The Barometer is designed as a teaching tool and must not be treated as a comprehensive radicalization screening or detection tool. It is intended primarily to help persons concerned about a loved one watch for and identify behaviours associated with radicalization leading to violence.

Anyone wishing to use the CPRLV Barometer should know that not all behaviours of a single individual will generally fall under the same category on the Barometer, but may instead fall under a combination of categories. It is therefore important that the Barometer not be used to carry out a solely quantitative assessment of behaviours (i.e. determining the category containing the greatest number of observed behaviours). Rather, it should assist in making a qualitative assessment (examining which behaviours are most significant in the individual’s overall behaviour).

It is always important to keep in mind the fact that some behaviours mentioned in the Barometer may, when examined independently, prove to be the result of other issues unrelated to radicalization, such as mental health problems or an adolescent oppositional disorder. For this reason, the observation of behaviours associated with radicalization must be conducted in the context of a global assessment in order to rule out any other explanations for such behaviours.

The Barometer is not a clinical assessment instrument: it must never be used to diagnose an individual situation. Rather, it is intended to be a support and awareness tool to guide the user in forming an initial understanding of a potential situation of radicalization. For a more complete assessment of a potential situation of radicalization, we recommend getting in touch with the professionals at the CPRLV, who can conduct a thorough analysis of the situation and, if necessary, determine possible avenues of intervention.
This category includes a series of behaviours associated with diverse forms of political, religious or community engagement, 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 their identity or sense of belonging
- Is active on social media
- Takes a stand and advocates peacefully for a cause related to a community, group, or individual
- Takes a keen interest in current national and/or international events
- Expresses the desire to re-engage, or increase involvement in a religious practice, political movement or other personal identity-related activity
- Converts to or adopts new religious, ideological or personal identity-related activity
- Expresses a need for excitement or adventure
- Wishes to address social injustices

This category comprises behaviours that point to personal ill-being, including behaviours indicating a growing identification with a cause or ideology (arising from issues around a sense of self-worth), resulting in major behavioural changes.

- Expresses polarizing views of absolute truth, paranoia or extreme mistrust
- Suddenly adopts behaviour that creates a rupture with family practices
- Is drawn to conspiracy theories and discourse
- Pulls away from those who are close and from the usual network of acquaintances
- Suddenly changes his/her habits
- Feels a strong sense of victimization and rejection suffered because of their own identity or beliefs
- Rejects the rules and regulations of institutions and organizations with which they are in contact (school, workplace, athletic organizations, etc.) based on ideological, political or religious grounds
- Refuses to take part in group activities or to interact with certain individuals because of their religion, ethnic group, skin colour, gender or sexual orientation
- Expresses a need to dominate or control others in the name of certain beliefs or an ideological view
- Has difficulty reassessing their own opinions and recognizing the value of differing points of view

This category encompasses behaviours that can be associated with the beginning of an individual’s 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 advance one’s cause.

- Takes part, regardless of the means (material, financial, or physical) in the activities of violent extremist groups
- Recruits individuals for a violent extremist cause (or encourages their adhesion to that cause)
- Is in contact with a group or a network of individuals known to be violent extremists, 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 (vandalism, physical attacks, etc.) inspired by ideological motives or an extremist cause
- Learns about, seeks to acquire and/or practices handling weapons (firearms, explosives, etc.) outside the legal bounds
- Manifests an interest in or plans a trip to a conflict zone or to a region in which violent extremist groups are known to be active

If you believe the individual presents an immediate danger to himself/herself or others, call 911.

The Behaviour Barometer remains a guide, and its use should not lead to hasty conclusions, nor should it replace a more thorough professional evaluation. Furthermore, observed behaviours need to be contextualized if they are to be accurately assessed.