

Think You're Being Radicalised?

Think again

What Is Radicalisation?

It's when someone tries to pull you into extreme beliefs. Ones that spread hate, division, or even violence. It can start online, in chat groups, YouTube, gaming, or even with someone pretending to be your friend.

They may say:

"You're the only one who understands."

"You don't belong there. You belong with us."

"Everyone else is lying to you."

It's manipulation. It's not friendship.

Need help? Visit our resource hub or speak to a trusted adult



ACT Early – If you or someone you know is being radicalised
actearly.uk | 0800 011 3764

NSPCC – Speak to someone who gets it
nspcc.org.uk | 0808 800 5000

School Support – Speak to your Designated Safeguarding Lead

Why You Might Be Targeted

- You're feeling alone, rejected, or unheard
- You're looking for something to believe in "just like you."
- You're curious about justice, religion, or the world
- You've had it tough with school, family, or friends

None of this makes you weak, it makes you human. But some people will try to exploit those feelings.

Spot the Signs

- ➔ Watching or sharing violent or hateful content
- ➔ Talking like there's only "us vs. them"
- ➔ Dropping hobbies or old friends
- ➔ Being secretive or changing appearance
- ➔ Repeating extremist slogans or memes

If any of this feels familiar, take a step back. It's not too late to rethink.

What You Can Do



Don't be ashamed. You're not in trouble, you're being brave by talking about it.



Ask questions. Doubt is a sign of strength.



Leave the group, block the person, stop the feed.



Talk to someone. A teacher, parent, older sibling, youth worker.

If You're a Teen Doing the Recruiting or Spreading Hate

If you've posted hate, pushed people away, or tried to pull others in it's not too late. Hate might feel powerful. But it burns bridges and leaves scars on others and on you.

You can choose to walk it back. Own it. Change it.

Kindness and respect will always carry further.