their job had become impossible due to the government's concessions to environmental protesters. There were obviously a lot of things adding up to cause the resignation, but I'd like to think our direct action was the proverbial last straw.

The police never even considered arresting us for that action, probably because we were so young. It looks really bad on them if they start arresting teenagers for protesting about their futures, and there's a lot of extra process that they need to go through, like making sure there's a responsible adult present and so on, so they're way less likely to arrest under-18s. Even if you're over 18 but still look young they usually err on the side of caution and avoid you (although anecdotal evidence suggests that boys and people of colour are still more likely to be arrested than girls and white people).

So young people can generally get away with a lot more in direct action than older people, because we're seen as less of a threat. I think though that we're actually more of a threat in terms of making an impact, because we have carry a lot more emotional power. A few months ago, I was at an action doing de-escalation, which means trying to talk to and calm down people who are being disrupted by your action. A taxi driver started shouting at me to get a job. I told him that I was 16 and in full-time education and he didn't know what to do, so he just took my flyer and rolled up his window. Most of the things that people shout at you are just standard rhetoric; they don't actually think about it, they just say what they've heard other people say. If your comeback is simple and obviously logical they don't know what to do, and they usually just go away. Sometimes the only thing you can say is sorry, and hope they'll understand why you're doing what you're doing.

I do feel a lot of guilt for disrupting people who we aren't targeting. It's not our aim to annoy random people who are just trying to go to work, but disruption gets by far the best results and we're desperate at this point. Most people who're doing direct action don't actually want to be there. Sure, sometimes it's fun, but I'd much prefer to have a future and not have be shouted at in the rain for hours. Right now, direct action is the most effective thing that I can do – I can't vote, by the time I became a politician or a scientist it would probably be too late, and protests and petitions aren't working. I'm not going to just let this happen.



ABOUT BLUE SANDFORD

Blue Sandford is the co-ordinator of Extinction Rebellion Youth London, where she has played a crucial part in organising and participating in actions. She was born in 2002. She lives in London with her family and six cats. A childhood in the Hebrides, Scotland, without cars, electricity or hot water inspired an ambition to reconnect with nature and campaign for a better world. Blue was hailed as a 'British Greta Thunberg' and one of 'the UK's most impressive young activists' by *The Times* in December 2019.

ABOUT EXTINCTION REBELLION

Extinction Rebellion (XR) is an international apolitical movement that uses non-violent direct action and civil disobedience in an attempt to persuade governments to act on the Climate and Ecological Emergency, halt mass extinction and minimise the risk of social collapse. XR was launched in the UK on 31st October 2018 by Roger Hallam and Gail Bradbrook, along with other activists. From small beginnings it has grown very quickly and there are now about 130 Extinction Rebellion groups across the UK and groups all around the world. XR Youth is the young voice of the rebellion, a network for everyone born after 1990.

'We are a generation that have never known a stable climate and that will be defined by how the world responds to the climate and ecological crisis.' XR Youth

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