

## EXTREMISM

Extremism means, literally: *driving (something) to the limit, to the extreme or the quality or state of being extreme, advocacy of extreme measures or views.*

A person who advocates or resorts to measures beyond the norm, especially in politics Extremism is a complex phenomenon, although its complexity is often hard to see. Most simply, it can be defined as activities (beliefs, attitudes, feelings, actions, strategies) of a character far removed from the ordinary. In conflict settings it manifests as a severe form of conflict engagement. However, the labelling of activities, people, and groups as "extremist", and the defining of what is "ordinary" in any setting is always a subjective and political matter.



break the  
[si]lence.

For more information on these subjects please see one of the safeguarding team members in school.

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# How to support your child and keeping them safe

*Safeguarding* means protecting people's health, wellbeing and human rights, and enabling them to live free from harm, abuse and neglect.

Safeguarding covers a variety of areas some of which are detailed overleaf.



## SELF HARMING

Self-harm is also when you hurt yourself as a way of dealing with very difficult feelings, old memories, or overwhelming situations and experiences. The ways you hurt yourself can be physical, such as cutting yourself. **Self-harm is when somebody intentionally damages or injures their body. It's usually a way of coping with or expressing overwhelming emotional distress.**

Sometimes when people self-harm, they feel on some level that they intend to die. Over half of people who die by suicide have a history of self-harm.

However, the intention is more often to punish themselves, express their distress or relieve unbearable tension. Sometimes the reason is a mixture of both.

Self-harm can also be a cry for help.



## CSE

Child sexual exploitation is when someone grooms and controls a child for a sexual purpose.

These activities can be broadly separated into two areas:  
Street grooming  
Online grooming

Child sexual exploitation (CSE) is a type of sexual abuse in which children are sexually exploited for money, power or status. Children or young people may be tricked into believing they're in a loving, consensual relationship. They might be invited to parties and given drugs and alcohol. Sexual exploitation can take many forms from the seemingly 'consensual' relationship where sex is exchanged for attention/affection, accommodation or gifts, to serious organised crime and child trafficking. What marks out exploitation is an imbalance of power within the relationship. The perpetrator always holds some kind of power over the victim, increasing the dependence of the victim as the exploitative relationship develops.

## Online

### Internet Danger #1: Cyberbullying

On the Internet, cyberbullying takes various forms, Cyberbullying includes sending hateful messages, spreading lies online, making nasty comments on social networking profiles, or creating a website to bash looks or reputation.

### Internet Danger #2: Sexual Predators

The online world opens the door for trusting young people to interact with virtual strangers - even people they'd normally cross the street to avoid in real life. More predators are now scouring social networking sites because these sites have centralized so much information. A child's profile typically includes photos, personal interests and blogs.

### Internet Danger #3: Pornography

You can view the Internet browser history to see which websites your child is visiting. But since kids can delete this history, you may want to install Internet filtering software to block porn sites in the first place.

### Internet Danger #4: Damaged Reputations

Camera phones, digital cameras and web cams are everywhere these days, and kids can be victims of their own inexperience with new technology. Many post pictures, videos or notes online that they later regret. **"Think before you post, because once you do, it's going to be up there forever."**

