

# Radicalisation & Extremism

It is extremely important to make sure we are all aware of the effects of radicalisation and extremism. Here at SfS we want you to be able to spot signs of someone who could be exposed to radicalisation, understand what it means and where you can go if you have concerns.

Extremism is the holding of extreme political or religious views. It may mean they are obsessed with a certain idea and let it affect their regular routine.

Radicalisation is the process through which a person comes to support or be involved in extremist ideologies e.g. terrorism.

## Signs of someone being radicalised:

- Isolating themselves from family and friends
- Talking as if from a scripted speech
- Unwillingness or inability to discuss their views
- A sudden disrespectful attitude towards others
- Increased levels of anger
- Increased secretiveness, especially around internet use.

Having strong beliefs and a faith in something is a great thing. Extreme beliefs and being radicalised into changing how you think can be a problem. This could leave you feeling pressured and confused about what to do.

There are lots of people out there who would love you to join their group. Whether that is to go and fight in Syria for radical Islamic faith or join an organisation in the UK that encourages racism. They want to exploit you and recruit you to take action for them.

Though there may be parts of a group's message that you believe in, the way that they are trying to carry out their goals may put you at risk and its unlikely that they will care about your personal safety and well-being.

## Helplines:

- NSPCC - 0808 800 5000
- Runaway - 116 000