

Protecting your child from Radicalisation

What is Radicalisation?

Radicalisation is when someone is influenced, often online, to adopt extreme ideas that promote hate, division, or even violence. It's a process that can happen gradually through online chats, videos, games, or in person, often disguised as friendship or a sense of belong-

Need help? Visit our resource hub or support services



Other support services

ACT Early – Advice if you're worried about someone being radicalised | actearly.uk | 0800 011

NSPCC – Support for parents and carers | nspcc.org.uk | 0808

Who's at risk?

Any young person can be influenced, but especially those who:

- Becoming withdrawn, anxious, or unusually quiet
- Avoiding devices or getting upset after using them
- Not wanting to go to school or social events
- Changes in sleep, appetite, or physical health
- Refusing to talk about their online life

Warning signs to look out for:

- Accessing or sharing extreme content
- Talking in “us vs. them” language
- Justifying violence for a cause
- Sudden changes in appearance or behaviour
- Becoming secretive or socially withdrawn
- Using coded extremist symbols or phrases

Signs to look out for

You know your child best. Trust your instincts if something seems off. Some signs include:

- Feel lonely, isolated, or rejected
- Are exploring identity, religion, or politics
- Experience stress at home, school, or socially
- Spend a lot of time online in unsupervised spaces
- Crave belonging, acceptance, or purpose

What you can do

1. Keep Communication Open

Make talking about online activity and world events a normal part of life. Ask curious, non-judgemental questions.

2. Teach Critical Thinking

Help your child question what they see and hear online. Extremists often twist the truth to manipulate.

3. Monitor Online Spaces

Know who they're talking to. Use safety settings. Be aware of encrypted or private chat platforms.

4. Stay Calm & Supportive

If your child says something alarming, don't panic. Keep the door open for honest conversations.

You're not alone

Speak to your child's teacher or Designated Safeguarding Lead

Recognising the signs early and taking action can protect your child's future. Your guidance matters.