



THEME OF THE MONTH
JULY 2023

**EXTREMISM AND
RADICALISATION:
HOW TO PROTECT OURSELVES**



Introduction

Extremism and radicalisation are significant challenges facing societies around the world. This information booklet aims to provide you with a comprehensive understanding of extremism, radicalisation, and ways to protect yourself from these harmful influences.



What is Extremism?

Extremism refers to beliefs, ideologies, or actions that advocate for the extreme views outside the accepted norms of society. Extremists often reject compromise, promote violence, and seek to impose their ideologies on others.

Types of Extremism

Political Extremism: This form of extremism manifests in the pursuit of political objectives through extreme measures. It can be found across the ideological spectrum, ranging from far-left to far-right ideologies.

Religious Extremism: Religious extremism involves the interpretation of religious beliefs in an extreme and rigid manner. It can be associated with any religion and often promotes violence or intolerance towards those who hold different beliefs.

Ethnic or Racial Extremism: Ethnic or racial extremism is characterized by the promotion of hatred, discrimination, or violence based on race or ethnicity. It seeks to advance the interests of a particular racial or ethnic group at the expense of others.

Warning signs of Extremist behaviour

Recognising the warning signs of extremist behaviour is crucial in identifying potential threats. Some common signs include:

- Expressing hatred or hostility towards specific individuals or groups.
- Advocating violence or endorsing terrorist acts.
- Isolation from friends, family, or community.
- Radical changes in appearance or behaviour.
- Regularly accessing extremist websites or engaging in online extremist discussions.

Consequences of Extremism

Extremism poses significant risks and consequences, including:

- Threat to democratic values, social cohesion, and community harmony.
- Increased risk of violence, terrorism, and radicalisation.
- Undermining human rights, tolerance, and respect for diversity.
- Stigmatisation and discrimination against certain groups.
- Erosion of trust between communities and authorities.

Preventing Extremism: What can you do?

Preventing extremism requires collective efforts. Here are some ways you can contribute:

- Promote dialogue, understanding, and respect among diverse individuals and communities.
- Foster critical thinking and media literacy to evaluate information critically.
- Report any suspicious activities or signs of extremist behaviour to local law enforcement.
- Support educational initiatives that promote tolerance, diversity, and inclusivity.
- Engage in community activities that bridge divides and promote unity.

What is Radicalisation?

Radicalisation is the process by which individuals adopt extreme beliefs, ideologies, or behaviours. It involves a shift towards supporting or engaging in acts of violence or terrorism to promote their views. Understanding radicalisation is crucial in identifying and addressing potential risks.

Stages of Radicalisation

Radicalisation typically occurs in a series of stages, which may vary for individuals.

These stages include:

Pre-Radicalisation

The individual may become disenchanted, seeking identity, purpose, or a sense of belonging.

Identification

They identify with a radical ideology or cause, often influenced by charismatic figures or online propaganda.

Indoctrination

The individual becomes deeply committed to the ideology, adopting its beliefs and narratives.

Preparation

They may start planning or preparing for action, including seeking out like-minded individuals or engaging in training.

Action

This stage involves the individual carrying out acts of violence or supporting extremist activities.

Factors contributing to Radicalisation

Several factors can contribute to an individual's vulnerability to radicalisation.

These may include:

- Sociopolitical grievances and feelings of marginalisation.
- Ideological influences through online propaganda, extremist literature, or charismatic recruiters.
- Personal vulnerabilities, such as a search for identity, purpose, or a sense of belonging.
- Peer pressure and a desire for acceptance within a radicalised group.

Warning signs of Radicalisation

Recognising the warning signs of radicalisation can help in early intervention.

Common signs may include:

- Sudden changes in behaviour, appearance, or social circle.
- Expressing sympathy or support for extremist ideologies or violence.
- Isolation from friends, family, or mainstream society.
- Increased interest in extremist content or association with radicalised individuals.
- Expressing grievances or feelings of alienation from society.

Consequences of Radicalisation

Radicalisation poses significant risks and consequences, including:

- Threat to public safety, security, and community well-being.
- Increased likelihood of engagement in violence or terrorism.
- Legal consequences and potential harm to the individual's own life prospects.
- Strained relationships with family, friends, and the wider community.
- Stigmatisation of specific communities or religious groups.

Protecting ourselves from Extremism and Radicalisation

Protecting oneself from extremism and radicalisation requires a proactive and multi-faceted approach. Here are some strategies and steps you can take:

- **Education and Awareness:** Educate yourself about the different forms of extremism and radicalisation, their ideologies, and the potential risks they pose. Stay informed about current events and understand the tactics used by extremist groups to recruit and radicalise individuals.
- **Critical Thinking and Media Literacy:** Develop critical thinking skills to evaluate information critically and recognise manipulation or propaganda. Verify the credibility of sources before accepting and sharing information. Be cautious of echo chambers and seek diverse perspectives.
- **Strong Sense of Identity and Belonging:** Cultivate a strong sense of personal identity and belonging within your community. This can help provide resilience against extremist ideologies. Engage in activities and groups that promote positive values, inclusivity, and social connections.
- **Building Resilience:** Strengthen your resilience by enhancing your emotional well-being, self-esteem, and coping mechanisms. Develop strategies to manage stress and overcome challenges. This resilience can help protect against radicalisation.
- **Online Safety:** Practice safe and responsible internet usage. Be cautious about the information you share online and the websites you visit. Be aware of online grooming and recruitment techniques used by extremist groups. Report and flag any extremist content encountered online.
- **Promote Inclusivity and Tolerance:** Foster a culture of inclusivity, respect, and tolerance in your community. Challenge stereotypes, prejudices, and discrimination. Engage in intercultural dialogue, build relationships with diverse individuals, and participate in community activities that celebrate diversity.
- **Open Communication:** Maintain open lines of communication with friends, family, and community members. Encourage dialogue and discussions about sensitive topics, including extremism and radicalisation. Provide a supportive environment where concerns can be shared without judgment.

- **Report Suspicious Activities:** If you encounter or suspect extremist or radicalised behaviour, report it to the appropriate authorities or community organisations. This can help prevent potential harm and allow professionals to intervene and provide support.
- **Seek Support:** If you or someone you know is struggling with extremist ideologies or vulnerability to radicalisation, seek help from trusted individuals, community organisations, helplines, or mental health professionals. They can provide guidance, resources, and support.

Remember, protecting oneself from extremism and radicalisation is an ongoing process that requires vigilance, education, and active participation in building resilient and inclusive communities. By staying informed and engaged, we can contribute to countering extremism and promoting peace and understanding.



Real-life Extremism and Radicalisation incidents in the UK



Lee Rigby Murder (2013): Fusilier Lee Rigby, a British Army soldier, was brutally murdered in a terrorist attack in Woolwich, London. The attackers, motivated by Islamist extremist beliefs, targeted and killed Rigby on a public street.

Manchester Arena Bombing (2017): A suicide bomber attacked an Ariana Grande concert at Manchester Arena, killing 22 people, including children, and injuring many others. The attacker had been radicalised and associated with extremist Islamist networks.

Westminster Bridge Attack (2017): A terrorist drove a vehicle into pedestrians on Westminster Bridge in London, killing multiple people, and later stabbed a police officer near the Houses of Parliament. The attacker was influenced by extremist Islamist ideologies.

London Bridge and Borough Market Attack (2017): A vehicle was driven into pedestrians on London Bridge, followed by a knife attack in the nearby Borough Market. Eight people were killed, and many others were injured. The attackers espoused Islamist extremist ideologies.

Reading Park Stabbings (2020): In a park in Reading, a knife-wielding attacker targeted a group of people, killing three and injuring several others. The incident was treated as a terrorist attack motivated by extremist ideologies.

Reporting Extremism and Radicalisation

Reporting extremism and radicalisation is important for maintaining public safety and preventing potential harm. Here are steps you can take to report such concerns:

Police:

- In emergency situations or immediate threats, call 999.
- For non-emergency situations, contact your local police by calling 101. Provide them with detailed information about the incident or individuals involved.

Anti-Terrorism Hotline:

- Report any suspicions or concerns about terrorism or radicalisation to the Anti-Terrorism Hotline at 0800 789 321.
- The hotline is available 24/7, and your call can be made anonymously.

Online Reporting:

- You can report extremist content encountered online via the government's Counter Terrorism Internet Referral Unit (CTIRU) website [here](#).
- The website provides guidance on reporting different types of extremist content, including terrorist propaganda, recruitment material, or online behaviour of concern.

Prevent Duty:

- If you work in a professional capacity, such as education, healthcare, or social services, you have a duty under the Prevent strategy to report concerns related to radicalisation.
- Follow your organisation's reporting procedures and share your concerns with the designated Prevent contact or local Prevent coordinator.

Remember, when reporting concerns, provide as much detail as possible while respecting privacy and confidentiality. This includes providing specific information about individuals, incidents, behaviours, or suspicious activities that raise concerns regarding extremism or radicalisation.

It is essential to report concerns promptly, as timely intervention can help prevent potential harm and protect individuals and communities from the risks associated with extremism and radicalisation.

More information

Here are some organisations and resources in the UK that provide support, guidance, and information related to extremism and radicalisation:

[ACT Early](#) - ACT Early is a national safeguarding program that focuses on preventing and countering extremism in the UK.

[Educate Against Hate](#) - Educate Against Hate is an online platform providing resources and guidance for parents, teachers, and school leaders to tackle extremism and radicalisation.


[True Vision](#) - True Vision is an online reporting platform where you can report hate crimes, including those related to extremism.

[UK Government Counter-Terrorism Policing](#) - The Counter-Terrorism Policing website provides information on reporting concerns, staying safe, and understanding the signs of radicalisation.

[Samaritans](#) - Samaritans is a helpline available 24/7 for emotional support. If you are experiencing distress related to extremism or radicalisation, you can reach out to them for confidential listening and support.

LSP's Safeguarding & Mental Health First Aider Teams

If you have any concerns at all, please don't hesitate to contact a member of our Safeguarding or Mental Health teams. You can find the contact details [here](#).





MORE INFORMATION

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