

## Understanding the Hidden Meanings in Your Child's Online World

*What looks like an innocent emoji or phrase might mean something completely different.*

In today's digital culture, young people often communicate in ways that adults may not fully understand. Behind seemingly harmless symbols and slang, there can sometimes be deeper meanings tied to harmful ideologies, online subcultures, or emotional distress.

Here are some examples of digital 'codes' that may be used—and what they might mean:

● **Red Pill** – Commonly used in some male-dominated online spaces to suggest someone has "woken up" to supposed hidden truths about women and society. It's often linked to misogynistic beliefs.

● **Blue Pill** – Refers to people who are seen as naive or unaware, often used to dismiss those who don't share these extreme viewpoints.

💣 **Dynamite** – Sometimes described as an "exploding red pill," this emoji can represent someone becoming more radicalised within harmful online communities.

🫘 **Bean/Kidney Bean** – Used within certain online circles, especially those aligned with 'incel' (involuntary celibate) ideology, often in a mocking or derogatory way.

💯 **100 Emoji** – Associated with the "80/20 rule" promoted by some online groups: the idea that 80% of women are only attracted to the top 20% of men.

🕳️ **Black Hole** – Can represent feelings of emptiness, despair, or being pulled into a negative space—both emotionally and within online communities.

🌀 **Tornado** – May indicate chaos, emotional overwhelm, or mental health struggles.


🐸 **Frog Emoji** – Sometimes used as a reference to 'Pepe the Frog,' which has been co-opted by far-right and extremist online groups.


🦅 **Eagle** – Can symbolise extreme nationalism or identity tied to far-right ideologies.


💀 **Skull** – While often used in a humorous context ("I'm dead" = "that was so funny"), in some circles it can reflect darker themes like nihilism or emotional numbness.


🚩 **Red Flag** - Often used to highlight warning signs or behaviours in someone else, but sometimes used to mock or dismiss concerns in toxic spaces (e.g labelling someone as 'too emotional')


🔫 **Water Pistol (Gun)** - Sometimes used jokingly to indicate frustration or despair ("I'm so embarrassed I could...") but may also hint at violent ideation depending on the context.

 **Axe** - Used in fringe online groups as a symbol of aggression, especially in extremist or misogynistic contexts.


 **Gravestone / Headstone** - Can be used humorously ("I'm dead from laughing") but sometimes appears in posts expressing suicidal ideation or nihilism.



 **Brain** - May reference intelligence or "being red pill" (i.e. enlightened), but can also be used mockingly, especially in debates involving gender or identity.






 **Spaghetti** - Sometimes used to refer to "spaghetti thoughts" or feeling mentally overwhelmed, often linked to ADHD or neurodivergence memes.


 **Juice Box / Juice** - May be used to represent gossip or secrets being spilled, but can also show up in memes mocking or infantilising others.


 /  **Smiling or Angry Devil** - Can be used in flirty or playful ways but also sometimes appears in sexualised, aggressive, or bullying messages.


 **Padlock** - Sometimes used by young people in the context of feeling trapped, keeping secrets, or being excluded from a group.

 /  **Peach and Aubergine** - Sexual references (bum and penis, respectively) – common in flirtatious or explicit messaging among teens.


     **Heart emojis** – These colours can carry specific messages in some online circles:

 = Love

 = Lust

 = Flirting or interest

 = Emotionally interested, but not sexually

-  = Reassurance ("You'll be okay")