

Understanding the Hidden Language of Emojis

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Here's what to watch out for:

- 🔴 Red Pill – Used in certain male-dominated online spaces to signal a belief that they've 'woken up' to hidden truths about women and society. Often linked to toxic and misogynistic ideas.
- 💊 Blue Pill – Represents someone who's considered 'blind to the truth,' still believing in mainstream ideas about relationships and gender.
- 💣 Dynamite – Known as an "exploding red pill," this symbol points to someone who's become even more extreme in these views, often tied to incel culture.
- 🥴 Kidney Bean – Another emoji linked to incel groups, sometimes used mockingly toward women.
- 👯 100 Emoji – Connected to the so-called "80/20 rule," the belief that 80% of women are only attracted to 20% of men.
- 🕳️ Black Hole – Used to express feelings of depression, hopelessness, or being drawn into negative online spaces.
- 🌀 Tornado – Represents chaos or feeling overwhelmed, sometimes tied to mental distress.
- 🐸 Frog – Often linked to extremist meme culture and, in some cases, connected to the controversial Pepe the Frog symbol.
- 🦅 Eagle – Frequently seen in far-right spaces as a symbol of extreme nationalism.
- 💀 Skull – While often slang for "I'm dead" (meaning something is funny), in some contexts it can hint at nihilism or darker themes like self-harm.

❤️ 💜 🧡 💖 🧡 Heart Colours – These aren't always just about love!

❤️ = Love

💜 = Lust

🧡 = "Are you interested?"

💖 = Interested, but not romantically or sexually

🧡 = "You'll be okay"

How Can Parents Stay Informed and Support Their Children?

1. Start with Curiosity, Not Conflict

Instead of jumping to conclusions, ask open questions: "Hey, I read something about emoji meanings changing. Have you heard of this?" Keeping the tone casual can help build trust.

2. Create a Safe Space for Conversation

If your child feels they'll be punished for sharing, they're less likely to open up. Make it clear you're there to listen, not just to criticise.

3. Learn Together

Ask your child to explain their digital world — what certain symbols mean, who they follow online, and why. Understanding their perspective can help you connect.

4. Encourage Critical Thinking

Help your child question what they see online. Ask things like: "Why do you think this group believes that?" or "Who's benefiting from this message?" This empowers them to think critically rather than just following trends

5. Open Dialogue Over Secret Surveillance

Instead of quietly monitoring their activity, make online check-ins a normal part of family life. This builds trust and keeps conversations flowing.

6. Talk About Manipulation

Explain how some toxic groups use flattery or 'insider knowledge' to make young people feel special or important.

7. Boost Real-World Confidence

Children who feel valued, supported, and confident in everyday life are less likely to seek validation in dangerous online spaces.

The digital world moves fast, but staying informed and maintaining open conversations can make all the difference.

Key language:

Misogyny is form of online hate that targets women and girls. It's promoted in different communities online where influencers promote a narrative that women should be treated as less than men.

Incels, or INvoluntary CELibates, are men or boys who believe they are entitled to a relationship but struggle to form one. This group has early connections to communities like [Reddit](#) and [4chan](#). They tend to blame women for their trouble with finding a partner.

Patriarchy refers to societies or communities led by men. Historically, women have had fewer rights than men due to societies and governments largely being patriarchal. In many cases, this has led to misogyny and mistreatment of women and girls.

Toxic masculinity is a term that refers to gender stereotypes associated with how a man should act. Some of these stereotypes say that men can't cry or that they're expected to provide for their family. These kinds of stereotypes are harmful to men and boys' mental health. This is because they might feel like they have to keep their feelings to themselves, struggle to talk about their struggles or like they can't ask for help.

Manosphere is a term to describe online communities who promote anti-feminist, misoogynist and sexist views.

I hope you find this useful and as always, try to limit screen time- go for walks, play board games, have conversations, read books and this will help your child physically and mentally.