



Chiltern Way
Turning Futures Around

Advice to parents and carers

Keeping safe against radicalisation and extremism

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The aim of this leaflet is to:

Help parents and carers recognise possible signs of radicalisation and extremism

Advice on keeping them safe

Guidance on how to respond to any concerns

“I am living a constant life of horror. The house is empty and I cry, my child is gone and there is nothing I can do.”

Signs that something may be going wrong

Behaviours which are secretive

Losing interest in friends and family and outside activities

Changes in appearance, dress, behaviours and friendship groups which are out of character

Self-isolating behaviours, spending time using social media excluding friends in the real world

Expressing strong view points but having a narrow perspective especially expressing sympathy for extremist causes.

Glorifying violence

Possessing/accessing online, illegal or extremist literature.

How might this happen?

- Know where they are, who their friends are and who they are communicating with both in the real world and online. Check these details for yourself - don't rely on them to tell you.
- Who do they come into contact with, what influences do they have and are you happy with this?
- Explore events going on around the world and differing viewpoints, try to promote debate to support you to understand their way of thinking and what might be influencing this.
- By talking you can enable them to see different points of view
- Talk to them about their interests
- Encourage them to get involved in local or community activities supporting them to have an understanding of respect for those of different faiths and backgrounds.
- Support them to participate in positive activities with local groups you trust
- Support them to understand that feeling passionate about the world in which they live and trying to affect change is a good thing. However taking violent actions against others with whom you disagree, or supporting those that do, is not.

E-Safety

Discuss the risks of using the internet, social media and online forums - remind them that everything is not always as it seems.

ISIL supporters use Facebook to share content, such as news stories and videos, among their peer groups. Other social media sites popularly used include:

- **Twitter** - It's easy to establish an account, stay relatively anonymous and share material
- **Youtube** - Is used to host videos
- **ASK.FM** - Used by people considering travelling to Syria or Iraq and provides information on travel, living standards, recruitment fighting and broader ideology
- **Instagram** - Used by fighters and ISIL supporters to share the photos sets frequently used by ISIL media organisations
- **Tumblr** - Online blogging site and is used by ISIL fighters to promote longer, theological reasons why people should travel to Syria and Iraq. It is popular with female ISIL supporters who have written blogs addressing the concerns girls have about travelling to the region, such as leaving their families and living standards in Syria.
- Private messaging apps such as **WhatsApp**, **Kik**, **SureSpot** and **Viber**, are also commonly used to share messages

Getting Help

If you are concerned they may be vulnerable to the influence of others and be at risk of being drawn into extremist ideas - get help - talk to someone you trust.

This might be their tutor, the college safeguarding officer, a member of your community or the contacts below.

If you believe there is a risk of them leaving the country, consider what precaution you need to take to prevent travel and in doing so help safeguard them. You should also consider what access they have to saving accounts or gifts of money from friends.

“Over 90% of radicalisation takes place online.”

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Contacts

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First Response Team

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Out of Hours: (Emergency Duty Team)

0800 999 7677

BSCB

www.bucks-lscb.org.uk

FAST - Families Against Stress and Trauma

Established in 2007, FAST provides a range of services to families includes one-to-one discussions, group sessions, FAST operates independently and confidentially FAST also work within local communities to provide a range of other activities, including classes in online safety, Arabic, sewing, keep fit and religious studies