

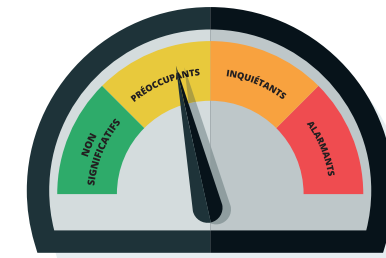
## How to recognize behaviours symptomatic of radicalization leading to violence

The behaviour barometer—available on our website ([www.info-radical.org](http://www.info-radical.org))—is based on our observations in the field as well as scientific literature, and provides as complete a list as possible of specific behaviours that may be signs of radicalization leading to violence, grouped by seriousness of behaviour.

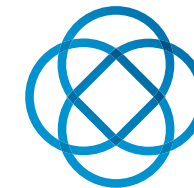
The barometer is a key early vigilance tool, and is used to ensure prevention and raise public awareness. It is not designed to encourage users to jump to conclusions or to take the place of more thorough assessment by professionals. It should not be used as a screening tool or to denounce individuals.

As the individual context and situation must be taken into account in assessing all of the behaviours mentioned, the barometer is intended to help provide a global behavioural impression of the individual's activities online as well as in the real world.

## BEHAVIOUR BAROMETER



How to recognize radicalization behaviours leading to violence



CENTRE FOR THE **PREVENTION**  
OF RADICALIZATION  
LEADING TO VIOLENCE

**24/7  
HELPLINE**

*It's  
confidential!*

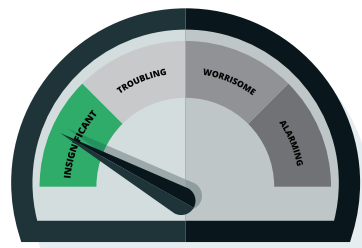
MONTREAL AREA **514-687-7141**  
ELSEWHERE IN QUEBEC **1-877-687-7141**

**[www.info-radical.org](http://www.info-radical.org)**



## INSIGNIFICANT BEHAVIOUR

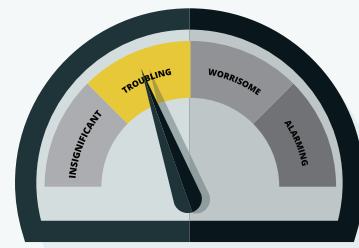
This category includes a series of behaviours associated with diverse forms of political, religious or community engagement, which are characterized by peaceful actions and democratic means of expression.



- + Argues fervently to defend his/her convictions before family members and/or close friends
- + Adopts visible signs (traditional clothes, beard, shaved head, religious symbols, specific tattoos, etc.) to express his/her identity or sense of belonging
- + Is active on social media
- + Takes a stand and campaigns peacefully for a cause related to a community, a group or an individual
- + Takes a keen interest in current national and international events
- + Expresses the desire to reintegrate or to increase involvement in a religious practice, or an identity or political engagement
- + Converts or adopts new religious, ideological or political beliefs
- + Insists on following specific dietary requirements due to political or religious convictions
- + Expresses a need for excitement or adventure
- + Displays a desire to correct social injustices

## TROUBLING BEHAVIOUR

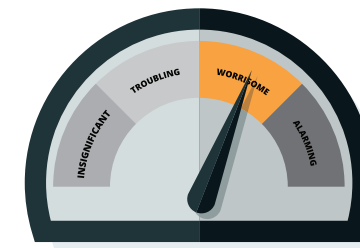
This category includes individual behaviours that attest to personal ill-being. It also includes behaviours that represent an increasingly sustained self-identification with a cause or an ideology that leads the individual to significantly change his or her behaviour.



- + Expresses polarizing views of absolute truth, paranoia or extreme mistrust
- + Adopts behaviour which creates a rupture with family practices
- + Is drawn to conspiracy theories and discourse
- + Begins to isolate himself/herself from family and/or friends
- + Suddenly changes his/her habits
- + Insistently preaches religious and ideological ideas to others
- + Rejects the rules and regulations of institutions and organizations with which one is in contact (school, workplace, athletic organizations, etc.) based on ideological, political or religious grounds.
- + Refuses to take part in group activities or interact with certain individuals due to the latter's religion, race, skin colour, gender or sexual orientation
- + Feels a sense of victimization and rejection
- + Expresses a need to dominate or control others
- + Has difficulty reassessing one's own ideas and/or recognizing the value of other points of view

## WORRISOME BEHAVIOUR

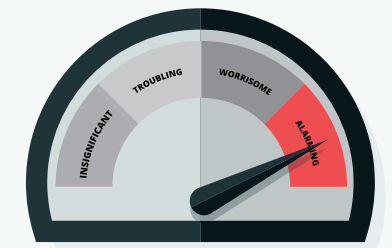
This category encompasses behaviours that can be associated with the beginning of an individual's engagement in a radical trajectory. It is characterized by an acute mistrust of the outside world, and by a preponderance of views legitimizing the use of violence to achieve one's goals, or to win a cause.



- + Cuts off ties with family members and/or close friends in order to keep exclusive company with a new circle of acquaintances or friends
- + Legitimizes the use of violence to defend a cause or an ideology.
- + Hides a new lifestyle, allegiance or belief system from family members and/or close friends (either online or in real life)
- + Becomes closer to individuals or groups known to be violent extremists
- + Becomes suddenly disinterested in professional or school activities
- + Displays symbols of affiliation or support associated with recognized violent extremist groups
- + Becomes obsessed with the end of the world or with messianic views
- + Expresses hateful views towards other individuals or groups

## ALARMING BEHAVIOUR

This category includes a variety of behaviours that attest to an exclusive and sectarian allegiance to an ideology or a cause, which lead the individual to perceive violence as the only legitimate and valid means of action.



- + Takes part in violent extremist group activities by any means whatsoever (material, financial or physical)
- + Recruits individuals for a violent extremist cause (or encourages their enlistment to that cause)
- Is in contact with a group or a network
- + of individuals known to be violent radicals, either online or in real life
- Reinforces own beliefs through regular
- + consultation of violent extremist Internet forums and websites
- Commits or plans violent or hateful
- + acts inspired by ideological motives or a violent extremist cause
- Learns about, seeks to acquire or
- + knows how to use weapons (firearms, explosives, etc.) outside the legal bounds
- Plans a trip to a conflict zone or to a
- + region in which violent extremist groups are known to be active.