

## Staying Well Online: What is Radicalisation?



Radicalisation is when someone starts to believe in extreme ideas. These ideas can be harmful to other people.



Everyone has their own strong beliefs about things. This is **normal**. Radicalisation happens when those beliefs become extreme and dangerous.



Some harmful, extreme ideas include **racism**, **homophobia** (hating people because of who they love) and **hate crimes** (hurting someone because of who they are).



Anyone can become radicalised, no matter their age, background, gender, or where they live.



Radicalisation can happen because of many things, such as having a tough childhood, trouble at home, bullying, or emotional problems.



Radicalisation can also happen when someone feels angry, left out, or like they don't feel part of their community.



Family, friends, or people online can encourage radical thoughts. Some people find places online that encourage extreme ideas.



Radicalised people may support violence, terrorism, or dangerous groups. They may want to hurt others or break the law.



People can become radicalised and have extreme views about almost anything.



People who are radicalised often change the way that they think. They may stop listening to people that are close to them and only follow extreme ideas.

It is okay to care strongly about politics, religion or culture.



Radicalisation is different. It's when someone supports hate, violence, or hurting others because of their beliefs and opinions.

# Staying Well Online: Avoiding radicalisation



Be careful about what websites or social media pages you visit. If something seems hateful or extreme, it's best to avoid it.



It's important to talk to people you trust about your feelings. Sharing worries can help you feel better and not get stuck thinking about harmful things.



Getting to know people from different backgrounds helps you understand other ways of thinking and find things in common. It also stops you from feeling alone or stuck in just one way of thinking.



If you hear or read ideas that seem extreme or hurtful, ask questions. Try to learn about different opinions before deciding what to believe.



Doing fun and helpful things like sports, hobbies, or volunteering can keep your mind busy and happy. This can help you avoid feeling upset or lonely.



Look after yourself! Eat healthy food, get good sleep and stay active. Even light exercise will help your body and mind!



Spend more time chatting with friends and family!



Meet new people by joining groups or doing some volunteering!



Remember that everyone deserves respect, no matter their race, religion, gender or who they love. Being kind to others keeps you and your community safe.

## Staying Well Online: If you are worried about somebody



If you're worried about a friend, family member or anyone else that you feel is becoming radicalised, talk to somebody you trust.



Don't try to fix the problem alone. Radicalisation can be very serious, and it is best to get help from someone who knows how to support people in this situation.



If you know the person, try to listen and support them without judging. Sometimes people need to feel heard to stop them from having harmful beliefs.



If you think someone is in immediate danger or planning to hurt themselves or others, call the police on 999.



The UK has a special program called **Prevent**. It helps people who might be at risk of radicalisation. You can call or email them to get advice or report your concerns.



For more information, search for '**Prevent UK**' online.



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