

# BUILDING RESILIENCE. EMPOWERING COMMUNITIES. PREVENTING EXTREMISM.



NATIONAL SAFEGUARDING  
TRAINING NETWORK

In partnership with



HILLINGDON  
LONDON

## RADICALISATION AWARENESS SESSIONS

### Parent sessions

Young people today are exposed to a constant stream of online content from influencers and meme pages to extremist groups who hide behind seemingly harmless posts. These sessions help parents understand how extremist narratives spread, how young people can be drawn in through emotional or social pressures, and how families can create safe, supportive environments that build resilience. Parents will learn practical ways to spot early warning signs, support healthy online habits, and confidently challenge harmful content.

#### Aims

- To increase parents' awareness of how extremist narratives circulate online and offline.
- To strengthen parents' confidence in supporting their children to think critically about what they see online.
- To help parents understand the emotional, social, and identity-based factors that can make young people vulnerable to extremist influence.
- To empower parents to feel more confident discussing sensitive topics such as radicalisation, hate, and misinformation.
- To promote safer online habits within families and encourage healthier digital engagement.

#### Objectives

- Equip parents with practical tools to identify early warning signs of harmful online content or behavioural changes.
- Provide guidance on how to support young people to stay safe online, including managing algorithms, privacy settings, and content exposure.
- Improve parents' ability to recognise push and pull factors influencing youth vulnerability (e.g., loneliness, identity search, online echo chambers).
- Strengthen parents' confidence in responding appropriately, including when and how to seek advice, support, or make referrals.
- Encourage positive communication strategies so parents can have open, non-confrontational conversations with young people about conflict, hate, and extremism.



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