



# DECODING HELP GUIDE

In light of Netflix's newest popular show - Adolescence. We would like to take this opportunity to help raise awareness surrounding the online security and safety of your child/teenager.

Online, young people are communicating in ways that most adults completely misunderstand. What looks innocent could potentially have a very different meaning.

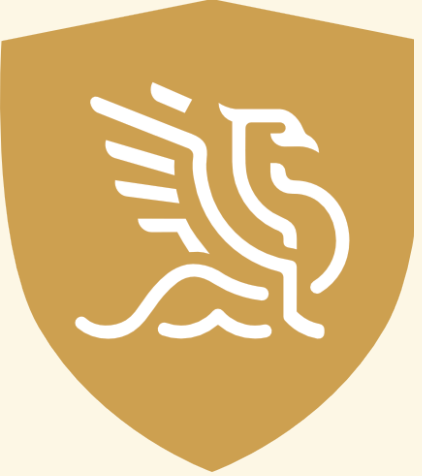
The reality is that emojis have evolved far beyond their literal meanings to create a rich, nuanced language that can be particularly confusing for anyone who isn't fluent in current digital communication trends. What started as simple pictorial representations to add emotion to text has transformed into a complex system of symbols with layered meanings that change constantly across different platforms and communities.

Here are some of the 'codes' which may be being used by your child:

● Red Pill – “I see the truth.” Used in toxic male spaces to mean waking up to supposed hidden ‘truths’ about women and society, often linked to misogynistic ideologies.

● Blue Pill – Represents those who are “blind to the truth” or still believe in mainstream views about relationships and gender dynamics.

👁️ Eyes – Paying attention or something suspicious



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## ***What is Incel?***

The term incel stands for “involuntary celibate,” referring to an online subculture of mostly men who believe they are unable to attract romantic or sexual partners despite desiring them. Incels often engage in misogynistic, extremist, or self-deprecating discussions, blaming women and societal structures for their perceived lack of success in relationships. Some incel communities foster toxic ideologies that promote hostility towards women and even advocate violence.

## **Incel Symbols:**



 Red Apple  Pill - Used within incel communities to identify members or express beliefs.


## **Misogynistic Symbols:**


 Ogre  Goblin  Ghost – Employed to demean or objectify women.

 Dynamite Emoji – An “exploding red pill,” meaning someone is a radicalised incel.

 Kidney Bean – A symbol linked to incel culture, mocking women.

 100  100 – Tied to the “80/20 rule,” the belief that 80% of women are only attracted to 20% of men.

 Frog Emoji – Associated with alt-right and extremist meme culture, often linked to Pepe the Frog, which has been co-opted by some toxic online groups.

 Eagle – A symbol of extreme nationalism, sometimes used in far-right online spaces.



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## General Expressions

🔥 Fire – Cool, awesome, or attractive

😂 Laughing Face with Tears – Something is hilarious

🤡 Clown – Someone being foolish or embarrassing

## Mental Health Expressions

🕳️ Black Hole – Used to express depression, hopelessness, or being sucked into negative online spaces.

🌀 Tornado – Represents chaos or feeling overwhelmed, sometimes used to indicate mental distress.

💀 Skull – While often just slang for “that’s funny” or “I’m dead (from laughing),” in certain groups, it can signal darker themes like nihilism or self-harm.

🪦 Coffin - Similar to 💀, used to express extreme laughter rather than actual death.

## Sexual Innuendos

🍑 Peach – Buttocks

🍆 Eggplant – Male genitalia

🌮 Taco or 🍒 Cherries – Female anatomy

💧 Sweat Droplets – Sexual activity or attraction

🔥+🍑 Fire + Peach – Suggesting someone has an attractive body



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## Potentially Risky Meanings

Some emojis can be used to refer to drug use, alcohol, or risky behaviour.

While their meanings can vary, here are a few commonly recognised ones:

### Drugs and Alcohol

 Leaf or  Herb – Marijuana

    Pill, Glasses or Champagne, Snow – Drugs or alcohol

 Electric Plug – A drug dealer or supplier

 Rocket – Getting high or taking drugs

 Hourglass – “Time is running out”  
*(can refer to body shape or urgency for risky behaviour)*

### Crime and Gang-Related

 Pistol,  Bomb,  Kitchen Knife – Weapons or violent intentions.

 Cigarette,  Firecracker,  Pirate Flag – May indicate involvement in illegal activities or rebellious behaviour.





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## Friendship & Relationships

Heart colours and what each one can represent.

❤️ = Love

💜 = Lust

🟡 = "Are you interested?"

💖 = Interested but not in sex

🟠 = "You'll be okay"

🖤 = Dark humour or expressing sadness

💙 = Platonically caring about someone

## THE PERIODIC TABLE OF SINISTER EMOJIS FOR PARENTS

DRUGS		VIOLENCE		SEX		EXTREMISM		SELF-HARM		INCEL			
Cocaine	Cocaine	Cocaine	Cocaine	Weapon	Weapon	Penis	Penis	Sum	Swinging	Nudes	Cutting	Neo-Nazi	Incel
Marijuana	Marijuana	Crime	Crime	Penis	Penis	Sum	Swinging	Nudes	Cutting	Neo-Nazi	Cutting	Neo-Nazi	Incel
Marijuana	MDMA	Crime	Crime	Penis	Penis	Sum	Swinging	Nudes	Cutting	Neo-Nazi	Cutting	Neo-Nazi	Incel
MDMA	Ketamine	Murder	Murder	Genitalia	Vagina	Vagina	Oral Sex	Pain	Burning	Neo-Nazi	1488	Anti-Woman	Anti-Woman
Mushrooms	Heroin	Threat	Locked Up	Lust	Lust	Lust	Oral Sex	Orgasm	Feeling Low	IS Extremism	Anti-Woman	Anti-Woman	Anti-Woman
NO2	Dealer	Trap Music	Snitch	Intercourse	Intercourse	Fingering	Anal Sex	Orgasm	Not Eating	IS Extremism	Anti-Woman	Anti-Woman	Anti-Woman



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## So what should parents do and some advice?

- 1** Get Curious, Not Combative – Ask open-ended questions: “I saw something about emojis meaning different things. Have you heard of this?” Keep the conversation light.
- 2** Create a Judgment-Free Zone – If your child feels like they’ll be punished for opening up, they won’t. Make it clear you’re there to listen, not just lecture.
- 3** Decode Together – Ask them to explain their digital world. What do different symbols mean? Who are the influencers they follow? Don’t assume—ask.
- 4** Teach Critical Thinking – Help them question online content. “Why do you think some groups push this idea? Who benefits?” Arm them with questions, not just rules.
- 5** Monitor Without Spying – Open conversations work better than secret surveillance. Make checking in on their online spaces a normal part of parenting, not a crisis move.
- 6** Be Real About Manipulation – Explain how toxic online groups groom young people by making them feel special, included, or like they have ‘insider knowledge.’
- 7** Build Their Offline Confidence – The more they feel valued and confident in the real world, the less they’ll seek validation in dangerous online spaces.

The digital world is evolving faster than most adults can keep up.  
But we don’t have to be in the dark!

#DecodeTheCode #ProtectThem #OnlineSecurity #OnlineSafety  
#SaveALife #TheWayTheyCommunicate